

can you find the silver lining?

1. Think about the most recent time when something didn't go your way, or when you felt frustrated, irritated, or upset.
2. In a few sentences, briefly describe the situation in the middle of the cloud.
3. Then, see if you can think of things that can help you see the bright side of this situation. If you get stuck, just ask a friend to help. Write your ideas in the outer edge of the cloud. (the silver lining).

