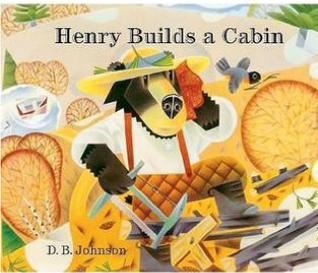


Topic: Central Pillars of Joy

Principles #2: Be Kind, and # 7: We care for the planet Earth of which we are a part.

Finding Joy- This month our theme at church is **Joy**. Joy is the feeling of happiness and excitement. Joy is important for Unitarian Universalists. We find joy when we are kind and loving to others. Sometimes, we can find joy even when there is something sad that happens. If a friend moves away, we are sad. How might we find joy even so? (*visiting a new place, finding a new friend, talking on Skype with our friend*)

1. Finding joy in sadness is called **re-framing**. It is finding the positive things that happen.
2. Finding joy by **acting in kind and generous ways**
3. Finding joy by **noticing and being thankful**. If we are thankful for the things around us, we can be joyful. We can be thankful for our parents, thankful for our friends. Thankful for a beautiful day, and for the wonders of nature. Thankful to be together doing the simple and ordinary things of living.



STORY: Henry Builds A Cabin by D.B. Johnson

This story is based upon famous Unitarian, Henry David Thoreau, who built a cabin in the woods by Walden Pond on land owned by Ralph Waldo Emerson. Henry, recycle materials to build his small cabin. As friends visit they wonder how will he manage in such a small space. His response speaks to his love of nature and simplicity.

SUNDAY ACTIVITIES:

- **Random Acts of Kindness envelopes** (draw or write some to give to someone you love)
- **Play “I Spy” variation**

TAKE-IT-HOME

- **Play “I Spy” variation** Play a variation of “I Spy” as “I Spy Something Joyful.” Choose something of beauty such as a pretty ribbon, something happy, such as a smile, something to be thankful for, such as a flower. Use the words thankful and happy. “I spy something I am thankful for and it is red.” (It is the big red ball which the children can use to play a game.) I spy something I am happy for and it is green. (It is the green grass outside which is fun to run in.)
- **Spend time recycling / re-purposing something vs. tossing it out.**
- **More Books for Pre-K-2nd grades:**

Buddha in the Garden by David Bouchard. A young boy is left behind, but through his kindness finds a truth which doesn’t take traveling.

Owen & Mzee: The True Story of a Remarkable Friendship by Isabella Hatkoff (Author), Craig Hatkoff (Author), Paula Kahumbu (Author), Peter Greste (Illustrator) Reframing a tragedy: A baby hippo befriends a tortoise.

Watch the video at <https://vimeo.com/24175704>

- **Big Deal, Little Deal** Watch the video with 3-5th graders to reframe their actions by assessing what is upsetting by thinking about “ Is it a Big Deal or Little Deal?”

<https://www.youtube.com/watch?v=W3iflowPdtQ>

WE CAN FOLLOW THESE STEPS



FIGURE OUT IF IT IS A BIG DEAL OR A LITTLE DEAL



FIND A WAY TO CALM DOWN



COME UP WITH A PLAN TO FIX IT



ASK FOR HELP IF YOU NEED IT