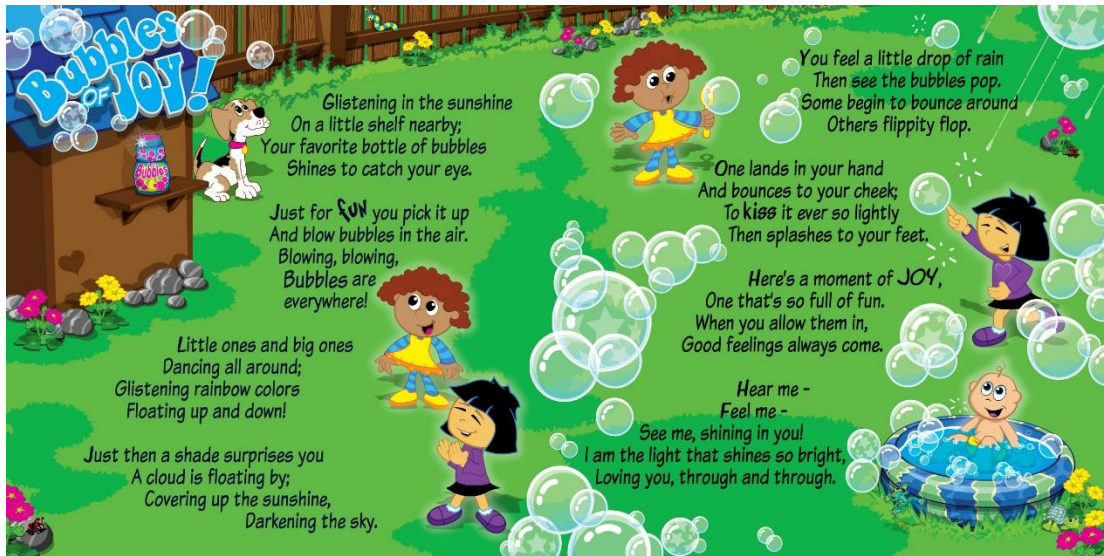


# Bubbles of Joy Story

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Story Theme: "I am filled with joy."



- Ask the children to find the hidden hearts, stars and critters in this story.

Children are encouraged to explore and discover the activities or moments that bring them joyful, happy feelings.



# I Am Filled with Joy Activity:

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Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.

Joy filled feelings bring out the best in children. These good feelings always come when children focus on joyful, happy moments.

Children come alive by just being themselves. There is no effort required. It's a time when they can relax and be themselves as they appreciate whatever they are experiencing.

- **Discover what brings you and your children joyful, happy feelings?**
  - Laughing with friends, playing games, singing songs, listening to music, playing a musical instrument, coloring,

drawing, reading a book, making crafts or standing in the sunshine.



Children are very good at living in the moment. It is a wonderful place to be. Joy offers feelings of happiness and gratitude. Always celebrate your joyous heart. Joy is a dynamic stress releaser. It can uplift everyone around you!

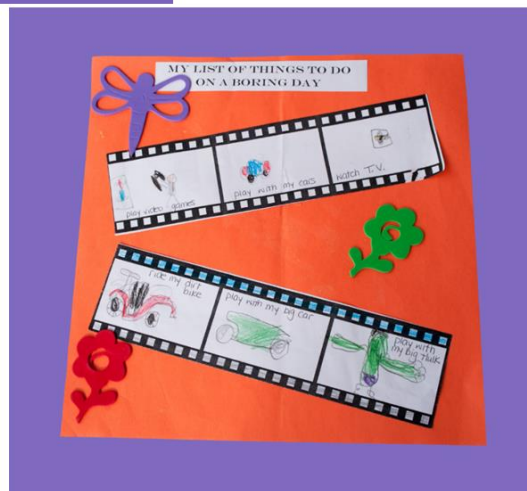
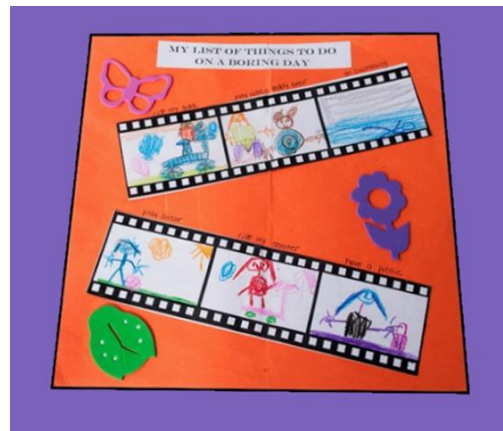


Success in life is living from a place of joy. My friend Josie models joy for everyone around her. I can see it in her eyes. Her whole body expresses joy. She consistently says, "I'm living in joy." or "I'm enjoying myself." It is a fun way to live.

## A List for a Boring Day Activity:

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On a day that children were not bored, they created these drawings as their list. If they ever feel bored, they can look at their drawings and be inspired by one of the activities they have enjoyed.



There are lots of reasons children feel bored from time to time. They could be feeling tired, anxious, hungry or just not interested in the activity they are doing.



Ask the child who seems to be bored:

- **“Is there anything you need right now?”**
- **“Can you tell me about how you are feeling?”**

Helping aids for boring feelings:

- **Energy snacks.**
- **Exercise, inside or outside in fresh air.**
- **Break children's activities into smaller fun steps.**
- **Suggest new and interesting activities or hobbies.**

## Bubble Popping Activity:

In the Breathing Free Story Activities, we encouraged children to identify, express and look for ways to deal with their feelings. In this Bubble Popping Activity, we are encouraging children to lighten up their troubles in a fun, joyful way.

Supplies:           Bubbles and Bubble Wands.  
                          Paper and Crayons

Ask the children to:

- **Imagine putting your troubles into your bubbles.**



- **Blow lots of real bubbles into the air.**
- **Have fun popping all your troubles away.**
- **What did it feel like popping your trouble bubbles?**
- **Imagine putting all your joy into bubbles.**
- **Blow more real bubbles into the air.**



- **Watch your joy bubbles float in the sunshine reflecting different colors. See how far your joy bubbles can float.**
- **Draw pictures of you blowing and popping your bubbles.**



## Joy Spotting Activity:

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Whenever you see someone with a bright, happy smile on their face or hear someone giggling or laughing out loud, you have an opportunity to be a joy spotter.



Encourage children by sharing with them the happy moments that you see them experiencing. As children live in the moment, they may not even realize how much joy they are gifting to others around them. As you tell children about how you are experiencing joy from them, it gives the children an opportunity to realize how much joy they share with others.





Share with the children:

- **I watched you giggling and lighting up with joy as you were jumping on the leaves in the forest. Some of the leaves really crackled under your feet. It was fun for me to watch all of you.**
- **I saw you smiling so brightly when you saw the squirrels chasing each other up the tree.**

Children also remind adults to live in the moment. To relax and to have fun while taking the time to enjoy the simple pleasures of life.

- **The joy of watching children giggling and laughing when they see a dog chasing its tail.**

