This simple activity is designed to give students (and staff) an easy tool to improve the way they feel about themselves and their situation. The idea is to get into the habit of noticing the good stuff in our lives and trying to hold onto those moments and how they make us feel.

Even doing this each day for just one week can help people to feel happier and less depressed one month, three months and six months later. Read more about Three Good Things.

1. Ask students to think about any positive things that have happened to them today (or yesterday if you’re doing the activity in the morning).
2. Explain that these things can be as small or simple as they like, e.g. it was sunny on the walk to school, I was near the front of the lunch queue, my friend held the door open for me when I was carrying a lot of stuff. It can be anything at all that they think is positive, big or small.
3. Ask your students to write down or draw these things and think about why these events made them feel good.
4. Ask students to think about why these things happened, e.g. it was just luck, I’ve got a good friend; and how that makes them feel.
5. Try to take 5 mins to do this every day for a week.
6. Review in a couple of weeks’ time to see if anyone is still doing it and if it is making a difference.

Things to consider

- Some students might struggle to come up with positive moments. They might be dealing with a lot and might need some examples or help to get started. You could always suggest some ideas.

- The students don’t need to share their moments, as this might encourage a sense of competition. Instead you could ask if anyone wants to share how their positive moments made them feel, to encourage them to expand their emotional literacy.