

## Worksheet for Word Nutrients

Record the ten positive words from the class brainstorming activity.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Write for three to five minutes about something good that happened last week.

Write for three to five minutes about something that troubled you last week.

Choose a positive word for the day (use this word at least five times today): \_\_\_\_\_