

8
im
healthy

SILLY

FUNNY

Lesson 2: Find Three Good Things - Notice What's Good

Good things happen every day. (Yes, they really *do!*). But sometimes we hardly notice them. We pay much more attention to problems and things that go wrong. Of course, problems need our attention so we can work them out.

But paying too much attention to problems isn't good for us. It can:

- make us see problems everywhere we look
- make us complain a lot
- put us in a bad mood
- take away from our happiness

FUN

FRIEND

To be sure this doesn't happen, we can pay extra attention to good things.

A good thing can be:

- anything good that happens
- something that goes well for you
- something fun or nice
- something kind or helpful or friendly
- anything you feel good about

NICE

HELPFUL

Try to find at least three good things about each day. Noticing lots of good things helps us:

- be happier
- get through tough times
- do our best
- see more good things about ourselves and others!

PLAYFUL

GLAD

PROUD