**Virtue: JOYFULNESS**

**Lesson Plan for Children 0 - 3**

**Open Play (20 minutes) and Parent Discussion:**

Invite children to play with toys- gently guiding and reminding them of the virtues of kindness, love and sharing. While keeping an eye on their children, parents talk about how to support the development of helpfulness in their families.

* How can we encourage the development of the virtue of joyfulness in our children?
* How can we as parents help foster in our children the understanding that abiding joy does not come from owning more things, but rather from helping others?

After about twenty minutes, a song with a verse about joyfulness is played, indicating that it is almost time to start the formal part of our playgroup.

**The Verse played is “You live to do good and to bring happiness to others.”** (From the Virtues In Us, Quotations CD)

Once the song is over, children and parents clean up toys while singing a clean-up song:

There are several cute and easy songs to choose from: Select one and have that be your 'clean up theme song' for the class.

Song 1: Clean up, clean up, everybody everywhere.

 Clean up, clean up, everybody do your share.

Song 2: *(spoken)* Time to clean up, everyone. Let's pick up our things!

*(Chorus)*

Clean up, everybody clean up (x3)

 Time to clean up!

 Pick up, everybody pick up (x3)

 Time to pick up!

Pick up the toys, put them away

Pick up the blocks, put them away

Pick up the books, put them away

Put your things away

Song 3: Clean up, clean up, it's time to clean up

 We've had our time to learn and play

 And spend time with our friends today

 But now it's time to go away, so let us all clean up

 Yes, let us all clean up

Once clean-up is done, play the welcome song to signal that it is time for the children and parents to gather round, sitting in a circle.

**Welcome Song** (Favorite Children’s Songs from the Family Learning House CD)

Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be wonderful. Today is going to be joyful. Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be beautiful. Today is going to be peaceful. Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be…How is your day going to be? Get ready to sing! Today is going to be \_\_\_\_\_\_\_(JOYFUL!). Today I’m going to be happy. Today I’m going to be helpful. Good morning, good morning! It’s lovely to see you! Good morning, good morning! It’s lovely to see you!

**Opening Prayer: Explain: "**We always start with a prayer, because God is the source of all spiritual qualities, and we want to call on Him to aid us in our spiritual development."

**“O God! Educate these children. These children are the plants of Thine orchard, the flowers of Thy meadow, the roses of Thy garden. Let Thy rain fall upon them; let the Sun of Reality shine upon them with Thy love. Let Thy breeze refresh them in order that they may be trained, grow and develop, and appear in the utmost beauty. Thou art the Giver. Thou art the Compassionate. ~ 'Abdu’l-Bahá**

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| **WORDS** | ACTIONS |
| **O God**  | raise both hands up to the sky |
| **educate** | move hands down by sides of your body with palms facing in |
| **these children** | move hands out so that your elbows are bend and your palms are facing up to the sky |
| **These children** | keep the same position but bounce your hands and arms a little |
| **are the plants of Thine orchard** | move hands and arms up from the side until hands are in the same position as they are for "these children", put up around your head  |
| **the flowers of Thy meadow** | raise your hands all the way up and move them from side to side |
| **the roses of Thy garden** | put hands, palms facing your head, on both sides of your head and move them down so that your hands are underneath your chin, wrists touching, and your chin is resting in your hands, palms up |
| **let Thy rain fall upon them** | make raindrops by wiggling your fingers and move your hands from above your head, down to your side |
| **let the Sun of Reality** | make a big circle with your arms above your head |
| **shine upon them with**  | move your arms from side to side while still in a big circle above your head |
| **Thy love** | make a heart in front of your chest with the fingers of both hands |
| **Let Thy breeze refresh them** | put both hands out in front of you, holding your hands parallel, facing each other, and move them gracefully from side to side |
| **in order that they may be** | put right index finger out in front of you and move it up and down, from left to right, in front of you, as if pointing out each child |
| **trained** | put elbows to either side of your waist, with your hands and arms straightened in front of you |
| **grow** | keep elbows at your side and move your arms so that they are parallel with your body, fingers pointing up |
| **and develop** | move your hands and arms straight up until they are fully extended above your head |
| **and appear**  | open your arms up into a V above your head  |
| **in the utmost beauty** | keep the V-position, but move your hands and wrists gracefully back and forth in an oriental fashion, like your hands are waves, and then move your arms from right to left as you do this, very rhythmically, looking up and smile as if you are admiring the beauty |
| **Thou art** | point up to the sky |
| **the Giver** | put both hands straight out in front of you with palms up, while bowing your head a bit, as if gratefully and humbling receiving a gift |
| **Thou art** | point up to the sky |
| **the Compassionate** | give yourself a big hug, and sway from side to side |

**Song: Hello Song** (Music Together, Bongos CD)

 Hello everybody! So glad to see you! Hello everybody, so glad to see you too! Hello to \_\_\_\_, so glad to see you! Hello to \_\_\_\_\_\_\_, so glad to see you too! Hello everybody! So glad to see you! Hello everybody, so glad to see you!”

(sing each child’s name and parent’s name)

**Song: Wake Up** (Music Together, Bongos CD)

Open and shut them, open and shut them, give a little clap.

Open and shut them, open and shut them, fold them in your lap.

