

CHALLENGES

Bliss Box



Grab scraps of paper and write or draw your most joyful moments, collect your favorite photos, and joyful quotes. Then find a good-sized box. Now, put all of these items into that box.

When you feel down or need a positive reminder, open the box and read your happy moments.

WANT MORE JOY?

When you write down or say nice things about yourself, it helps you feel better. It's like giving yourself a big warm hug.



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CHALLENGES

Letters of Gratitude



Gratitude is a powerful emotion that helps us enjoy what we have. Evoke it right now by sending an email, text, or letter to someone who has helped you in some way. **Let them know what they have done for you, however small.**

WANT MORE JOY?



Show someone you took time to create something just for them. Use the postcards to send a note of gratitude to someone.

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CHALLENGES

Sharing Food and Memories



Gathering with friends and family over a favorite meal can be a joyful way to share memories and learn from the past. While sharing a meal, ask them to tell you a story about a time they experienced a difficult situation. What have you learned from stories about your friends and family?

WANT MORE JOY?

Ask a family member to teach you all about their favorite recipe. What ingredient would you add?



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CREATIVITY

A Day of Music



Jazz singer Betty Carter often asked her students to sing their questions. Take a note from Ms. Carter and **try singing instead of speaking during a conversation.**

WANT MORE JOY?

Check the song collection on the Stories with Clever Hedgehog and sing along a favorite one:



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CREATIVITY



Everyday Birthday

Throw a pretend birthday party! Invite friends, pets, and imaginary guests. Decorate with what you have, serve delicious imaginary food, and enjoy your favorite games and songs.

WANT MORE JOY?

Add something from another culture to your birthday celebration with inspiration from the video by Mental Floss:



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CREATIVITY



We Built This City

Use your imagination and the materials you have on hand to build a City of Joy. Sketch the streets, homes, park, and businesses in your city. Then paint or build away!

WANT MORE JOY?

Find more craft projects on the Stories with Clever Hedgehog:



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LEARNING



A New Approach

Find a fun and joyful way to learn something new. For example, you could make up a silly poem, create a song about science, or draw a picture of a math problem where numbers wear funny hats.

WANT MORE JOY?

Download and print out one of our learning printables with fun learning activities:



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LEARNING



Dance Around the World!

Learn a new dance from another culture. What about learning the Ukrainian Dance?!

Scan the QR code with the instructions below

WANT MORE JOY?

Create your own dance or melody and teach it to a friend or family member.



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LEARNING



Sharing Strengths

People create joy when they practice their strengths. **Think about things that you are good at.** Are you a good athlete or storyteller? Do you know how to solve problems and puzzles? Are you a good listener or helper? Take a moment to teach someone one of your strengths.

WANT MORE JOY?

Think about something that you'd like to learn. Who can teach you?



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MINDFULNESS



A Cup of Joy

Fill a clear cup with water and add shaving cream. Add some drops of food coloring. Observe the colors swirling through the "clouds." Which colors match your feelings? **You've created emotion in a cup!**

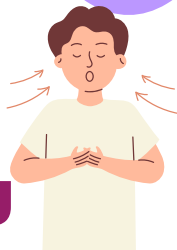
WANT MORE JOY?

Spark Joy with art: learn how to draw with step-by-step instructions and watch how-to videos!



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MINDFULNESS



Belly Breathing

Sometimes we have such strong emotions, we feel like there's a monster inside of us. In these moments, **we just need to B-R-E-A-T-H-E!**

Watch the Sesame Street:
Calmful Breathing Exercises /
Tamir on the Street #4

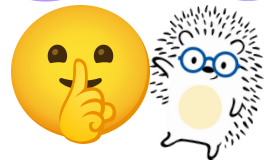
WANT MORE JOY?

Read a book "A Worry Bee" and learn new calming techniques:



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MINDFULNESS



No Words Allowed

Sit with a friend and spend a few minutes communicating using only gestures. **Notice how your movements can show your message.** Have fun discovering how body language can help you communicate!

WANT MORE JOY?

Smiles and frowns mean the same thing everywhere in the world. Our facial expressions and body movements can tell how we feel. Try it to see how someone will react!

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WHERE YOU ARE



Beautify the place where you live

Doing activities that have a positive purpose can spark joy. **Do something that will add to your neighborhood.** This could be participating in a neighborhood clean-up, or planting flowers or vegetables in a community garden, or taking part in a community art project.

WANT MORE JOY?

How did you feel after you finished your special activity or project? How do you think the people in your neighborhood feel?

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WHERE YOU ARE

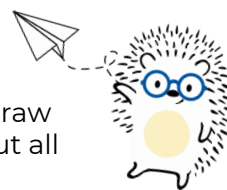


Mini Joy Treasure Hunt

Explore your neighborhood! **Look for something beautiful.** Listen carefully to the different sounds and make a note of them. Find something special that others might miss. Have fun discovering joy!

WANT MORE JOY?

Take a picture, make a video, draw a picture, or write a poem about all the joyful things you discover.



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WHERE YOU ARE



The People in Your Neighborhood

Ask a neighbor what they think about your neighborhood. What would they like to change? What did you learn about your neighborhood from talking to this person? Draw a picture of something you like about your neighborhood.

WANT MORE JOY?

Learn to make a blanket from the book "Covered With Love". Make one, and present or donate it to someone in your community.



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SPARKS OF JOY



Kindness Chain

Start a kindness chain! Do something nice for someone — help carry a bag, help a neighbor, or share a snack. Then ask that person to "pass it on" by doing something kind for someone else. Watch how joy grows!

WANT MORE JOY?

Invite friends to play together. Find games ideas on the Stories With Clever Hedgehog:



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SPARKS OF JOY

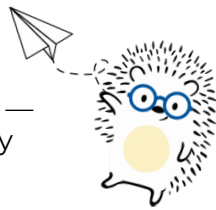
Joy Collage



Cut out or draw pictures of things that make you happy — family, pets, sunshine, laughter, yummy food! **Glue them on paper to make a “Joy Collage.” Hang it where you can see it every day.**

WANT MORE JOY?

Add something new each week — your collage will grow as your joy does!



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SPARKS OF JOY

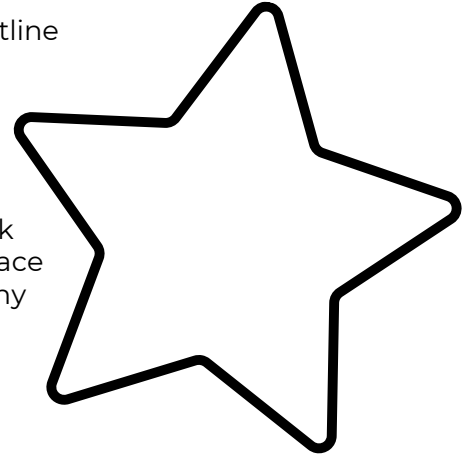
Compliment Stars



Cut out paper stars and write a compliment or kind word on each one. **Secretly place them on classmates’ desks, at home, or around your school.**

Trace this star outline and cut.

Then put the cut star under a blank piece of paper, trace it to make as many stars as you need



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