

# Noticing the good things in life

## Activity

### The power of positive thinking

Did you know that you can make yourself feel happier and calmer just by thinking about something good that's happened or that someone said to you?

Take five minutes to think about what's been happening in your life this week.

Think about:

- Something that's made you smile or laugh.
- Something nice that someone said to you.
- Something kind or helpful that someone did.
- A moment when you just felt like things were good.

**Now, write down three good things.**

- 1.
- 2.
- 3.

Now think about how you're feeling right now. What was it like to think about those positive things? How does it make you feel? Circle the words...

Warm Smiley Cool Relieved Better Happy Calm Sad Proud Chilled  
Good Relaxed Excited Tingly Buzzy Giggly Fuzzy Confident Strong

Maybe add a few of your own.

See! We told you it felt good to focus on the positive didn't we? :-)

**P.S. There's more help on noticing the good things in the Start Bouncing section of the Bounce Back website: [www.bouncebacknewham.co.uk](http://www.bouncebacknewham.co.uk)**