

SWITCH THE ROLE FOR A DAY!

1) You are news reporters and you must report on thoughts and actions of people who are stranded at the airport because of bad weather.

2) Usually, most of the people provide negative feedbacks (e.g.: children crying due to being stranded at the airport due to bad weather) and probably you have also done the same. This is how our brain usually works.

Like in the activity done, very often headlines and news in the newspapers are negative – War, Terrorism, deaths, bomb scare, etc. Bad news are more attractive than good news and we are constantly bombarded by this kind of information in mass media.

3) Try to change your point of view. Look at the news website <https://www.goodnewsnetwork.org/>, a website created in 1997, “as an antidote to the barrage of negativity experienced in the mainstream media.

From its beginnings, the website has been a clearinghouse for the gathering and dissemination of positive news stories from around the globe, confirming what people already know — that good news itself is not in short supply; the broadcasting of it. Thomas Jefferson said the job of journalists was to portray accurately what was happening in society. GNN was founded because the media was failing to report the positive news”.

4) Now, imagine yourself to be a news reporter of “goodnewsnetwork” and again do the previous exercise, reporting on thoughts and actions of people who are stranded at the airport because of bad weather.

Reflect on the following:

What do you think are people’s reactions to positive news? How can positive news and positive actions influence people’s life?

- Heartfelt praise and gratitude;
- Story made readers feel better for the rest of the day and for several days after;
- Readers wished they had more positive stories in the newspaper, etc..
- You are now ready for approaching to the sense of positive psychology, that looks at the glass half full rather than half empty.

