

Joy

Unit 20

Lesson 3

Basics for This Unit

Unit Intention

To encourage children to understand and experience the active and the quiet expressions of spiritual joy.

“So you will go out with joy and be led out in peace. The mountains and hills will burst into song before you, and all the trees in the fields will clap their hands.” —Isaiah 55:12 (New Century Version)

Unity Principle

I am naturally good, because God’s Divinity is in me and in everyone.

Song

Joy, Joy, Joy, Joy
(Tune: Traditional)

Affirmation

I am a joyful child of God

I’ve got the joy, joy, joy, joy
Down in my heart, down in my heart, down in my heart.
I’ve got the joy, joy, joy, joy, down in my heart,
Down in my heart to stay.

Bible

“I have told you these things so that you can have the same joy I have and so that your joy will be the fullest possible joy.”
—John 15:11 (New Century Version)

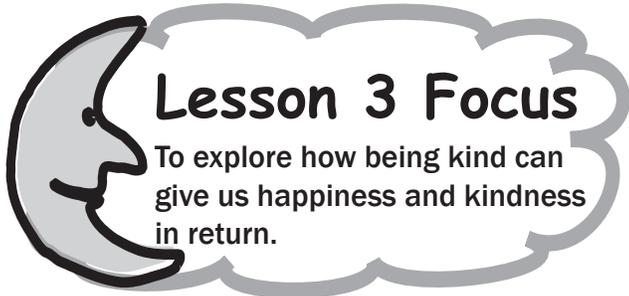
I’ve got the love of Jesus, love of Jesus
Down in my heart, down in my heart, down in my heart.
I’ve got the love of Jesus, love of Jesus
Down in my heart, down in my heart to stay.

From Unity Writings...

It is true joy which keeps you lifted, in spite of whatever is going on around you. True joy arises out of your contact with the spirit within you. When the contact is made, the joy breaks forth.
—*The Quest*, Richard and Mary-Alice Jafolla

When [people] think a great deal about spiritual things and especially about God as an indwelling spiritual presence, both mind and body are thrilled with joy....

—*Dynamics for Living*, Charles Fillmore



Lesson 3 Focus

To explore how being kind can give us happiness and kindness in return.

Prepare Ahead

Take-Home Cards

Make copies from end of Unit.

Materials

Beginning Experience

Balloons

Sequins, confetti, small trinkets, etc.

Yarn

Storytime

From Lesson 1:

Headdress for Facilitator

Fabric and headbands, 1/child (opt.)

Beige or green felt

Story Box figures: Jesus seated, man and 2 children, mother/father, child under tree

Story Box figure: 2 children/wheelchair

Wonder Center #1

Bottles of bubbles with wands, one per child

Wonder Center #2

Unpopped popcorn

Popcorn popper

Small cups and napkins

Juice or water

Wonder Center #3

Same as Beginning Experience

Markers (optional)

Wonder Center #4 (ongoing)

Pillows

CD/tape player with meditative music

Pictures of serene scenes

Fun Is a Feeling by Chara M. Curtis

Large wall tree, e.g., Story Box figure (opt.)

Celebration Circle

Preschool joke book (optional)

Co-Co

Enrich Your Lesson

In this lesson the unit focus of understanding and experiencing joy is personalized by exploring kindness. During this age stage, these youngsters are transitioning from being totally self-centered to showing empathy for others in distress. They have been receivers of comforting and kindness and now are beginning to comfort another upset or crying child. Also, they are expressing a much broader range of emotions.

The teacher's opportunity in this lesson is to help children recognize that when they are kind to others, they get back feelings of joy and happiness. Equally important is seeing how unkindness can hurt others. This concept is not built into the lesson, but the opportunity to point it out may occur during the lesson. Rather than just making light of an unkind act, consider inviting the children to determine what might be a kind thing to do and to think about how they might feel after being kind. Also, be aware that a child acting unkindly might not be ready immediately to act in a kind way again. Provide opportunities later, when possible.

Welcome Time Activities

Welcome Time includes greeting each child, sign-in by parents, name tags, love offerings, and good-bye to parents. A volunteer assumes responsibility for overseeing these activities while the main facilitator is free to guide the children and be in conversation with them during the session's first experiences.

Beginning Experience: Kindness Balloons

Invitation: Invite children to place sequins, confetti, small trinkets inside balloons. Blow balloons up, tie knot, and attach yarn. These may be given to another class later (in Wonder Center #3) as a sharing of kindness and joy.

