**Wellspring of Joy, Lesson 1 Apr 01,** revised 23-Mar-2020

Theme: Think about every idea, and try to understand it.

Memorization (from Grade 6)**:** The days when idle worship was deemed sufficient are ended. The time is come when naught by the purest motive, supported by deeds of stainless purity, can ascend to the throne of the Most High and be acceptable unto Him. ~ Bahá’u’lláh

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| **Time** | **Activity** | **Who** | **Details** | **Materials** |
| 3:55– 4:00 | Welcome as people gather | All | Greeting, chatting |  |
| 4:00 - 4:05 | Opening prayers  | Reina or May | Prayer from book, or known from heart, or spontaneously. | Prayer books |
| 4:05 – 4:15 | Checking in | May or Reina | How is each girl, and each family, coping? |
| 4:15 – 4:25 | Create guidelines for meeting on Zoom | May or Reina | Using “whiteboard’ function of Zoom.1. Mute your microphone unless talking
2. ..
3. ..
4. ..
 |  |
| 4:25-4:30 | Read the lesson.9 paragraphs | Reina or May | Girls take turns. Animators can decide to pause reading if a point needs to be further discussed. |
|  | Movement options | May or Reina | 1. Stand up, shake arms, legs, head rolls
2. VERY active Simon Says
3. ..
4. ..
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| 4:30 – 4:45 | Lesson Activities | Reina or May | In class, Activities 3, 5. The other activities are assigned as “homework” |  |
| 4:45-4:55 | Discussion (if time) |  | Sample discussion questions1. “Think about every idea, and try to understand it.” Why is this good advice to today?
2. Have you ever felt discouraged?
3. What did you do?
4. What are some hardships you (or your family) have endured?
5. What helped you get through them?
6. What hardships are going on right now for yourselves or your families?
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| 4:45 – 4:55 | Singing | Reina | New song by Reina: “The days when idle worship...” | New prayerbook |
| 4:55 – 5:00 | Explain memory book | Joan | Memory book, decorate front and back cover at home, using your imagination. Front cover can be something about Junior Youth Spiritual Empowerment Program. Back cover can be your name, in stickers, pencil, markers, collage.... Begin to work on inside cover, list of Service you can do, and have been doing, these days. | Books and plastic covers |