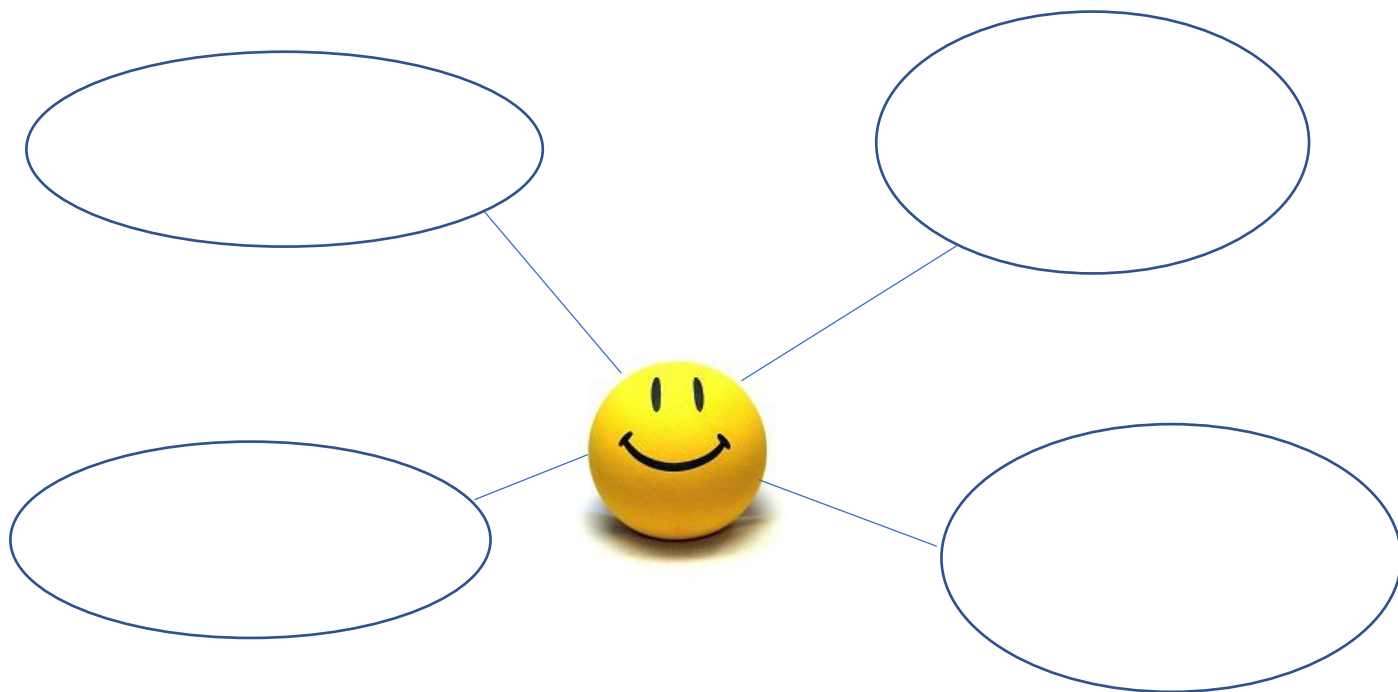


Noticing the Positives Activity

Make a list of all the positive things that happened to you today. For example, it could be that you spoke to someone new, received a good grade, managed to catch the bus on time or listened to some new music.



Now try to turn any negative experiences into positive ones – an example is given for you

Negative experience	Turning it into a positive
I missed my normal bus home and was late for class.	I saw an old friend on that bus who I would not have seen if I had been on my earlier bus.