

MY LIFE WORKSHEET



My favorite activities are...

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Three things I will do to enjoy the present moment...

- 1. _____
- 2. _____
- 3. _____

I can stay positive by...

- _____
- _____
- _____
- _____





Objective

Write about your favorite activities, how to stay present and positive.

Intro

What helps you stay focused?

Video

My Life

Activity

Students fill out worksheet individually

Discussion

Discuss the first 4 questions together as a class. Then have students discuss final question in pairs

Takeaway

Staying focused on the present moment helps with staying positive.

My Life



Discussion Questions

Question 1

How does being around your friends make you feel?

Question 2

Have you ever tried meditation? Did you like it?

Question 3

Why do you think its important to focus on the present instead of the future or past?

Question 4

What do you do when you are upset to feel happy again?

Let's Discuss!

When do you feel your best?