

Learning to Be Joyful

This week has been an exciting week! We are learning to find more joy in the smallest of moments and learning to be more and more thankful for the small blessings in our life that we can share with others. Today, we are celebrating with joy the small and great triumphs in our life!

Activity for the Body

Our bodies were made to move, they were made to have fun with! This week dance, sing, spring through the air. If you are not brave enough to physically act, yet then visualize yourself doing it. Either way let your joy radiate throughout your home. Smile and laugh every day!

Discuss what activity you chose to do:

How did you feel?

How can you incorporate a small act of joyful movement into each day in your life?
