**Virtue: Joyfulness**

**Lesson Plan 1**

**Children ages 3-5**

**A light snack will be offered to those arriving a few minutes early (fruit, wholesome homemade muffin, etc.)**

**Opening Prayers:** Invite children to practice reverence by asking them to sit in their parent’s lap while the following prayer is said and then sung. Each month we learn a new prayer. Explain that "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."

**Prayer: Pure Heart**(CD: Children's Songs from the Peace Pack, Greg Parker)

**He is God! O God, my God!**

**Bestow upon me a pure heart, like unto a pearl.** ~ 'Abdu’l-Bahá

|  |  |
| --- | --- |
| **WORDS** | ACTIONS |
| **He** | point up to the sky with both index fingers |
| **is God** | raise both arms up above head and look up |
| **O God** | move both arms forward and back and bit in the air |
| **my** | put both hands to your heart |
| **God** | raise both arms above head and look up |
| **bestow upon** | move fingers down from above your head, and wiggle them, like rain falling |
| **me** | cross arms in an X in front of your chest |
| **a pure heart** | make a heart with both hands in front of your chest (index fingers curved and touching and thumbs touching |
| **like unto** | put right hand out, palm up, in front of you |
| **a pearl** | with your right index finger and thumb, draw a pearl (a circle) on the palm of your left hand |

Explain to children what a pure heart is - something that is pure is clean and good. When we have a pure heart, we do not think of ourselves. We think of how we can help others. In this prayer, we are asking God to make our heart pure, like a pearl. Have you ever seen a pearl? (can pass a pearl around) Do you see how shiny and beautiful it is? We want our heart to be shiny- reflecting God’s light- and beautiful, just like this pearl.

Any child is then welcome to share a prayer with the group, if they have been learning one at home. This is a good time to review any previous verses they have learned as well.

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

*(Actions: Clap hands to knees in time with the music)*

Hello everybody! So glad to see you!

Hello everybody, we're so glad to see you!

Hello to \_\_\_\_, so glad to see you!

Hello to \_\_\_\_\_\_\_, so glad to see you too!

*(Repeat the second couplet as many times as necessary, singing each child’s name, until everyone has been greeted, include mommies/ daddies and teachers)*

*(For the last line, below, slow the last phrase, while slapping knees faster and faster, and end with "yoooooooou!" on a rising note)*

Hello everybody! So glad to see you!

Hello everybody, we're so glad to see yooooou!

**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. A deep feeling of joy comes from things that are permanent, not transitory. For example, 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.

**Book:**

**The Happy Man and His Dump Truck** by Miriam (a Little Golden Book) and highlight the fact that the man is happy because he is serving others and making others happy.

**Little Blue Truck by Schertle**

**Songs:**

**Song: Unity (The More We Get Together)**

(CD: The Family Learning House, Virtues in Us - Preschool)

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!

*(Hold hands and sway, show smile, point to yourself and then to others, hold hands and sway)*

**Song: Joyfulness (The Time to Be Happy is Now)**

(CD: The Family Learning House, Virtues in Us - Preschool)

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 |
| **... time** | point to your wrist watch |
| **... now** | point to floor |
| **... place** | make a circle of earth with your hands at chest-level |
| **... way** | make a smile with your hands close to your face |
| **... make others** | but both hands in front of you |
| **... a little heaven down here** | make spirit-fingers around your body |

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

**Song: A Smile Is Something If You Give It Away**

(CD: The Family Learning House, Virtues in Us - Preschool)

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

Ask the children to stand up for the following song:

**Song: If You’re Happy and You Know It** (CD: Wee Sing, The Best of Wee Sing)

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

*Then get suggestions for two more verses*

If you’re happy and you know it, do all 4! *(x 2)*

*(clap hands, stomp feet, and two other movements)*

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 4!

*(clap hands, stomp feet, and two other movements)*

Give each child one or two jingle bells on a strap to shake or dance with (can have it strapped to their ankle or wrist too) during the following song:

**Song: This Little Light of Mine** (Music Together CD, Fiddle Collection)

Collect bells on a strap and then give each child a ribbon wand to dance with during the following song:

**Song: Joy to The World**

(CD: The Family Learning House, Favorite Children’s Songs)

Joy to the world, all the boys and girls now.

