



Week 13 - Joyfulness

10:00 a.m. Songs

Be Happy Poem

Are you happy to the core?
If not, what are you waiting for?
Just follow the ABC's
And very soon happy you'll be.

Be Happy Song

O Girls, O Boys,
Be happy, Be happy,
Be full of joy,
So that others may be
Made happy by you.

Teacher, Teacher,
We will be happy,
Be happy,
And full of joy,
So that others may be
Made happy too.
(Repeat

10:10 a.m. Puppet

Attitude Adjustment

CAST: Person and a puppet (Sally)

PROPS: One puppet and perhaps some medical equipment (toy thermometer, stethoscope etc.)

SCENE: Person is talking to the puppet on stage.

PERSON: Good morning Sally

SALLY: RazzleFrazzle(nash snarl)

PERSON: Uh, Sally is there something wrong?

SALLY: Grrrr! I'm so angry! Nothing is going right! .

PERSON: Well what's going on?

SALLY: My best friend, Freda, has gone on vacation and I don't have anyone to play with, and I can't think of anything fun to do, I need some new toys - all mine are played out – but Mom won't buy me any new ones. RazzleFrazzleRantRant.

PERSON: Ooohhh, Sally, you sound sick!

SALLY: Yeah! I feel sick too.

PERSON: Open your mouth and let me have a look.....mmm not there.....let me listen to your heart. Uh-oh! I think I've found the problem!

SALLY: Oh my! I've got a sick heart - I told you every thing was just awful!



PERSON: Yes Sally you do have a sick heart but I think I know the cure!

SALLY: You do? Oh tell me what I need to do! I think I'm feeling weaker!

PERSON: You need an attitude adjustment.

SALLY: A what?

PERSON: An attitude adjustment, and I know just how you can get one.

SALLY: Oh yeah, how's that?

PERSON: Count your blessings! Be joyful for all the good things that you DO have, even when things are not going so well.

SALLY: Well how can I do that when I feel so down?

PERSON: Just start with one thing you are joyful about, and then think of another and another. For instance the only thing wrong with your heart is your attitude, so you can be joyful that you're not really sick.

SALLY: Yeah, I guess I never think about NOT being sick most of the time, I just complain when I am. I know that there are other children who are sick and even in hospital. When I was sick, Freda made me a card – I'm lucky to have a friend like Freda.

PERSON: You've got the idea.

SALLY: I guess there's always something to be joyful about, even when I'm feeling sad.

PERSON: That's right, and it's very clever to be able to remain cheerful, even when things are going badly.

SALLY: Wow! So I'm clever too! This gets better! I'm lucky to have a friend like you too, to help me out when I need someone to talk to!

PERSON: Awww, thanks Sally! Now your joyful attitude has made me happy too!

SALLY: So if I'm joyful, maybe I can help others be joyful too!

PERSON: I think you're right, Sally. Now I must be off to try to spread some of your joy around! Bye, Sally.

SALLY: Me too! Bye!

10:20 a.m Introduction

Happiness Pointers

- Look inside for your inner happiness.
- Believe that you are always loved.
- Enjoy whatever it is that you are doing.
- Appreciate some gift in your life.
- Appreciate some gift in yourself.
- Maintain a positive attitude even when times are tough.
- Remember to laugh.



10:30 a.m. Stories

A Great Attitude

A great attitude helps a little mouse to have a happy day.

Alexander and the Terrible, Horrible, No Good, Very Bad Day

Alexander has a really bad day and comes to understand that some days are just like that.

11:00 a.m. Games

Feelings Chart

What are feelings? How do we help unhappy feelings to become good feelings?

Cut out pictures of children from magazine who express different emotions and have children determine what the emotion is and think about what the children's feelings are. Post them on posterboard on side of happy or sad.

Giggle and Howl Game

Children stand "frozen" in a circle and can't move until they are freed by the "magic Handkerchief". When you toss the handkerchief up in the air, they must giggle and laugh out loud until the handkerchief hits the ground, then they have to freeze again. If any player breaks into a smile or giggles after the handkerchief lands on the ground, he or she has to take the next turn to toss the handkerchief up in the air.

Happiness Circle

share, one child at a time, with the happiness stick - things that made them happy during that day...during that week...during their whole lives! Try to help them see that real happiness comes from within - that we feel happy when we try our best to live our lives as best as possible

Happiness Smileys

- You have had a really bad day, but you look to find something funny that happened that day and laugh out loud.
- Your friend is feeling very sad and you go tell your friend some jokes to make them feel happy and cheerful.
- You lost your favorite toy so you sit down on the ground and stamp and stomp and cry.
- You rip your favorite drawing and so you ask Mom or Dad to help you fix the paper.

11:15 a.m. Arts & Crafts

Smiley Face

Have a large smiley face drawn on paper and have color crepe paper for children to decorate smiley face. One color is for the eyes and mouth and another for the face.