**Joyfulness 01**

Memorization verse: O God! Refresh and gladden my spirit.

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| **Time** | **Activity** | **Who** | **Details** | **Materials** |
| 3:30 | Play/snacks/Park |  | Snacks for children:  | Name-tags |
| 4:00 | Walk to Michelle's home |  | Remind children and parents to remove shoes and enter quietly | Rope with rings |
| 4:05 | Opening prayer |  | Explain why we always start with a prayer: because God is the source of all virtues, and we are asking for His help in our spiritual development. Sing "Pure heart... pearl." prayer with motions | CD with songPoster with wordsHand around 'pearls' |
|  | Remind children class rules |  | 1. Raise hand before speaking2. Stay seated, please do not bounce around and distract3. Keep your hands and feet to yourself4. REMIND children and parents there is a quiet room |  |
| 4:10 | Introduce Topic |  | Description of Joyfulness:Joyfulness means being filled with happiness: full-of-joy!... Joy-Full! (**ASK** the children: "Get it?")It is a deep sense of peacefulness (**Have** the children practice: take a slow deep breath, let the air out, relax, smile)We are joyful when we trust that God is guiding us and we look for the gifts He sends in each day. (**ASK**: What are some of the gifts God has sent you in your life? How about today?)Joyfulness is more than ordinary happiness. Most people are happy when they are having fun, but when the fun stops, what then? Should your joyfulness stop? What happens when you are bored, or have a difficult job to do? Will you choose to be bored (**ASK**: is that fun or joyful? no, it is unpleasant), or refuse to do the work (what if your Mom asks you to clean up the toys, or put away the books?). Or will you be creative, and turn the activity into an Adventure, or a Helpful Game? Joyfulness is YOUR choice. If you are bored, or sad, or angry, what can you do to change things to bring joy? How can YOU be a joy-maker? (bring joy to yourself and to others) - smile - be a good friend - be creative and funny - turn a problem into an "adventure" to be overcome or solved - serve others - knowing right from wrong and choosing to do the right thing - have an "Adventure" |
| 4:20 | Song: *I want you to be happy* |  | With motions |  | CD with songPoster with words |
| 4:30 | Story book:*Taking a bath with the dog...* |  |  |  |  |
| 5:25 | Memorize Verse |  | Motions:**O God!****Refresh and gladden my spirit.** |  |  |
|  | Learning in action: Making sock puppets |  | Ask: "Who likes to get presents? Is it fun? Do you feel happy? What if the present is a disappointment? What can you do to turn it into Joyfulness? Use your imagination? Be Creative? | For each child, give a beautifully wrapped box with two mismatched socks. - then helped them make a sock puppet, using pom-poms, google eyes,  |
| 5:30 | Closing Song: *This Little Light of Mine* |  |  | LED tea lights from Michaels |
| **Backup Activities** |
| Story | *My Friend is Sad* |  | by Willems, and Elephant and Piggie book |  |
| Songs |  *If you're happy and you know it* | Encourage children to make up verses |  |
|  | Bubbles |  | Outdoors, blowing and chasing bubbles |  |
|  | Handouts | Reflections for parents, coloring sheets |  |