

# CHEER UP!

1. Circle two things that would make you **feel better** if you were feeling down.
- |                                       |   |
|---------------------------------------|---|
| A hilarious movie                     | Being able to stay home from school               |
| Reading a good book                   | Getting a phone call from a friend                |
| Some time alone                       | Hearing a good joke                               |
| Hearing your favorite song            | Getting a card from a friend or family member     |
| Getting an e-mail from a friend       | Getting flowers from your boyfriend or girlfriend |
| Hanging out with friends              | Other—  |
| Eating your favorite dessert          |   |
| Getting a hug from a parent or friend |   |

2. Do you think that cheerfulness is contagious?

3. Check out these statements—do you think each one is **T (true)** or **F (false)**?

- You can make something more tolerable by having a cheerful outlook.
- Having a cheerful disposition is something you're born with.
- Cheerful people don't have any problems.
- A person can learn to be more cheerful.
- Being cheerful is unrealistic.
- Cheerfulness and being a clown are the same thing.
- Cheerful people have more friends than others.



4. Read **Proverbs 15:30** and **17:22**. Based on these verses, what would you say to someone who was constantly in a bad mood?

5. Select **two** of the scenarios below and describe how you could react cheerfully in each situation (use the back of this paper to write your responses).
- The girl or guy that you really liked is now dating someone else.
  - Your mom or dad announced that you have to babysit your little sister (or brother).
  - Your team lost the big playoff game.
  - Your mom and dad filed for divorce.
  - The computer crashed when you were in the middle of writing your report.
  - Your older sister is in a particularly nasty mood.
  - You got a bad grade on an important test.
  - You've been grounded longer than you think you should've been.
  - Your teacher embarrassed you in class.
  - Your friend got asked to the dance and you didn't.
  - Your coach pulled you from the starting lineup.
  - A friend borrowed your favorite shirt and returned it with a huge stain.