MOVING ON...

Invite children to come to the Gathering Circle, as they sing, "I Am Walking as the Light," #331, *Wings of Song*. When all have joined the group, invite them to sit in a circle.



- Balloons
- Sequins, confetti, small trinkets, etc.
- Yarn

Teacher Tip

As an alternative, balloons may be blown up and tied off ahead of time, and the children invited to draw pictures on the outside of the balloons.

The Gathering

Blessing the Children and the Gifts

*Welcome the children, and place the love-offering basket in the circle.
Give an opening blessing in your own words or say:*

Divine love, through me,
Blesses and multiplies,
All that I have,
All that I give,
And all that I receive.

Co-Co the Wonder Bear

Co-Co's script is a suggestion only. Feel free to "play with it" or create your own.

Co-Co appears, humming a happy tune.

Facilitator: Welcome to our room, Co-Co. It is wonderful to see you so happy and cheerful. Has something good happened to you?



Co-Co: Yes, it has! Yesterday I found a lot of delicious berries. I took a whole basket of them to my friend the fox, so she could enjoy them, too. I felt really good about that! But then today, Foxy brought me a whole pie made from those same berries! I feel like the happiest bear in the world!

Facilitator: Are you happy about the pie, or happy about your friendship?

Co-Co: Well, that pie was mmm-mmm good! But the best feeling was when I saw how happy my friend was when I brought her the berries. And then I felt happy again when I saw how much she cared about me, too—enough to bake me a pie! That was even better than the pie itself!

Facilitator: You were very kind to your friend, Co-Co, so I think she was happy to be kind to you.

Co-Co: It sounds like everyone feels good when someone is kind to them—and also when they are kind to someone else. Let's do more of that!

Facilitator: Great idea, Co-Co.

- Who can think of a way to be kind to someone this week?
Tell us about it.
- Who can think of a way to be kind to an animal?
- Who can think of a way to be kind to a plant or a tree?
- Who can think of a way to be kind to the Earth?
- How do you think you will feel when you do something kind?
- How do you think the others will feel?

Co-Co: Wow, I think this room is filled with the kindest people I have ever met in my life! I sure am glad to know all of you. See you next week!

Facilitator: Bye, Co-Co!

Girls and boys, since being kind helps us feel joyful, let's feel that joy now in all parts of our body. We will do a "body prayer" together to help us experience joy.

One great way to pray with our bodies is to sing songs of joy. The first time, I will sing one line of our song, and you can sing the line after me. Then we can sing the whole song together.

Songs

I've Got Joy Like a Fountain

(Tune: "I've Got Peace Like a River," Wings of Song #356)

I've got joy like a fountain, *(Bring palms together at chest level, then up and out to imitate a fountain.)*

I've got joy like a fountain,
I've got joy like a fountain in my soul!
I've got joy like a fountain,
I've got joy like a fountain,
I've got joy like a fountain in my soul!

I've got peace like a river, *(Raise right hand to chest height, palm down, then move it across chest in wave motion from right to left.)*

I've got peace like a river,
I've got peace like a river in my soul!
I've got peace like a river,
I've got peace like a river,
I've got peace like a river in my soul!

Teacher Tip

With this age, learning words and motions at the same time can be difficult. Do not be concerned whether they accomplish both in one day. If class is having difficulty with song and motions, focus only on one verse.

I've got love like a mountain, *(Raise both hands overhead and touch fingertips together to form a mountain peak.)*

I've got love like a mountain,
I've got love like a mountain in my soul!
I've got love like a mountain,
I've got love like a mountain,
I've got love like a mountain in my soul!

Teacher Tip

Sing along with the recorded music.

(#29 on CD: What a Wonderful World! Songs for Children, #6086) Consider changing first verse to "I've got God's joy."

Joy, Joy, Joy, Joy

(Tune: Traditional)

I've got the joy, joy, joy, joy,
Down in my heart, down in my heart, down in my heart.
I've got the joy, joy, joy, joy, down in my heart,
Down in my heart to stay.

I've got the love of Jesus, love of Jesus,
Down in my heart, down in my heart, down in my heart.
I've got the love of Jesus, love of Jesus,
Down in my heart, down in my heart to stay.

I've got the peace that passes understanding
Down in my heart, down in my heart, down in my heart.
I've got the peace that passes understanding
Down in my heart, down in my heart to stay.

