



# Spreading Joy

## Note Catcher

This lesson explores the feeling and attitude of joy by analyzing videos and creating Joy Maps to encompass feelings of joy.

### ICEBREAKER

**Consider the quotes relating to feelings of joy and respond to the questions below:**

- What emotions or feelings were the rappers feeling in these quotes?
- Which quote do you relate to the most and why?
- How are these quotes examples of joy or having a good day?
- What is similar or different about these quotes?

*(Continued below)*



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### LESSON PART ONE

**Respond to at least three of the following questions:**

- What brings you joy?
- What is joy to you?
- How does joy feel in your body?
- How do you have fun?
- When do you feel free to be silly and playful?
- Where do you have the most fun?
- What are barriers to joy?
- Which activities bring you joy?
- What does it mean to be a joyful person?
- Should we always be joyful?
- Who are people you often feel joy with?

*(Continued below)*



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### LESSON PART ONE

**Watch the video "What Does Joy Mean to You? | Generationally Speaking" and respond to the following questions:**

- How is your definition of joy similar or different than people in the video?
- What are the patterns in each person's example of joy?
- Which activities often brought people joy?
- How do people have fun in the video?
- What were differences between older and younger participants in the video?
- What have you learned about joy since we've started our discussion.

*(Continued below)*

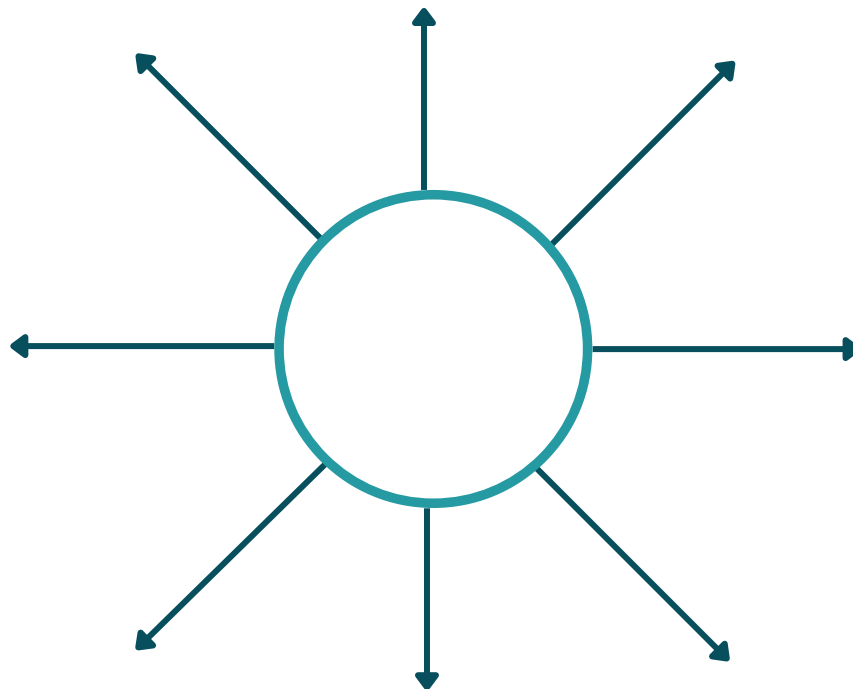


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### LESSON PART TWO

**Joy Map:** In the center, write your name. By the arrows, write people, places, things and activities that bring you joy.



Write your Joy piece here: