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Pupils Write Tip of the Week

I want to tell you about something I do every day that makes me happy and helps me feel good. I have a notebook where I write three good things that happened to me that day. This way, I think about the good things in my life every day. These

5 things can be small and simple. Yesterday, for example, I wrote about how my brother helped me with my homework, a beautiful song I heard and a funny joke a friend told me.

I started writing in this notebook about six months ago, and now I feel happier about my life. Writing about good things

10 also helps me get through difficult days, like when I have to study all day for a test.

I know it sounds strange, but this works for me. Try it! Start your own notebook and see for yourself!

Lee Green, 8th grade

Translate:

תרגם:

- 1.difficult _____
- 2.makes _____
- 3.tell _____
- 4.helps _____
- 5.things _____
6. happier _____

7. Happened _____
8. Think _____
9. Life _____
10. Simple _____
11. Example _____
12. Get through _____

1. Lee gives examples of good things that happened to her yesterday.

Write **two** examples from the text.

1. _____

2. _____

2. Why does Lee write in her notebook?
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3. What could be a good name for Lee's **notebook**?

a ☐ My Tips for Pupils

b ☐ Things I Need to Do

c ☐ How to Study for Tests

d ☐ Small Happy Things

4. At the end of the text it says "Try it!" (line 12)

What does the word "it" refer to?

a ☐ helping people every day

b ☐ studying for your tests

c ☐ writing good things in a notebook

d ☐ working hard every day

5. Why did Lee write this text? Because she wanted to ____.

a ☐ give three good ideas

b ☐ write in a notebook

c ☐ help other pupils

d ☐ tell about her day

6. If you had a notebook like Lee has, what would you write in it?

Write **one** example of your own.
