

Joyfulness - Lesson Plan

Purpose: - To assist the children and parents to connect in the group,
- to help name the feeling that the children will have already experienced,
- and to assist them with beginning to think of how to bring joy to others.

1. Prayer "O God My God"
2. Quote: Use a smiling picture of 'Abdu'l-Baha to pass around and actions for:
"Turn all your thoughts toward bringing joy to hearts" 'Abdu'l-Baha
3. Songs: "If you're happy and you know it"
"In My Heart" (Enkindle)
"A Smile is something"
4. Story: Modify story "Happy to be Blue" from Enkindle. Use real balloons.
5. Art: Colouring pages (1)
Smiley face masks (2)
6. Activities: Small Parachute fun with music/ feathers
Bubbles if weather fine

Music instruments/dancing
Mini tramp – jump for joy