Creep them, creep them, slowly creep them right up to your chin.

Open up your little mouth but do not let them in!

Song motions: ( https://www.youtube.com/watch?v=9LbZSyx-7Xo)

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| **WORDS** | ACTIONS |
| **Open and shut them (x2)** | hands in front of you, open and shut them |
| **give a little clap** | clap hands |
| **Open and shut them (x2)** | hands in front of you, open and shut them |
| **fold them in your lap** | fold hands emphatically in your lap |
| **Creep them, creep them, slowly creep them, right up to your chin** | "creep" your fingers up from your waist and neck to your chin |
| **Open up your little mouth** | Touch one finger to your lower lip while opening up mouth wide |
| **But do not let them in** | Quickly move both hands behind your back |

**Song: Slowly, Slowly and Quickly, Quickly Movement Song**

Slowly, slowly, very slowly creeps the garden snail

Slowly, slowly, very slowly, up the wooden rail.

Quickly, quickly, very quickly runs the little mouse.

Quickly, quickly, very quickly in his little house!

*Actions*: creep your fingers very slowly up your child’s body as the first two lines are said. Then pause. For the second two lines, move your fingers very quickly over your child’s body until the last word- “house”, when you stop and put both hands over your head in an upside down V, like you are under a house.

**Introduction to the 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.

**Read a book about JOY:** I Will Rejoice by Karma Wilson and Amy June Bates **(or any other book about joyfulness)**

**Song: The More We Get Together** (Family Learning House, Children’s Virtues Songs- Preschool- CD;)

The more we get together, together, together,

The more we get together the happier we’ll be,

For your friends are my friends and my friends are your friends.

The more we get together the happier we’ll be!

*Action:* Hold hands and sway, show smile, point to yourself and then to others, hold hands and sway

**Song: The Time to Be Happy is Now** (The 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!

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| **WORDS** | ACTIONS |
| **The time to be happy** | point to your wrist watch |
| **is now** | point to floor |
| **The place to be happy** | make a circle of the earth with your hands in front of your chest |
| **is here** | point to floor |
| **And the way to be happy** | make a smile with your hands close to your face |
| **is to make others happy** | put both hands in forward in front of you, as if offering a gift to someone |
| **And to build a little heaven down here** | make "spirit fingers" around your body by wiggling your fingers while moving your hands from chest-height up, to the sides, and down |

**Song: Love, Service, Joy and Gentleness** (Family Learning House, Children’s Virtues Songs- Preschool CD; available through ITunes, produced by Virtues in Us)

Love, service, joy and gentleness.

Love, service, joy and gentleness.

These are virtues we possess.

Love, service, joy and gentleness.

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| **WORDS** | ACTIONS |
| **Love** | touch your heart |
| **Service** | extend your hand as though serving someone |
| **Joy** | raise your hands to your face and smile joyously |
| **Gentleness** | stroke your left arm with your right hand gently. |

**Song: If You’re Happy and You Know It**

If you’re happy and you know it, clap your hands x 2

If you’re happy and you know it, then your face will surely show it

If you’re happy and you know it, clap your hands!

If you’re happy and you know it, stomp your feet x 2

If you’re happy and you know it, then your face will surely show it

If you’re happy and you know it, stomp your feet

If you’re happy and you know it shout hooray, hooray! X 2

If you’re happy and you know it, then your face will surely show it

If you’re happy and you know it, shout hooray, hooray!

If you’re happy and you know it, do all 3! (clap hands, stomp feet, and shout hooray) x 2

If you’re happy and you know it, then your face will surely show it

If you’re happy and you know it, do all 3! (clap hands, stomp feet, shout hooray)

**Hand out shaker eggs to the little ones; children and Mommies can pass the eggs in a circle as they sing the following song:**

**A Smile Is Something If You Give It Away Song** (Family Learning House, Children’s Virtues Songs- Preschool CD)

A smile is something if you give it away, give it away, give it away.

A smile is something if you give it away, it comes right back to you!

**Collect eggs and give each parent and child an instrument to play during the following song:**

**Song: Don’t Worry, Be Happy**

**Collect instruments and then give each parent and child a scarf to dance with during the following song:**

**Song: I Think You’re Wonderful** (Red Grammer, Teaching Peace CD)

**Collect scarves and then** **invite children and Mommies to sit together for the closing Verse:**

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| **Joy gives us wings! ~** 'Abdu'l-Bahá |

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| **WORDS** | ACTIONS |
| **Joy** | Big smile with hands up by face, fingers under chin |
| **Gives us** | Move both hands up and out to the side |
| **Wings!** | Flap your hands like wings |

**Closing Song:**

**(sung to the tune of "Teddy Bear, Teddy Bear....)**

**There are several different tunes for the Teddy Bear rhyme you can find on YouTube. Here is one version**

**https://www.youtube.com/watch?v=sSLlm5bwzjs**

Joyful child, joyful child turn around. (turn around)

joyful child, joyful child, touch the ground. (touch the ground)

Joyful child, joyful child, show your shoe. (hold foot up and point to shoe)

joyful child, joyful child, I love you! (hugs all around!)

Joyful child, joyful child, reach for the sky. (reach up!)

Children’s class is over. It’s time to say goodbye! (wave and say, “goodbye!”)