Facilitator: Wonderful! When I count to three, let's all say "Thank you, God, for joy!" as we jump for joy. Ready? One-two-three: "Thank you, God, for joy!" Amen!

Jesus taught us a lot about joy and happiness. We have been taking imaginary trips to visit Jesus. Let's take one again today.



Storytime With Wonder Questions

Bible

From the Beatitudes: Happy are those who are kind, for they have kindness shown to them! (Mt. 5:7 adapted from Phillips translation)

Facilitator puts on a Bible-times headdress.

Facilitator

- Has anyone ever seen clothing like this?
- Who might wear it?
- Where do people wear such things?

The last two weeks we all pretended to be living in Israel in Bible times and went to listen to Jesus talk on a hillside.

- Who would like to pretend to go with me today?

(If supplying headdresses for children, hand them out now.)

Listen! Someone is coming up and down the street, telling about Jesus talking on a hillside, teaching wonderful things.

- Who would like to go with me to hear him?
- Whom else shall we invite to go with us?
- Is there anything we should take with us?
- Shall we sing or be quiet? (What shall we sing?)

Let's go hike now to the hillside. Follow me! *(Lead children around room to imaginary hillside spot, or invite child from previous week to lead the group.)* There is Jesus now!

- What is he doing?
- What do you think he will be talking about?

Let's sit down so we can hear him better. Here is the hillside where Jesus is talking. *(From the Story Box, set out the felt hillside, and the figures of Jesus, man and 2 children, and mother/father.)*

Let's see if we can sit still and quiet enough to hear Jesus.

- Who can tell me what they hear Jesus saying today?

It looks like Jesus is leaving for the day now. *(Place the figures and the felt back into the Story Box.)*

The favorite thing I heard Jesus say was "Happy are those who are kind, for they have kindness shown to them!" Let's say that together: "Happy are those who are kind, for they have kindness shown to them!"

That seems just like these children. *(Place the figure of the 2 children/wheelchair.)* They sure seem to be sharing kindness, just like Co-Co and Foxie.



- From Lesson 1:
 - Headdress for Facilitator
 - Fabric and headbands, 1/child (optional)
 - Beige or green felt
 - Story Box figures: Jesus seated, man and 2 children, mother/father, child under tree
- Story Box figure: 2 children/wheelchair

Teacher Tip

Invite a child who went on this journey last week to lead the group around the room to the hillside.

Teacher Tip

If answers vary too much from what you consider an acceptable articulation of Jesus' ideas, remind children again that Jesus was a teacher of love and peace.

Teacher Tip

All questions do not need to be asked. Continue as long as children's interest is maintained. Several children may answer each question.

- Which one is giving kindness?
- Which one is receiving kindness?
- Which one feels the happiest?
- What does kindness look like?
- If everyone in your family were kind to each other how would that feel?

“Happy are those who are kind, for they have kindness shown to them.”

- Who can tell us a time when someone was kind to you?
- How did you feel?
- Who can tell us about a time when you were kind to someone else?
- How did you feel then?
- When you are kind to someone what do you get back?
- What else could someone do for you that would be kind?
- What could you do right now that would be kind?

I sure am glad I came to hear Jesus talk today. What a great teacher! Here are the things I have learned from Jesus so far. (*Speak slowly*):

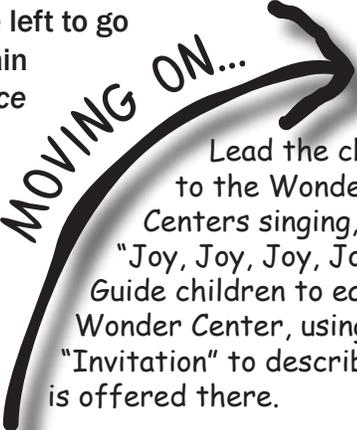
Happy are those who want to know God, for the kingdom of Heaven is theirs!

Happy are those who make peace, for they are children of God!

Happy are those who are kind, for they have kindness shown to them!

Let's say together, “Thank you, Jesus, for teaching me about kindness.” (*Repeat*).

It is time to go home now, so let's leave the hillside and walk back to our homes that we left to go hear Jesus. Maybe we can come again another day and listen to Jesus. (*Place figure of children back into Story Box, then lead children around room again to Wonder Centers.*)



MOVING ON...

