

# Joyfulness

## Giving Things Away with Joy

Ask the children to think of or choose some items they do not need anymore and give them to a neighbor, friend, or charity store, while you help them understand that things are to be used and not simply kept without reason. Or you may choose to share some food instead. We feel joy when we share with others.

## Always Joyful Under All Conditions

Discuss how when we feel tired, hungry, or sick it can be easy to overlook the joyfulness within us. Role play that you are hungry and asking for food, but have to wait. Be joyful anyway!

## Cooking Joyfully for Our Friends and Family

Give the children some jobs to help get a pretend meal ready, such as washing vegetables, turning on the oven, mixing, and/or setting the table. Tell them how serving others brings us joy even though it is hard work. Work brings joy!

## Laugh at Me

Take turns making each other laugh by putting on a silly face, making an animal noise, or doing a funny dance. When we take a moment to bring a smile to someone else, it will make us feel more joyful as well. Joy is contagious!

## Doing Our Best with Joy

We feel joy when we start something, do our best, and complete the job. Pick a job you don't regularly do such as washing the car or outside windows, and work to complete it together joyfully!

## A Special Smiley Face Craft Activity

Cut out a piece of cardboard from a recycled box to make a face, and then use dried beans, buttons, or beads to glue on a smiley face. A smile is bringing joy to others by sharing your own joy.

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## Drawing What Brings Us Joy

Talk with the children and draw things that bring them “true joy” such as serving others, thinking about the love our parents have for us, and knowing right from wrong and choosing to do the right thing.

## Our Joyful Family

Draw (or print out) a picture of your family doing something you all enjoy together. Talk about what you love the most about your family and how you can bring joy to each other's lives.

## The Joy Dance

Ask the children to stand around the classroom or sitting room with enough space between each other. Ask them to spread their arms out, if no one's fingertips are touching, the activity may begin.

Joyful music is playing and the children are invited to dance. The music is stopped intermittently. When the music stops, a child tells the group what brings them joy. The music begins again and the game continues until all the children have had a turn to share what brings them joy.