

Three Good Things

The aim of this exercise is to try and recognize and reflect on the positives we have in our lives. Just like how our days are a balance of many different things, we need to balance our mind by noticing that those positives are there!

This exercise can be completed alone or with others. If you are completing it alone, spend time reflecting on and writing down your answer to each question. If you are completing it with someone else, be sure to move through the questions slowly and thoughtfully. In both circumstances, there's no need to rush!

Part One: Reflection

Take a moment to think back to three events today that gave you positive feelings. This could be happiness, but also excitement, contentment, or hope. Close your eyes and reflect on the moment. Try and bring about the emotions and feelings that you had at the time by breathing slowly and thinking deeply. After about three minutes (can be shorter or longer if you choose), open your eyes.



Mindfulness Tip:

Don't worry if you start to think about things other than the events of your day - when you do, notice that you have started down a new idea path, and bring your thoughts back to reflecting deeply on your happy moment.



What were your three moments?
Share them with your partner and/or write them down here:

Something that made me feel positive today was _____

Something else that made me feel positive today was _____

A final thing that made me feel positive today was _____

Part Two: Dig Deeper

Now that you have thought of a positive event, it's time to broaden our perspectives. Start with your first event, and answer the following questions to think more carefully about your positive events. Try to spend at least one minute on each question - you don't need to write a lot, just reflect a lot! Once you have finished answering all the questions for your first positive event, start again and reflect on your next positive event. Do this with all three events, but be sure to do them one at a time!

- Where were you when this event happened?
 - What does this environment look like?
 - What kinds of sights and sounds were present?
 - Were others with you? Who were they?
- What exactly happened in that moment?
 - What was the full progress of events, in as much detail as you can recall?
 - Did you do something to cause this event to happen? Did someone else? If it was a random occurrence, what set of events lined up to make the moment happen?
- What positive emotions did you feel?
 - What are some other words to describe the emotion? Can you think of a metaphor or an image that comes to mind with the emotion?
 - Did you feel this positive emotion physically? Maybe you felt warm and fuzzy inside, or you felt your heartbeat increase? Or something completely different?

Part Three: Wrapping Up

Did you notice anything about how you felt, during or after the activity? Do you feel differently than before you started? Did anything surprise you about completing this activity - maybe there was a detail you had initially forgotten about, but this exercise helped you recall it? Take a last few minutes to end your exercise by jotting down how the exercise went for you.



Great! You have completed the **Three Good Things** exercise. To see the best results, start practicing this activity every day. Try picking a specific time, like an hour before you go to bed, to make it easier to turn it into a habit. Keep track of your reflections, so that you can look back and see how your perspective has been broadened as you train your mind!

Find more downloadable activities at
www.expatkidsclub.com