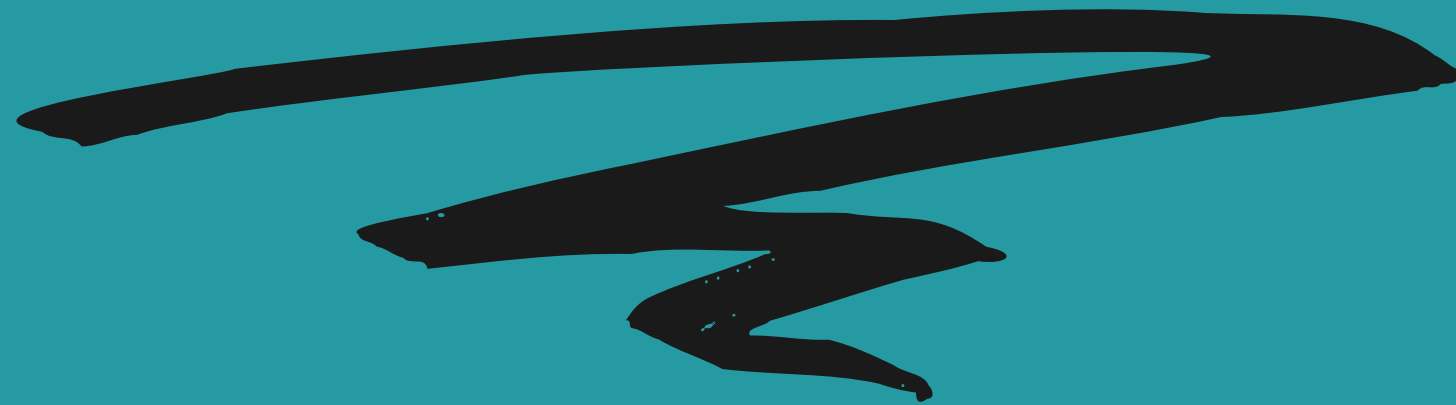




HEALTH IS WEALTH

SPREADING JOY



INTRODUCTION

JOY

In today's lesson, we will:

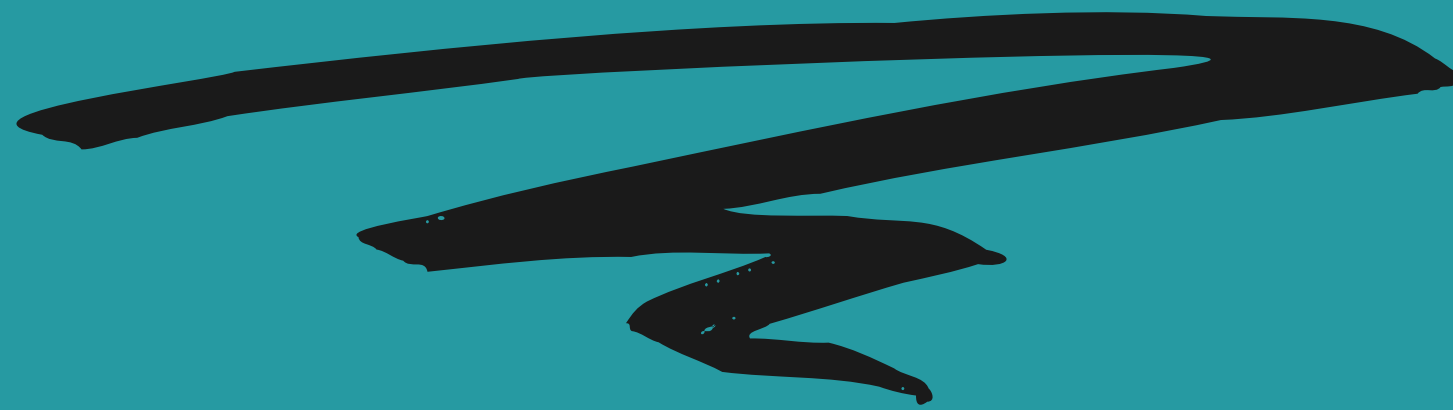
- discuss examples of joy in rap and hip-hop
- reflect on sources/examples of joy and spirit in our own lives
- write a poem or rap about joy





ICEBREAKER

TODAY WAS A GOOD DAY



ICEBREAKER

Respond to the following three quotes using the graphic organizer.



"TODAY WAS A GOOD DAY" ICE CUBE

"Juss wakin' up in tha
mornnin', gotta thank God
I don't know but today seems
kinda odd
No barkin' from the dog, no
smog
And momma cooked a
breakfast with no hog."

"THE GOOD LIFE" KANYE WEST

"The good life, it feel like
Atlanta
It feel like L.A., it feel like Miami
It feel like N.Y., summertime
Chi, ahh
Now throw yo' hands up in the
sky
So I roll through good
Y'all pop the trunk, I pop the
hood, Ferrari"

"GOOD DAYS" SZA

"Good day in my mind, safe to
take a step out
Get some air now, let your
edge out
I need rest now."





TODAY WAS A GOOD DAY

After writing your responses in the graphic organizer, discuss with partners or as a class.

- 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 three quotes?





LESSON PART ONE

WHAT BRINGS YOU JOY?



LESSON: PART ONE



WHAT BRINGS YOU JOY?

Using the graphic organizer, reflect on what the word / emotion “joy” means to you. Respond to at least three of the questions.

When you're done, we'll share out as a class.



LESSON: PART ONE



WATCH A VIDEO

WHAT BRINGS YOU JOY?

- 1) Watch the video.
- 2) Write your responses to the questions on the graphic organizer.





LESSON PART TWO

FINDING AND SPREADING OUR OWN JOY



LESSON: PART TWO



FINDING YOUR OWN JOY

Look at the example of a Joy Map provided, then use the graphic organizer to create your own.

Optional:

- Write a poem or rap using your Joy Map!
- Post your Joy Maps around the class.

