

# Joyfulness

## From Sad To Happy

**Objective:** To practice being creative with joyful words and acts.

Ask each child to bring in a small doll or stuffed animal. Ask all children to hold their doll or stuffed animal standing or sitting in a circle.

The teacher is also holding a doll (or teddy bear, puppet, etc.) with band-aids on it.

The teacher says this little \_\_\_\_\_ is not happy. He is sad because he fell over and hurt himself. How can we all make him happy again?

Invite each child to bring their doll close to the teacher's and by speaking for their doll, show acts or words of kindness to bring joy to the injured one.

## A People Sandwich

Adapted from Smart Play by Barbara Sher, p. 154

**Objective:** To enjoy laughter and joyful imagination together.

This game is guaranteed to bring giggles. It's all about making a sandwich using some children as the ingredients. The other children then get to pretend that they are "eating" that delicious sandwich. Yum!

Have the children stand in a circle. Announce that you are going to make a sandwich, and pick one child to stand in the center of the circle and be the bread. Then ask, "What else should we put in this sandwich?" If at first the children don't come up with ideas, suggest some: "Let's add some cheese." Then pick another child to be the cheese and put her directly in front of the child who is the bread. Continue with the ingredients, such as ham, pickles, tomato, lettuce, and so on, and end with another piece of bread. Each time, place the child in front of the last ingredient, but you'll probably find that they are jumping up and down excitedly to be the next piece. You might also find that a child might call out an ingredient that isn't usually in a sandwich, such as rice. Go ahead and put some rice in the sandwich!

After the sandwich is made, everyone pretends to eat it, smacking their lips and making chewing sounds. (This is what brings the giggles.)

Then start all over and make a new sandwich!

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## The Flower Garden

**Objective:** To enjoy bodily movements.

Use a small rug as the flower garden. All the children must sit very close to each other on the rug making sure not even a toe is outside of the rug. Tell the children they are pretending to be seeds of flowers.

The teacher pretends to use a watering can and water the seeds (you may use confetti as water and actually throw the confetti slowly on each child).

As each seed receives the water they must slowly stand up and raise their arms stretched to the sun to show growth.