**Joyfulness 03**

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: 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" |
|  | Learning in action:Playing with Balloons |  | Children play keeping balloons up in the air as long as they can, while music plays in background |  |
| 4:20 | Song: *A Ram Sam Sam* |  | Motions: Fast and faster! | CD with songPoster with words |
| 4:30 | Story:  |  |  |  |
| 5:25 | Memorize Verse |  | Motions:**O God! Refresh and gladden my spirit.** |  |
| 5:30 | Closing song: *This Little Light of Mine* |  | Child passes out tea-lights,  | CD with songPoster 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 |  |
|  | Bubbles |  | Outdoors, blowing and chasing bubbles |  |
|  | Handouts | Coloring sheets |  |