

HANDOUT TWO

Activity Instructions

- With your partner, choose **THREE** forms of Positivity.
- Take turns answering the questions.
- You have 30 seconds per person for each question.
- The TIMER will signal changing turns.



Ask Yourself:

1. Joy, what brings you joy?
2. Gratitude, when was the last time you felt truly and openly grateful?
3. Serenity, think about the last time you savored a serene moment?
4. Interest, when did interest last draw you in by the nose?
5. Hope, was it hope that motivated you to come to my session?
6. Pride, what makes you proud? What has pride inspired you to do?
7. Amusement, when was the last time you laughed?
8. Inspiration, can you think of a time when you made the choice to be inspired?
9. Awe, what has transfixed you with awe?
10. Love, think of a time when you felt love surge within you.

The Power of Positivity in Transforming Your Classrooms, Schools and Lives

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From *Positivity* by Barbara L. Fredrickson, PH.D