Lead the children to the Wonder Centers singing, “Joy, Joy, Joy, Joy.” Guide children to each Wonder Center, using the “Invitation” to describe what is offered there.

Wonder Centers

Establish two or more Centers. Encourage children to choose and move among Centers as they wish.

Wonder Center #1 Blowing Bubbles of Blessings

Say: Showing kindness to someone is giving them a blessing. Think of someone or something to which you would like to show kindness. As you speak out loud the blessing of kindness you would like to send to each of them, blow “Bubbles of Blessings” to each one. Who would like to begin?



- Bottles of bubbles with wands, one per child

Wonder Center #2 Popcorn Joy Game (and snack!)

Invitation: Invite children to pretend they are kernels of popcorn in a popper, squatting down on floor. First they are the kernels being quiet; then whenever Facilitator says “Pop!” they jump up in the air, then down to be quiet again. Remind them that they can feel joy both in waiting quietly and in jumping.

After a time, invite them to place popcorn kernels in popper. When all kernels are in, pop the corn. Encourage them to quietly watch and listen to how the popcorn kernels express joy. Invite each child to take a small cup of popped corn to give to another as a gesture of kindness, until all have a snack.



- Unpopped popcorn
- Popcorn popper
- Small cups and napkins
- Juice or water

Teacher Tip

As alternative to Wonder Center #1, encourage children to name a blessing they would like to extend to someone in kindness, as kernels pop.

Wonder Center #3 Kindness Balloons

Invitation: Invite children to continue the activity from the *Beginning Experience*. They may make more balloon gifts, or draw on the outside of those already tied off. Take them to share with another class as gifts, or share after service with the adult congregation.



- Same as Beginning Experience
- Markers (optional)

Wonder Center #4 Quiet Joy Corner (on-going)

Invitation: Invite children to take advantage of the quiet space in this center to feel the joy within that comes from acts of kindness. We repeat this Wonder Center each week so that children learn to look for joy in quiet places.

Say: In this Wonder Center we have a chance to feel the joy of kindness, one of the many types of joy. You can look through the pictures in the books to see some of the many ways to feel joy.



- Pillows
- CD/tape player with meditative music
- Pictures of serene scenes
- *Fun Is a Feeling* by Chara M. Curtis
- Large wall tree, e.g., Story Box figure (opt.)

MOVING ON...

Give children a few minutes notice that the Wonder Center time is ending. Invite them to help clean up centers and come to Celebration Circle. Begin singing "If You're Ready for Our Circle" to bring the children into the circle.

Celebration Circle

Co-Co appears, laughing.

Facilitator: Co-Co, it is so kind of you to come back to visit us! What are you laughing about?

Co-Co: My friend Owl was kind enough to share a joke with me, so I wanted to share it with this group, too, since you give me so much joy when I come to visit.

Facilitator: That's terrific, Co-Co! Let's hear some jokes.

Knock-Knock.
Who's there?
Police
Police who?
Police tell me a knock-knock joke.

Knock-Knock
Who's there?
Yaw.
Yaw Who?
Why are you so excited?

Knock-Knock.
Who's there?
Ivan.
Ivan who?
Ivan workin' on the railroad!

Co-Co: Who can tell me a joke you know, to make us laugh? (*Allow time for several responses.*)

Facilitator (to class): You are a bunch of funny, fun people! Thank you for being kind enough to share your jokes and your joy with everyone.

Laugh Game

Now I want to show you a little game that is another way to share joy. Let's all lie down on the floor in a zig-zag pattern, so that everybody has your head on somebody else's stomach, and everybody has



- Preschool joke book (optional)
- Co-Co

Teacher Tip

Alternative: Use preschool joke book.

somebody's head on your stomach. *(Help them get into position so that all have both experiences. If you end up with more of a line than a circle, at some point have everyone switch positions so that all can have both experiences.)*

When I say "Go," everyone can start laughing. You will feel what it feels like to have your head bounce up and down with someone else's joy! When I flick the lights, we will all stop and sit up in our circle. Ready? Go!

Facilitator *(after stopping Laugh Game):*

- How many felt joy today?
- Who can tell me what brought you joy today besides our Laugh Game?
- Who can think of a way to feel joy by sharing kindness this week?

Let's all say thank you to Jesus for teaching us how to be kind and joyful. "Thank you, Jesus." Amen.



Hand out Take-Home Cards.

(See end of Unit for text to copy.)