Joy to the fishes in the deep blue sea, and joy to you and me! *(repeat x 7)*

Collect ribbon wands and then hand out instruments for each child to play during the following song:

**Song: I Think Your Wonderful** (CD: Teaching Peace, Red Grammer)

Collect instruments from children.

Then invite children to sit in their parent’s lap in the circle. Read the verse and talk about its meaning with the children. Then make sure the parents have one for their album. Have the children repeat the verse several times.

**Verse to Memorize:**

(CD: The Family Learning House Quotation Songs Vol 1, song 12: Helpfulness)

**You live to do good and to bring happiness to others.** ~ 'Abdu'l-Bahá

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| **WORDS** | ACTIONS |
| **You** | point out with right index finger |
| **live** | put both hands over your heart and move the top hand out and in, twice, like a heart beating |
| **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 them move them up to the sides of your cheeks, while you smile |
| **to others** | move your hands from left to right, with palms up, as you move your gaze to the right, as if you are looking at your neighbors |

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

**Story of 'Abdu’l-Bahá that illustrates the virtue:**

Into the lives of those He loved spilled 'Abdu’l-Bahá’s love of flowers, which He often shared with others. On one occasion, a maid emerged from 'Abdu’l-Bahá’s room in one of the hotels He stayed in during his travels in America. Her arms were filled with roses-beautiful roses- a gift to Him from some of the Bahá'ís. With a touching gesture, she exclaimed, “See what He gave me! See what He gave *me*! 'Abdu’l-Bahá was always thinking of how He could make other people happy, and He knew that by giving this lady the flowers that had been given to Him, her heart would be happy!

When we think of this story, it can help us to remember to try and bring happiness to others in whatever way we can!

(It is great if at the end of class, you can give each child a big bouquet of flowers to take home)

**Game:**

**Move outside and do parachute in the grass. Introduce the parachute and lead parents and children as they move the parachute to the following song:**

**Song: Joyfulness** (Jennifer Russell, The Virtues Songs A to Z CD)

Put away the parachute and introduce the art activity.

**Art Activity:** Show sample of tambourine and explain how to make it. Each child makes one to be used in the class. They can make a second one to take home if they like.

**Virtue: Joyfulness**

**Lesson Plan 2**

**Children ages 3-5**

**A light snack will be offered to those arriving a few minutes early (fruit, wholesome homemade muffin, etc.)**

**Opening Prayers:** Invite children to practice reverence by asking them to sit in their parent’s lap while the following prayer is said and then sung. Each month we learn a new prayer. Explain that "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."

**Prayer: Pure Heart** (CD: Children's Songs from the Peace Pack: Greg Parker)

**He is God! O God, my God!**

**Bestow upon me a pure heart, like unto a pearl.** ~ 'Abdu’l-Bahá

|  |  |
| --- | --- |
| **WORDS** | ACTIONS |
| **He** | point up to the sky with both index fingers |
| **is God** | raise both arms up above head and look up |
| **O God** | move both arms forward and back and bit in the air |
| **my** | put both hands to your heart |
| **God** | raise both arms above head and look up |
| **bestow upon** | move fingers down from above your head, and wiggle them, like rain falling |
| **me** | cross arms in an X in front of your chest |
| **a pure heart** | make a heart with both hands in front of your chest (index fingers curved and touching and thumbs touching |
| **like unto** | put right hand out, palm up, in front of you |
| **a pearl** | with your right index finger and thumb, draw a pearl (a circle) on the palm of your left hand |

Explain to children what a pure heart is - something that is pure is clean and good. When we have a pure heart, we do not think of ourselves. We think of how we can help others. In this prayer, we are asking God to make our heart pure, like a pearl. Have you ever seen a pearl? (can pass a pearl around) Do you see how shiny and beautiful it is? We want our heart to be shiny- reflecting God’s light- and beautiful, just like this pearl. God has given us pure hearts and we want to keep them that way, so we ask God to help us!

Any child is then welcome to share a prayer with the group, if they have been learning one at home. This is a good time to review any previous verses they have learned as well.

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

*(Actions: Clap hands to knees in time with the music)*

Hello everybody! So glad to see you!

Hello everybody, we're so glad to see you!

Hello to \_\_\_\_, so glad to see you!

