**Positive/Negative**

1. Have students pair up (or pair them up)
2. Have one partner tells the other partner about something bad that happened to them. This can be personal or school-related and can have occurred recently or years ago., but it must be something that is over. They can take about two minutes to do this.
3. The same partner then tells the same story but this time relates the good things that came from this experience. The listening partner can help them explore the good that came from the bad.
4. The listening person then tells the other partner something bad that has happened to him/her.