



A Movement of Self Love

ACTIVITY: Remember Your Joy!

Objective: To identify times of feeling personal joy

QUESTIONS FOR STUDENTS

Does life make you angry, sad, upset sometimes?

What is joy?

Is it hard to remember ever feeling joyful when you are feeling bad?

INTRODUCTION

Many times we will have hard days in life. Sometimes, those hard times keep stacking up and it is hard to remember when we have felt joy in our lives.

Joy is a little different than happiness. Happiness can come from many things, especially things outside of us (like material possessions, how someone treats us, etc). Joy comes from within us and is used to describe the feeling we have when we are both happy, excited, and content from the inside. For instance, maybe you played with a dog and felt connected to him. Maybe you went for a walk and noticed all of the plants that had grown from seeds, and what a journey that has been for them. Or maybe you listen to a favorite song and it gave you goosebumps.

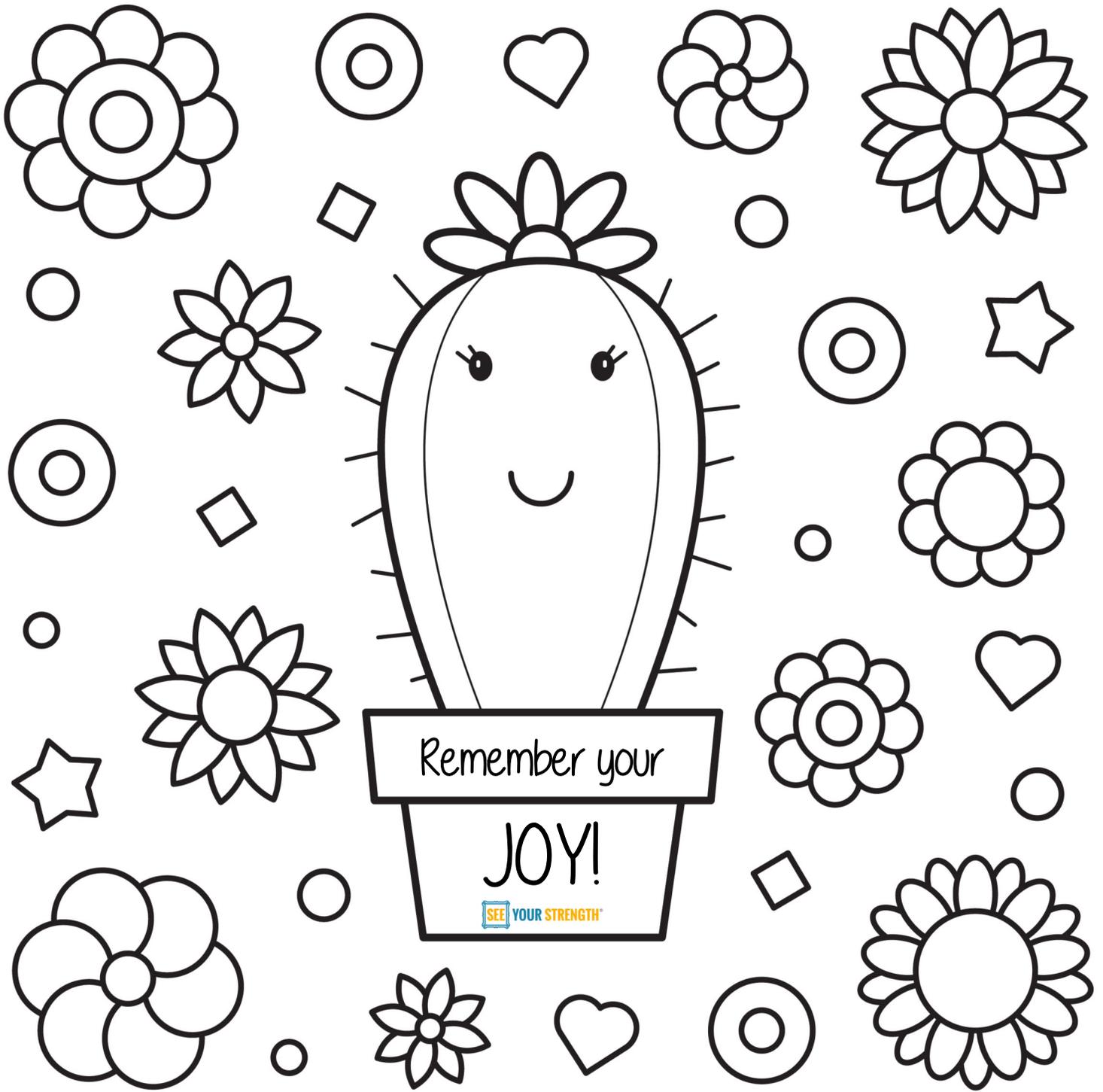
ACTIVITY

Give everyone a copy of the Remember Your Joy! coloring sheet. Explain that it is a good idea to take a little time each day to reflect on anything that has brought us joy that day or from the past.

By remembering our joy, we can better handle times in our lives when things feel bad.

Take some time to help students think of ways they find joy in life. There may be some students who have never ever thought about this before. What an opportunity for you to help open their eyes! (Maybe it even brings you a little joy.)

Allow students to spend time thinking and coloring their picture. Ask them to write at least one thing on their paper that brings them joy. Encourage your students to hold onto their paper and refer to it in difficult times, and to add to it as they think of and experience more joy.



When have you felt joy?
