



LIFE IS GOOD

It's sometimes hard to look past the struggles of life and see the things that are good. We also sometimes feel we are alone in the bad times. Help students learn to focus on the good things, big, little, and everything between.



Steps:

Roll a ball back and forth around a circle. Each time a kid gets the ball they can tell something that bothers them (without naming names). Classmates who feel like they can relate say “I can relate” and kids who feel like they can help say “Maybe I can help”. Then everyone says, “I care.” After everyone’s had a turn, the ball goes around again. Each kid says something about life that makes them happy or that they love. After each one everyone says “Life is good”.

In the end, talk about focusing on the good while working on the bad. If we only focus on the bad sometimes it can overwhelm us and we feel like we’re all alone and everything is bad. Remember that almost every bad thing we heard, someone could relate or could help. And remember all those good things. Even the little good things can overcome a big bad one- popsicles in summer, running and playing with friends, getting a perfect score on your test, learning something new, finally figuring out something that was hard,. Make the good things worth more than the bad things, and find the people who can relate and the people who can help. Remind them they are not alone. They are NEVER alone.

Remind students it’s okay to be upset, disappointed, or angry. But they can also remind themselves of three good things in their life every time they get upset. It’s possible to be sad and grateful at the same time.