**Lesson 7- JOYFULNESS PART 2**

**Slightly modified from Ruhi Book 3**

**PRAYERS: Sharing of memorization and review of prayer that they are learning:**

**O Thou kind Lord!  I am a little child, exalt me by admitting me to the kingdom.  I am earthly, make me heavenly; I am of the world below, let me belong to the realm above; gloomy, suffer me to become radiant; material, make me spiritual, and grant that I may manifest Thine infinite bounties.**

**Thou art the Powerful, the All-Loving.**

**(Do with SONG- Tim Urbonya)**

**INTRO GAME:**

Let’s Be Happy: **Sit in a circle. Play the game: “Let’s be happy”. Chant: “Are you happy? Let’s be happy! How does \_\_\_ (child’s name) sound when she/he is happy? Child then laughs or says something like “yippee!”. Can also end the chant with… What does \_\_\_(child’s name) do when she/he is happy? And child can say something they do that makes them happy.**

**INTRO TO VIRTUE OF JOYFULNESS:**

Joyfulness is being filled with happiness. It is a deep sense of peacefulness. We are joyful when we trust that God is guiding us and we look for the gifts He sends us in each day. Deep feelings of joy come from things that last- like the feeling of joy in serving others, the love our parents have for us, and knowing right from wrong and choosing to do the right thing.

**Affirmation:** I am thankful for the joy I feel inside. I have fun when I work and when I play. I am thankful for God's love inside of me.

**SONGS:**

**The Time to Be Happy is Now Song** (Family Learning House, Children’s Virtues Songs- Preschool CD)

“The time to be happy is now. The place to be happy is here. And the way to be happy is to make others happy and to build a little heaven down here!”

(Action: time- point to watch, now- point to floor; place- make a circle of earth with your hands, here- point to floor, way- make a smile with your hands close to your face, make others- put both hands forward in front of you, a little heaven down here- make spirit fingers around your body)

**If You are Happy and You Know It**

**A Ram Sam Sam** (Music Together, Fiddle Collection CD)

A Ram Sam Sam x 2

Goolie goolie goolie goolie goolie ram sam sam

A raffi! A raffi!

Goolie goolie goolie goolie goolie ram sam sam

(gets faster as you go along)

Movements: a ram sam sam- pat your thighs to the beat; goolie, goolie, goolie, goolie, goolie- put arms out parallel and roll them (your hands are in fists and are going in circles around your wrists); a ram sam sam- pat your thighs to the beat; a raffi! A raffi- throw your arms up; repeat movements

**I Think You’re Wonderful by Red Grammer**

**Love, Service, Joy and Gentleness Song** (Family Learning House, Children’s Virtues Songs- Preschool CD)

“Love, service, joy and gentleness. Love, service, joy and gentleness. These are virtues we possess. Love, service, joy and gentleness.”

(Action: For the world “love”- touch your heart. For the word “service”- extend your hands as though serving someone. For the word “joy”- raise your hands to your face and smile joyously. For the word “gentleness”- stroke your left arm with your right hand gently.)

**I’ve Got Peace Like a River** (Favorite Children’s Songs from the Family Learning House CD)

“I’ve got peace like a river. I’ve got peace like a river. I’ve got peace like a river in my soul. X 2 I’ve got joy like a fountain. I’ve got joy like a fountain. I’ve got joy like a fountain in my soul. X 2 I’ve got love like the ocean. I’ve got love like the ocean. I’ve got love like the ocean in my soul. X 2 I’ve got peace like a river in my soul. I’ve got peace like a river in my soul.”

(Action: For peace- clasp hands in front of you like you are in prayer; for river- have hands flowing vertically in front of you; for joy- put hands up to your face and then out to the side with fingers open; for love- make a heart with your hands in front of you; for ocean- make waves horizontally to each side; when you sing “soul”- touch your heart)

**STORY BOOK: I Like Me by Nancy Carlson (available at Amazon)**

**QUOTE:** **“You live to do good and to bring happiness to others.”**

**(The Baha’i Writings)**

Actions: **You**- point out with right index finger; **live**- put both hands over your heart and move the top hand out and in twice; **to do good**- bring hands out in front of you with palms up; **and to bring happiness**- put both index fingers under your chin and then move them up to the side of your cheeks, while you smile; **to others**- move your hands from left to right, with palms up, as you move your gaze towards the right, as if you are looking at your neighbor

Children repeat the quotation with movements to help them learn it by memory. **This works well if the teacher says part of the quote first and then the parents and children repeat that part, etc.**

**This little light of Mine song**

**GAME:** Ha-Ha

One student lies down on the floor. The next student puts their head on the first one’s stomach. A third student lies down and puts their head on the second student’s stomach. This continues in a zig zag pattern until all students are in place. Then the first student says “Ha”. The second student says “Ha ha”. The third says “Ha ha ha”. This continues until the end or until someone laughs and then you have to start over.

Outside for more games- can be Dragon’s Tail, Cooperative Tag or parachute games (see Lesson 7 part 1)

**Story of Abdul-Baha:**

In the United States, in August 1912, Mrs Parsons, a devoted Bahá'í of Washington DC, invited 'Abdu'l-Bahá to Dublin, New Hampshire, where she had an estate. During the summer months, many people prominent in the life of the capital visited that resort. Mrs Parsons arranged a luncheon party at her home and asked some twenty people, all outstanding in various walks of life, to meet 'Abdu'l-Bahá. Culture, science, art, wealth, politics, achievement -- all were represented. The hostess was eager that 'Abdu'l-Bahá should tell these leaders of society about Bahá'u'lláh and the Faith He had proclaimed to mankind.

Probably the guests thought that they were in for a lecture. But 'Abdu'l-Bahá told them a story which made them laugh. He Himself laughed heartily, and again with them when they, encouraged by the lead He had given, also told amusing stories. 'Abdu'l-Bahá and His guests were full of mirth throughout that luncheon. It was 'good to laugh', He told them: 'Laughter is a spiritual relaxation.'

At that point He referred to His years in prison. Life was hard, He said, tribulations were never far away, and yet, at the end of the day, they would sit together and recall events that had been fantastic, and laugh over them. Funny situations could not be abundant, but still they probed and sought them, and laughter.

Joy was not, He told them, a by-product of material comfort and affluence. Were it so, dejection would have ruled every hour of their lives in those days, whereas their souls were joyful.

Those Americans, distinguished in public life, had received the impact of truth, often absent from their daily experience, and they looked with new eyes at the visitor from the East, eyes that mirrored deep admiration and respect. And the great heart of 'Abdu'l-Bahá enveloped them all. Afterwards He asked His hostess whether she was pleased with Him.

'Abdu'l-Bahá - The Centre of the Covenant, p31, by H.M.Balyuzi

**Craft:**

Preparation of mug, wrapping it and writing a note to bring joy to others (can purchase a mug from craft store that can be painted on and baked, and then given as a gift)

AND

Joy gives us wings bird craft from previous lesson if not finished

Can also do coloring sheet

**Closing Prayers**