

Activities to do with your child

Research found that thinking of three good things a day (or 3 things to be grateful for) improved optimism and happiness six months later.

Making a habit of thinking of **good things** or **things to be grateful for** makes us more likely to recognise positive things and events. It helps to change the way we view things.

- ★ **Three good things** – encourage your child to write down three good things that happen every day, or you could talk about these together instead of writing them down.
- ★ **Good news** – discuss a good thing that happened together every day. You could do this anywhere – at a mealtime or while you are on a journey somewhere.
- ★ **Happiness diary** – encourage your child to keep a happiness diary to write down all the things that make them happy. You could write these on a piece of paper and stick them on the fridge or wall and keep adding to them together instead of keeping a diary.
- ★ **Best hopes** – encourage your child to share their 'best hopes' for the day, or for their future. What would they like to do or achieve?
- ★ **Positive word tennis** – take turns to say one positive word each. Take in turns and keep going until someone can not think of a word. You could do this every week and see how you get better!
- ★ **Funniest moments** – think about funny memories and share these. Which positive emotions did you experience?



(This image has been taken from discoveryinaction.com.au/ideas-to-help-fuel-positive-emotions/)

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