



Access English Centre
Immigrant Centre Manitoba
Multi-level: Warm-up Activity
Best Day Ever
15 minutes



Objective/Goal:

Gives the opportunity for participants to share their the most positive stories to their peers.

Materials:

Participants need:

- none

Facilitator needs:

- whiteboard
- whiteboard markers
- For the Extension Activity:
Optional: - computer(with internet access)
 - projector
 - screen

Procedure:

Before the Activity:

- 1) Write "**Best Day Ever**" on the whiteboard.

Activity Instructions:

- 2) **Gather** the participants together.

- 3) **Instruct** the participants that they will talk about their "**Best Day Ever**".

Explain:

"**Best Day Ever**" is a phrase or expression that is said when something good happens to you. It is a combination of "thank-you", "I really appreciate it", "awesome", or "you should've-how nice of you". You say it to make the other person feel good about what they did for you which has brought you instantly great joy and happiness.

- 4) Brainstorm together some scenarios:
 - someone gives you-your bus pass that you just dropped
 - receive your tax refund
 - you receive a raise or promotion
 - you win the lottery
 - the bank manager has approved your mortgage
 - the meter maid decided not to give you a parking ticket
 - the police give you warning instead of a traffic ticket



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5) **Demonstrate.**

Ex. Facilitator said, I said "Best Day Ever" to my professor because I "aced" my exam. I received a 100% on my exam. I was amazed that I remembered all the science facts because I had barely studied the night before."

6) Have the participants **sit** in a circle formation.

7) Everyone takes turns **sharing** their stories when they felt or expressed: "Best Day Ever" to someone.

Extension Activity:

A. If there is time, participants can view and discuss the following YouTube clip on "Best Day Ever".(brief animation video)2:56

- **Jimmy Callahan'S Progressive Commercial-"Best Day Ever"**
<http://www.bing.com/videos/search?q=best+day+ever+flo+commercial+video&docid=4691909148410032&mid=CD7176C7571753FE9C74CD7176C7571753FE9C74&view=detail>