

Month Seven: A Sense of Joy

"Celebrating life!"

- living a joyful life is not just about being a happy person
- it's important to spread joy to others as well

Questions for Thought:

1. What does joy mean?
2. What are some times when we've missed noticing joy in our lives?
3. Do we spread joy to others?

Daily Exercise: Don't Hurry, Be Happy

Supplies: Don't Hurry, Be Happy template, bowl or jar

How it works: Cut apart cards and put the cards in a jar. Each day, draw a card and the whole family does whatever the card says.

Variations: Brainstorm ideas as a family; come up with the ideas, and surprise your family each day.

Weekly Exercise: Make Someone Happy

Supplies: Varies

How it works: Each family member does something for another family member that will make them happy.

Variations: Bring joy to someone outside the family.

One-Time Exercise: Joy In Doing

Supplies: Varies

How it works: Choose something to do as a family that will bring joy.

Variations: Put on a play; have a pillow fight; run through the sprinklers as a family.