Title: The Best Day of My Life

Exercise Code: SLINTEGRA043

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| Modules: | Group size: | Duration: |
| 8. Situational Awareness | Individual  Small group | 45 min |

**Purpose:**

* To encourage imagination to active thinking
* To encourage one’s own positive thinking
* To express one’s own thoughts and feelings
* To improve communication inside the group

**Description:**

Spend a few minutes thinking about what the best day of your life would be like. Then write a story describing in detail everything about that day. What makes this one day the best day of your life?

**Material:**

Paper, pencil

**Methods:**

Mind mapping, story-telling, poster

The exercise can be meant for individuals that wish to raise their mood. It can also be very effective inside a group dynamic where the participants share the story “My best day”. The exercise encourages positive thinking as well as positive communication.

**Source/Literature:**

Modified and adapted from Teaching Center, Washington University, St. Louis