Hello to \_\_\_\_\_\_\_, so glad to see you too!

*(Repeat the second couplet as many times as necessary, singing each child’s name, until everyone has been greeted, include mommies/ daddies and teachers)*

*(For the last line, below, slow the last phrase, while slapping knees faster and faster, and end with "yoooooooou!" on a rising note)*

Hello everybody! So glad to see you!

Hello everybody, we're so glad to see yooooou!

**Review of 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. A deep feeling of joy comes from things that are permanent, not transitory. For example, 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.

**Book: One Smile by Cindy McKinley**

**Songs:**

**Song: The More We Get Together**

(CD: The Family Learning House, Virtues in Us - Preschool)

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!

*(Actions: Hold hands and sway, show smile, point to yourself and then to others, hold hands and sway)*

**Song: Love, Service, Joy and Gentleness**

(The Family Learning House, Virtues in Us - Preschool CD)

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** | gently stroke your left arm with your right hand, as if petting a kitten |

**Song: I’ve Got Peace Like a River**

(CD: The Family Learning House, Favorite Children’s Songs)

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.

|  |  |
| --- | --- |
| **WORDS** | ACTIONS |
| **... peace** | clasp hands in front of you like you are in prayer |
| **...river** | have hand flow vertically in front of you |
| **... joy** | put hands up to your face and then out to the side with fingers open |
| **... love** | make a heart with your hands in front of you |
| **... ocean** | make waves horizontally to each side |
| **... soul** | touch your heart |

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

**Song: A Smile Is Something If You Give It Away**

(CD: The Family Learning House, Virtues in Us - Preschool)

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

Ask the children to stand up for the following song:

**Song: If You’re Happy and You Know It** (CD: Wee Sing, The Best of Wee Sing)

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

*Then get suggestions for two more verses*

If you’re happy and you know it, do all 4! *(x 2)*

*(clap hands, stomp feet, and two other movements)*

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 4!

*(clap hands, stomp feet, and two other movements)*

Ask the children and parents to sit down in a circle and then pass out balls for the children to ROLL (not throw- it is good to remind them that they need to keep the balls on the ground) to each other during the following song:

**Song: Rolling a Round Ball** (Triangles Song Collection from Music Together)

Collect balls and then hand out instruments for each child to play during the following song:

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

Collect instruments from children.

Then invite children to sit in their parent’s lap in the circle. Read the verse and talk about its meaning with the children. Then make sure the parents have one for their album. Have the children sing the verse several times.

**Verse to Memorize:**

(CD: The Family Learning House, 19 Quotation Songs Vol 1, song 12: Helpfulness)

**You live to do good and to bring happiness to others.** ~ 'Abdu'l-Bahá

|  |  |
| --- | --- |
| **WORDS** | ACTIONS |
| **You** | point out with right index finger |
| **live** | put both hands over your heart and move the top hand out and in, twice, like a heart beating |
| **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 them move them up to the sides of your cheeks, while you smile |
| **to others** | move your hands from left to right, with palms up, as you move your gaze to the right, as if you are looking at your neighbors |

**Story of 'Abdu’l-Bahá (illustrates the virtue):**

Joyfulness was very important to 'Abdu’l-Bahá. He would often ask, “Are you happy?” and would encourage people to be happy. In New York 'Abdu’l-Bahá said, “May everyone point to you and ask, ‘Why are these people so happy?’ I want you to be happy…to laugh, smile and rejoice in order that others may be made happy by you.’”

**Game:**

Move outside and 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? (can change emotion, but for this lesson, happy works well.) 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**.**

**Then introduce the art activity.**

**Art Activity: We are making drums to be used in class. Each child makes one.**

Invite children to bring swim suits next time, to play with water balloons and sprinklers in the back yard next week.

**\*\*Ask parent to bring swim suits for their children, to play in the sprinklers next week.\*\* Remind them with an email the night before class.**

**Virtue: Joyfulness**

**Lesson Plan 3 (did the children remember their swim suits?)**

**Children ages 3-5+**

**A light snack will be offered to those arriving a few minutes early (fruit, wholesome homemade muffin, etc.)**

**Opening Prayers:** Invite children to practice reverence by asking them to sit in their parent’s lap while the following prayer is said and then sung. Each month we learn a new prayer. Explain that "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."

