



## **Joyfulness: Getting Started**

### ***Inspiring Words***

Thou didst ask as to the education of children. Those children who, sheltered by the Blessed Tree, have set foot upon the world, those who are cradled in the Faith and are nurtured at the breast of grace -- such must from the beginning receive spiritual training directly from their mothers. That is, the mother must continually call God to mind and make mention of Him, and tell of His greatness, and instill the fear of Him in the child, and rear the child gently, in the way of tenderness, and in extreme cleanliness. Thus from the very beginning of life every child will be refreshed by the gentle wafting of the love of God and will tremble with joy at the sweet scent of heavenly guidance. In this lieth the beginning

of the process; it is the essential basis of all the rest.

(Abdu'l-Baha, The Compilation of Compilations vol. I, p. 280)

### ***Printables***

Page 1: Spiritual Treasure Box Projects  
Page 2: Devotional  
Page 3: Booklet  
Page 4: Radiant Hearts Book Template  
Page 5: Monthly Letter Template  
Page 6: Daily Activity #7

*See the "Printable" document for these pages.*

### ***Questions to Consider***

How do I currently model Joyfulness?

What are ways I would like to model Joyfulness better?

How does my child currently exhibit Joyfulness?

What aspects of showing Joyfulness can I help my child work on?





# Radiant Hearts

## **Joyfulness: Foundation**

### ***Prayer***

I have wakened in Thy shelter, O my God, and it becometh him that seeketh that shelter to abide within the Sanctuary of Thy protection and the Stronghold of Thy defense. Illumine my inner being, O my Lord, with the splendors of the Dayspring of Thy Revelation, even as Thou didst illumine my outer being with the morning light of Thy favor.

(Bahá'u'lláh, Baha'i Prayers, p. 116)

Joyfulness

### ***Quotation***

Sorrow not if, in these days and on this earthly plane, things contrary to your wishes have been ordained and manifested by God, for days of blissful joy, of heavenly delight, are assuredly in store for you.

(Baha'u'llah, Gleanings from the Writings of Baha'u'llah, p. 328)

Joyfulness

### ***Introduction to the Virtue***

Joyfulness is a sense of happiness deep inside us. We feel joy when we trust that God is always guiding us and that He loves us no matter what. True joy comes from things that are permanent, not transitory. Joy helps us through hard times and reminds us to appreciate the gift of life. When we look for happiness inside, we can be joyful.

Can you think of a time when something was hard but you were having fun anyway?

How can you show joyfulness when doing chores with your family?

Have you seen someone who was sick but they were still happy? This is joy. Joyfulness

### ***Songs***

#### **Joyfulness**

(Nabil H., *Virtues In Us #29*)

The time to be happy is now.  
The place to be happy is here.

And the way to be happy is to make others happy  
and to build a little heaven down here.

Joyfulness

#### **If You're Happy and You Know It**

If you're happy and you know it, clap your hands (x2)

*Chorus:* If you're happy and you know it, then your face will surely show it

If you're happy and you know it, clap your hands!

If you're happy and you know it, stomp your feet (x2)

*Chorus*

If you're happy and you know it, nod your head (x2)

*Chorus*

Joyfulness





# Radiant Hearts

## **Joyfulness: Daily Activities**

### ***Activities for Every Month***

1. Spiritual Treasure Box project (prayer).	2. Assemble the booklet.	3. Make a Monthly Letter.
4. Spiritual Treasure Box project (quotation).	5. Make Radiant Hearts Book page.	6. Add a jewel to the Crown of Virtues.

### ***Games and Role Plays***

7. "Today we're going to play Pin the Smile on the Baby." Cut out the smiles from page 6 of the Printables and tape the picture of the baby on the wall. Cover your child's eyes with a piece of cloth or a hat, and have them tape the smile on without looking. Take turns with more smiles. Joyfulness
8. "Today we are going to give something away to feel the joy of giving." Choose some items you do not need anymore and give them to a neighbor, friend, or charity store, while you help your child understand that things are to be used and not simply kept without reason. Or you may choose to share some food instead. We feel joy when we share with others. Joyfulness
9. "Today we're going to help cook a meal for the family, and feel joy from serving others." Give your child some jobs to get a meal ready, such as washing vegetables, turning on the oven, mixing, and/or setting the table. Tell them how happy it makes you to serve them each day so they can grow and stay healthy, even though it is hard work. Work brings joy! Joyfulness
10. "Today we're going to practice sharing joy by learning some jokes." One way of sharing joy is telling jokes that can bring a smile to anyone's face. Check the Online Lesson for jokes appropriate for young children. Joyfulness
11. "Today we're going to practice being joyful even when we are in the midst of hardship." Discuss how when we feel tired, hungry, or sick it can be easy to overlook the joyfulness within us. Role play that you are hungry and asking for food, but have to wait. Be joyful anyway! Joyfulness
12. "Today we're going to play Laugh At Me." Take turns making each other laugh by putting on a silly face, making an animal noise, or doing a funny dance. When we take a moment to bring a smile to someone else, it will make us feel more joyful as well. Joy is contagious! Joyfulness
13. "Today we're going to work together to do a big job and feel joyful we completed it." We feel joy when we start something, do our best, and complete the job. Pick a job you don't regularly do such as washing the car or outside windows, and work to complete it together joyfully! Joyfulness

## **Joyfulness: Daily Activities (continued)**

### ***Creative Arts***

14. "Today we are going to make a special smiley face." Cut out a piece of cardboard from a recycled box to make a face, and then use dried beans, buttons, or beads to glue on a smiley face. A smile is bringing joy to others by sharing your own joy.	Joyfulness
15. "Today we're going to make smiley snow people." Make several "snow people" by rolling three balls of playdough or clay stacked on top of each other. Make a smiley face on each of the heads. Add a hat, scarf, and any other items your child desires. Explain how even when we are uncomfortable (for example, cold) we can still be joyful. Ask your child what is hard for them and come up with a plan for practicing joyfulness during these hard times. Share with them how you would like to be joyful in times of hardship, too. Talk about how you can help each other do this.	Joyfulness
16. "Today we're going to draw a picture of several things that bring us true joy." Talk with your child and draw things that bring them "true joy" such as serving others, thinking about the love our parents have for us, and knowing right from wrong and choosing to do the right thing.	Joyfulness
17. "Today we're going to learn a rhyme about being joyful." Words: "Joyfulness makes my spirit sing. I can be joyful doing anything. Joy comes from knowing God loves me. I can find joy in everything." Make up your own actions to this rhyme with your child.	Joyfulness
18. "Today we're going to collect some Joyful Jewels." No matter what is happening in our lives, God has given us "joyful jewels" which can help us feel happy. Find some rocks outside to keep in a treasure box or make some jewels out of paper. Write items of true joy on these jewels, such as God's love, faith in Baha'u'llah, trust that we will learn something from an experience, and prayer. We can remember these jewels are in our hearts always, to help us find joy under any circumstance.	Joyfulness
19. "Today we're going to think about how our family practices joyfulness." Draw (or print out) a picture of your family doing something you all enjoy together. Learn the songs and quotation from the Basic Lesson so you can sing these songs to each other to remember joyfulness.	Joyfulness

*Visit the Online Lesson where you can see example photos of the daily activities, listen to the songs, and download the "Printables" document for this lesson:*

<http://www.enablemetogrow.com/joyfulness/>