

Lesson Name:

The Joy List

Student Objectives:

- Understand what joy feels like
- Create their own Joy List

Educator Preparation:

- My Joy List Graphic Organizer
- Chart Paper and Markers

Introduction:

Today, I want to teach you about Joy. What is Joy and how can we get more of it?

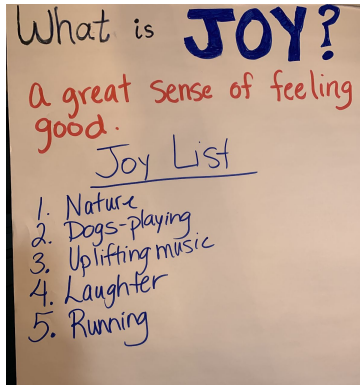
Instruction:

Joy is described as a great sense of feeling good. It's when you feel happy on the inside. It can be when you feel excited, or even a sense of connection with all the good things in your life. Remember, joy isn't always found in possessions such as toys, cars, or video games. Joy is about looking around and thinking about what makes you feel good on the inside.

Interaction:

I want you to think about how you feel when you do certain things that bring you joy. What do the insides of you feel like? What does your heart feel like? What kinds of things do you enjoy doing?

Let's make a Joy List together. I'm going to model for you things that bring me great joy.
(Teacher to write down all the things that bring them joy).



Now, I'd like you to use the Joy List graphic organizer and make yourself a list of 15 things that bring you joy!

Closure:

Today, we learned about Joy and Happiness and how we can incorporate more joy in our everyday lives.

Activity:

- Fill out the My Joy List graphic organizer