**Prayer: Blessed is the spot** (CD: Attract the Hearts, TaliaSafa, Attract the Hearts)

**Blessed is the spot, and the house, and the place,**

**and the city, and the heart, and the mountain,**

**and the refuge, and the cave, and the valley, and the land,**

**and the sea, and the island, and the meadow**

**where mention of God hath been made,**

**and His praise glorified. ~ Bahá’u’lláh**

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| **WORDS** | ACTIONS |
| **Blessed** | put hands in front of you as if you are in prayer; |
| **is the spot** | put left hand out in front of you with palm facing up and with your index finger of your right hand, make a dot in the middle of your left palm; |
| **and the house** | make a triangle with your index fingers and thumbs; |
| **and the place** | turn your hands so your palms are facing up and move the left hand towards the left and the right hand towards the right; |
| **and the city** | put your hands vertically, like you are chopping something, and make chopping motions from left to right with both hands; |
| **and the heart** | touch your heart; |
| **and the mountain** | make a big triangle by touching your finger tips of both hands together and moving your elbows out to either side; |
| **and the refuge** | move that big triangle up over your head; |
| **and the cave** | curve that big triangle so it looks more like you are in a cave; |
| **and the valley** | move your hands, while still keeping them together, so that your elbows are still out to either side, but your fingertips are touching in a V; |
| **and the land** | straighten both arms, while keeping fingertips touching, so that your hands and arms make a straight line; |
| **and the sea** | keep your fingers touching, but move your arms and hands in a wavy motion; |
| **and the island** | form a circle with your arms and hands, while keeping your fingertips touching; |
| **and the meadow** | have the palms of both hands facing out and move your hands back towards your chest in alternate pulling and pushing motions; |
| **where mention** | put both hands, palms up, towards your mouth, with your right hands touching your chin and your left hand behind your right hand and then move both hands, while they are still touching, up and away from your mouth; |
| **of God** | raise both arms up with palms facing up, over your head |
| **hath been made** | keep both hands up and sway |
| **and His praise** | while you say each of these words, move your hands and arms back and forth, while keeping them above your head |
| **glorified** | open up your hands so your palms are facing out and your fingers are open and wiggle your fingers while moving your hands in a circle, down to either side |

Then ask children to share any prayer they may know, such as the following.

**Prayer: Educate These Children** (CD: Happy Ayyám-i-Há, William Sears)

**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 |

**Prayer: Brilliant Star**

(CD: Tender Years - 2: Julie Iraninejad and Shabnam Cyrus)

**O God, guide me, protect me,**

**make of me a shining lamp and a brilliant star.**

**Thou art the Mighty and the Powerful.** ~ 'Abdu’l-Bahá

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| **WORDS** | ACTIONS |
| **O God** | Raise both hands up to sky, while looking upward, as if entreating God |
| **guide me** | Hold left arm in front of you with palm open, facing up. Move your right hand forward over your left from, from elbow to hand |
| **protect me** | put both hands on top of head and slightly bow your head |
| **make of** | grip hands tightly, twice, as if forming clay |
| **me** | put both hands on heart |
| **a shining lamp** | Smile and look up as you put both hands out to your side and bring them up above your head, and have the tips of your fingers touch each other, like are forming the shape of a lamp |
| **And a brilliant star** | Then move both hands down along the side of your body, wiggling your fingers until they are at your side |
| **Thou art** | point with both fingers up to the sky |
| **the Mighty** | both arms out and show your muscles |
| **and the** | open both hands up to the sky |
| **Powerful** | Bow head slightly while lowering open hands in front of you |

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

*(Actions: Clap hands to knees in time with the music)*

Hello everybody! So glad to see you!

Hello everybody, we're so glad to see you!

Hello to \_\_\_\_, so glad to see you!

Hello to \_\_\_\_\_\_\_, so glad to see you too!

*(Repeat the second couplet as many times as necessary, singing each child’s name, until everyone has been greeted, include mommies/ daddies and teachers)*

*(For the last line, below, slow the last phrase, while slapping knees faster and faster, and end with "yoooooooou!" on a rising note)*

Hello everybody! So glad to see you!

Hello everybody, we're so glad to see yooooou!

**Review of 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. A deep feeling of joy comes from things that are permanent, not transitory. For example, 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.

