**Joyfulness 02**

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

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| **Time** | | **Activity** | | **Who** | **Details** | | | **Materials** | | |
| 3:30 | | Play/snacks/Park | | All | Snacks for children: | | | Name-tags | | |
| 4:00 | | Walk to Michelle's home | | All | Remind children and parents to remove shoes and enter quietly | | | Rope with rings | | |
| 4:05 | | Opening prayer | | Joan | 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 song  Poster with words  Hand around 'pearls' | | |
|  | | Remind children class rules | |  | 1. Raise hand before speaking  2. Stay seated, please do not bounce around and distract  3. Keep your hands and feet to yourself  4. REMIND children and parents there is a quiet room | | |  | | |
|  | | Learning in action:  Art activity that flies! | | All | Making a kite. Do this first, while it is still light outdoors, so the children can fly their kites in the back yard. Children first color their paper kite picturing something that brings them joy, or sharing joy with others, then assemble kites and FLY and RUN! | | | Markers, paper, ruler, string, hole-punch | | |
| 4:10 | | Introduce Topic | | Michelle | Description of Joyfulness:  First, ask children if they did something this week to make someone else happy.  Joyfulness means being filled with happiness: full-of-joy!... Joy-Full! (**ASK** the children: "Get it?")  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: *May this boundless love...* | |  | Motions: | | | CD with song  Poster with words | | |
| 4:30 | | Story book: *Harry the Happy Mouse* | |  |  | | |  | | |
| 5:25 | | Memorize Verse | |  | Motions:  **O God! Refresh and gladden my spirit.** | | |  | | |
| 5:30 | | Candle closing ceremony | | Joan | Child passes out tea-lights, then we hold them toward the center and sing "This little light of mine..." (Raffi version) | | | | CD with song  Poster with words | |
| **Backup Activities** | | | | | | | | | | |
| Story | |  | |  | | | *Cheer Up Your Teddy Bear, Emily Brown* by Cowell |  | | |
| Songs | | *If you're happy and you know it* | | | | | Encourage children to make up verses |  | | |
| Song | | *A Ram Sam Sam* | | | | | With lot of energy and motion! |  | | |
|  | | Bubbles | |  | | | Outdoors, blowing and chasing bubbles |  | | |
|  | | Handouts | | Coloring sheets | | | |  | | |