

Lesson Name:

The Joy List

Student Objectives:

- Students will learn about the importance of joy and why we should bring more joy into our lives on a daily basis.
- Students will reflect on what brings them more joy!

Educator Preparation:

- The Joy List sheet
- Chart paper and markers

Introduction:

Today's lesson is all going to be about joy. How do we feel more joy in our lives? How do we incorporate more joy? How do you feel on a daily basis?

Instruction:

So what really is joy? And how do we get more of it? There's lots of different definitions for joy and happiness and many times we use those two words together, but joy is really a great sense of feeling good.

It's that feeling when you just feel really good on your inside you're enjoying yourself. You feel happiness. You feel joy. You feel a sense of connection and you feel excited. And so what brings you more joy? Think about that. What kinds of things do you do that make you feel really good inside, that make you feel joyful, that kind of rejuvenate you and make you feel

excited about life? Well, what I'm going to encourage you to do today is to make what we're going to call a Joy List.

Interaction:

A joy list is going to be 15 things that you know, personally bring you more joy. They can be little bitty things, or they can be big things. Let me show you 15 things that bring me joy.

(Model your own Joy List and explain why each of the things you write down bring you joy. You might only do a few examples, not all 15.)

Mrs. Strobel's Joy List

Warm cup of tea
Being in the woods
Movie watching with my family
Laughter with friends
Naps
Sitting in the sunshine
Spending time with my niece, Cora
Flowers
Massages
Candles
Incense
Listening to audio books
Babies

The more time I can spend doing some of the things on my Joy List, the better I'm going to feel on the inside, and it's okay to prioritize your joy. In fact, we want you to make joy a priority in your life. Sometimes that's really hard to do. For some of you, it might bring you joy to play with your stuffed animals or to go for a bike ride. Or to watch silly dog videos on the internet. For some of you, you might find joy whenever you read a book, or you go for a walk, or you do something special with your mom or your dad or a grandparent. But what I want

you to do is make a Joy List. I want you to come up with 15 things that make you feel more joyful on the inside. And then I want you to decide how you are going to spend more time every day doing some of the things that make you feel joyful, because what we know about joy and happiness is that you only become happier and more joyful when you start doing things that you really love.

I want you to make a Joy List and then I want you to decide how you're going to enjoy life a bit more. You should pick one thing a day to do off of your Joy List.

Closure:

Today, we learned about the importance of prioritizing joy and making more time for it in your life. When you can do this, your brain and body will feel happier, which will then make everything in your life go better.

Activity:

Students fill out the Joy List sheet