**Book: Joy!** by Joyce Carol **Thomas** (Talk how being together with people that you love is something that brings joy; also, how much joy they (the children) can bring into the life of those around them)

**Game:**

Have children sit in a circle, then roll the ball to each other. As each person gets the ball, they say their name and something that makes them happy.

**Songs:**

**Song: The More We Get Together**

(CD: The Family Learning House, Favourite Children's Songs)

The more we get together, together, together,

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

Because your friends are my friends and my friends are your friends.

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

*(Next verses:* The more we play together…, The more we love each other…

**Song: I’ve Got Peace Like a River**

(CD: The Family Learning House, Favorite Children’s Songs)

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.

|  |  |
| --- | --- |
| **WORDS** | ACTIONS |
| **... peace** | clasp hands in front of you like you are in prayer |
| **...river** | have hand flow vertically in front of you |
| **... joy** | put hands up to your face and then out to the side with fingers open |
| **... love** | make a heart with your hands in front of you |
| **... ocean** | make waves horizontally to each side |
| **... soul** | touch your heart |

Hand out shaker eggs to the group and they can pass the eggs in a circle as they sing the following song:

**Song: A Smile Is Something If You Give It Away Song**

(CD: The Family Learning House, Virtues in Us - Preschool)

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

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

(CD: The Family Learning House, Virtues in Us - Preschool)

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!

|  |  |
| --- | --- |
| **WORDS** | ACTIONS |
| **... time** | point to your wrist watch |
| **... now** | point to floor |
| **... place** | make a circle of earth with your hands at chest-level |
| **... here** | palms open upward, sweep them outward in either direction on front of your chest |
| **... way** | make a smile with your hands close to your face |
| **... make others** | but both hands in front of you |
| **... a little heaven down here** | make spirit-fingers around your body |

**Song: A Ram Sam Sam**

(CD: Music Together, Fiddle Collection)

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)

|  |  |
| --- | --- |
| **WORDS** | ACTIONS |
| **A ram sam sam** | pat your thighs to the beat |
| **goolie, goolie, goolie, goolie, goolie** | put arms out parallel and roll them, with your hands in fists and are going in circles around your wrists |
| **A ram sam sam** | pat your thighs to the best |
| **A raffi! A raffi!** | throw your arms up |

Ask the children to stand up for the following song:

**Song: If You’re Happy and You Know It** (CD: Wee Sing, The Best of Wee Sing)

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

*Then get suggestions for two more verses*

If you’re happy and you know it, do all 4! *(x 2)*

*(clap hands, stomp feet, and two other movements)*

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 4!

*(clap hands, stomp feet, and two other movements)*

Give each child one or two jingle bells on a strap to shake or dance with (can have it strapped to their ankle or wrist too) during the following song:

**Song: This Little Light of Mine (CD: Music Together, Fiddle Collection)**

Collect bells on a strap and then give each child a ribbon wand to dance with during the following song:

**Song: I Think Your Wonderful** (CD: Teaching Peace, Red Grammer)

Collect ribbon wands and then hand out instruments for each child to play during the following song:

**Song: I’ve Got the Rhythm in My Head**

(CD: Music Together, Fiddle Collection)

Collect instruments from children.

Then invite children to sit in the circle. Read the verse and talk about its meaning with the children. Have the children sing the verse several times.

**Verse to Memorize:**

**You live to do good and to bring happiness to others.** ~ 'Abdu'l-Bahá

(CD: The Family Learning House, 19 Quotation Songs Vol 1, song 12: Helpfulness)

|  |  |
| --- | --- |
| **WORDS** | ACTIONS |
| **You** | point out with right index finger |
| **live** | put both hands over your heart and move the top hand out and in, twice, like a heart beating |
| **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 them move them up to the sides of your cheeks, while you smile |
| **to others** | move your hands from left to right, with palms up, as you move your gaze to the right, as if you are looking at your neighbors |

**Game:** Play several games with water balloons (make sure you have asked the kids to bring swimsuits!) such as catch and relay races with water balloons on spoons. You can put on lively music during the games! It would also be nice to have a blow up pool or some water activities for the kids to do!

**Art Activity:** Have different bubble activities out for the children to make bubbles and have fun popping them! It is nice to play some lively music!