

Lesson Name:

Three Good Things

Student Objectives:

- Students will be able to generate positive things in their life.
- Students will be able to reflect on the positive things in their life.

Educator Preparation:

- Know three good things that happened to you yesterday, to share with your students as an example.
- [Three Good Things video](#)

Introduction:

Welcome, today I am going to discuss and model for you an activity that will help you generate mindfulness.

Instruction:

As humans we are naturally spending so much of our time focusing on the negative things going on in our lives. When we step back and overpower those negative thoughts with positive thoughts, we become more positive beings. Three Good Things will help you redirect your mind into a positive aspect.

Interaction:

For example, three good things that happened to me yesterday:

1. Gorgeous weather and being home to enjoy it.
2. Being able to work from home and still have a job.
3. Homemade hamburgers potato chips for supper because we have that extra time while I work from home.

Closure:

[Here is a video](#) that will hopefully explain Three Good Things in a different manner so you may better understand.

Activity:

Think about and say aloud at least three good things that happened to you throughout the day. While you are saying these positive things about your daily life, how do you feel? Does it make your stomach or brain feel a certain way? The purpose of this is to shift ourselves into a more positive mindset.