**Ruhi Book 3g1, Lesson 7 Joyfulness**

**List of supplementary materials and instructions**

**Token: Pale blue heart (sky) with blue bird (of happiness) embellishment)**

**Snack: Cookies in shape of dove / bird of happiness**

Additional Stories from the Faith (all attached):

1. Joy and Pain('Abdu'l-Baha, Paris Talks)

*2.* A Story about Joy told by 'Abdu'l-Bahá (H.M.Balyuzi, *'Abdu'l-Bahá-The Centre of the Covenant, p31)*

3. Another story of Joy and Happiness told by 'Abdu'l-Bahá

Stories from picture books: (\*) are the best one, in my opinion

4. *If You're Happy and You Know It!* (song)(board book(ages 2-5)

5. *Let's Be Happy* by Hallinan (2-5, board book)

6. *I'm in Charge of Celebrations* by Baylor

7. *Make Someone Smile* by Lalli

8. *Miss Happiness and Miss Flower* by Godden (chapter book)

9. *Hope* by Monk

10.\* *Something Beautiful* by Wyeth (best)

Stories from anthologies

11. *Little Moments of Happiness* by Brami

Songs:

**Ruhi**

1. Joy Gives Us Wings (Joanie Lincoln)

**Memory Verse**

2. O Son of Man (Susan Engle, Loving Hands, song 15)

3. Rejoice in the gladness (Elika Ehsani Majony, Melodies of the Nightingale, song 12)

4. Refresh and gladden (Barb Qualls, The Victory, song 09)

5. Refresh and gladden my spirit! (MANA, Teaching Children, song 06)

6. Refresh and gladden (Elaine Losey, Heartfelt Connections, song 09)

7. Refresh and gladden (Acompaname a Servir, song 02)

8. Refresh and gladden (KC Porter, Artists for the Arc, song 05)

**Songs by other artists**

9. Joy (Nancy Ward, To the Planter of Trees, song 10)

11.Let Us Rejoice Today (Ruth Vander Stelt, performed by Elma Strom & Cora Thiele)

12.Be Happy (Bob Simms, Words of Wisdom, song 07)

13.\*Bluebird of Happiness (Blue Plate Special) (words follow, document 02)

14.Joy-oy-oy (Jim Valley & Friends)

15.This little light of mine (Raffi, Rise and Shine, song 17)

16.Happy Trails (Aaron Burnett, Get off the Couch, song 13)

17.If You're Happy and You Know It (Raffi, Let's Play, song 09)

18.Song of Celebration (Circle of Friends, song 05)

19.Shout for Joy (Join the Party! Debbie Fortnum)

20.Song of Joy (Rosie Lovejoy, I Claim a Miracle).... and so many more songs I won't even list them!

Science Activity:

1. When two friends meet, joy bubbles over!

Crafts:

1. Coloring sheets: Joyfulness 2. Joy Gives Us Wings (colorful birds, give them wings)

3. Egg Heads (just because they are funny!) 4. Flower garden in a jar (a pretty gift to bring joy to others)

Games: from Linden Qualls New *World Order Games Manual,* http://home.earthlink.net/~l.qualls/id1.html

**Highly Active Games**

1. Hunting for Happiness

**Mainly cerebral Games**

1. Recipe for True Happiness 2. Happiness Memory Game