



Welcome to Summer Fun!

Week 4: Capitalizing on Positive Events

1. **Watch this video:** <https://www.youtube.com/watch?v=rCjUoQnlsm8>
 - What am I surprised about in this video?
 - How does this relate to my life?
 - What can I do differently based on what I learned?
2. **Challenge:** Ask a friend, family member, or neighbor to tell you about a good thing that happened to them today. With sincerity, express positive emotion by smiling, making enthusiastic comments, or even cheering (if appropriate).
3. **Level up challenge:** Watch Pharrell Williams sing "Happy" and recognize how sharing joy impacts the people around you. https://www.youtube.com/watch?v=ZbZSe6N_BXs