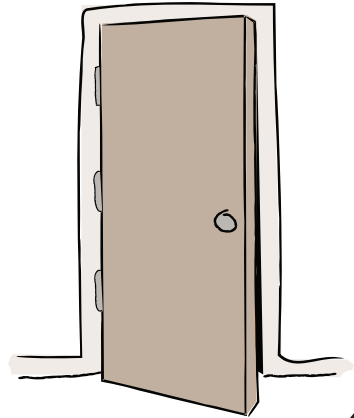


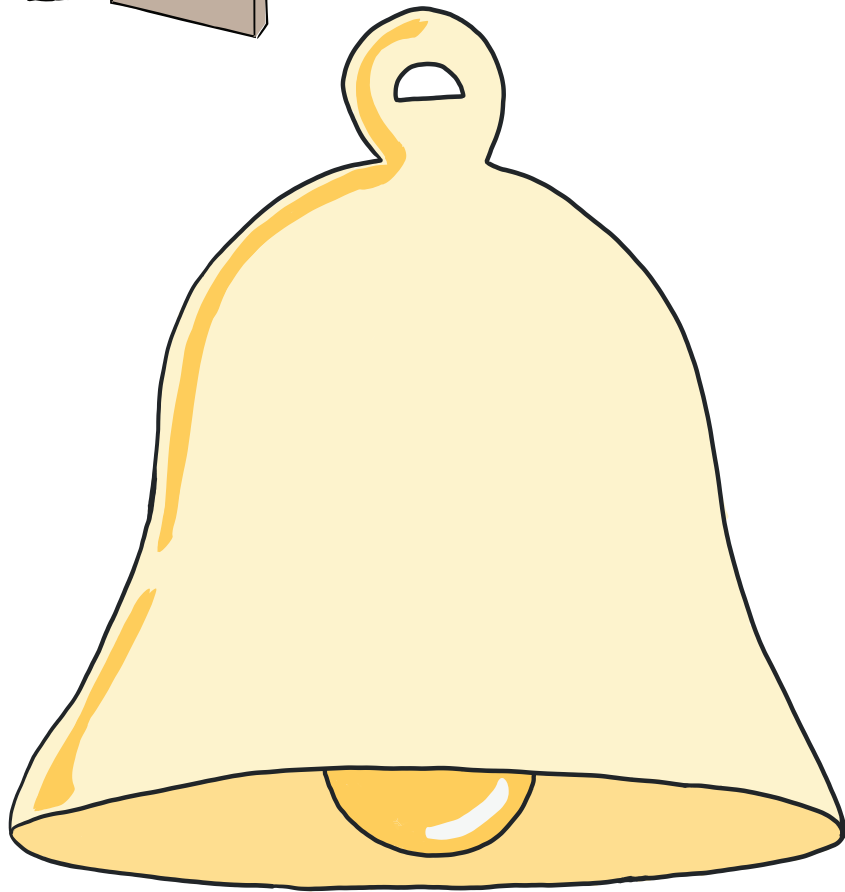
# DOOR



## Looking ahead ...

How can you be a **joy**-bringer?

In the bell, write about or draw something that you could do to make the world a more **joyful** place.



IMAGINOR 



Name .....

Date .....

VALUE: **JOY**

## MY REFLECTION JOURNAL

Sit comfortably on the carpet.

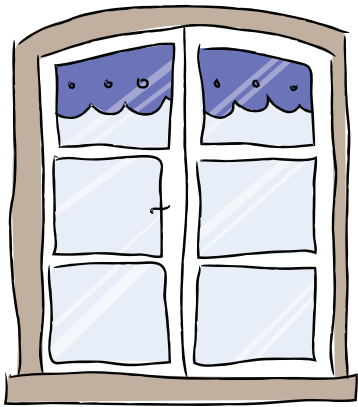
Be as still as you can.

Become aware of your breathing.

As you look into the candle flame,  
think about why **joy** is important.

Write your ideas around the picture of the candle.

# WINDOW



## Looking out ...

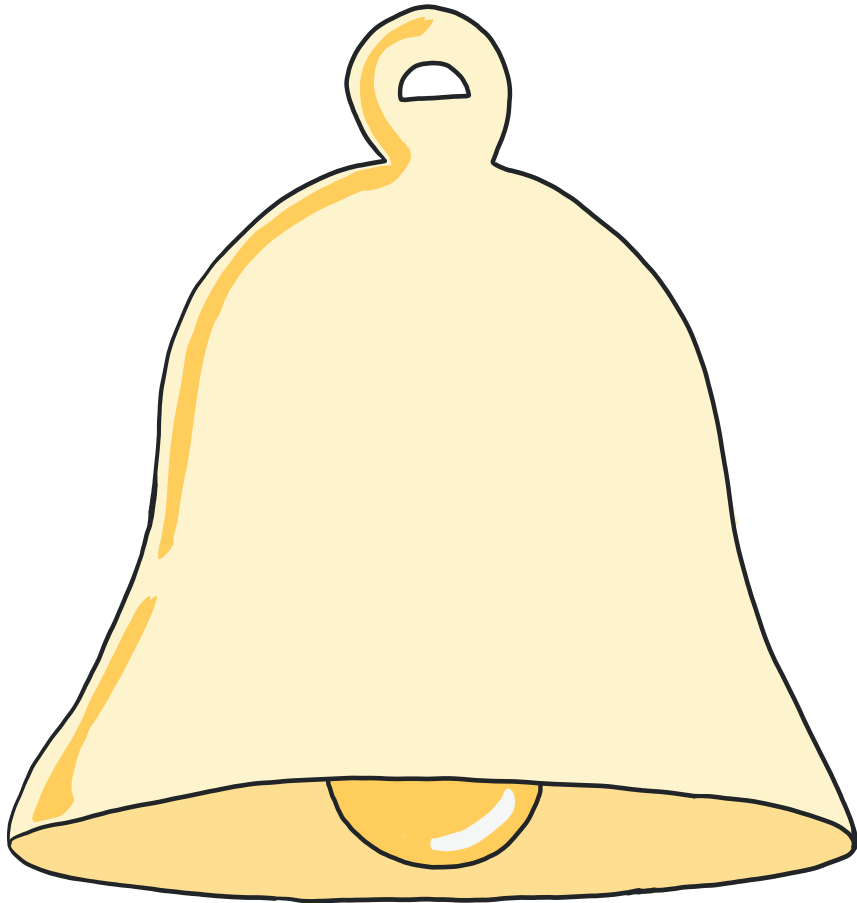
Happiness and **joy** are different.

We can be happy about having new shoes or winning a game. Feelings of happiness will often come and go quickly.

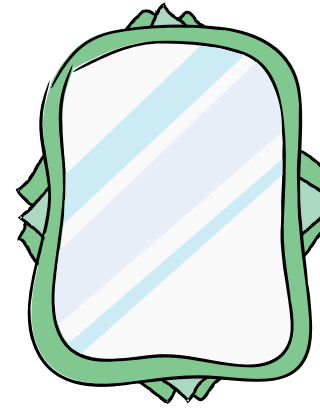
**Joy** is a deeper and more lasting emotion. It does not rely on what has just happened.

What brings you real **joy**?

Write or draw it in the bell.



# MIRROR



## Looking in ...

Think of someone that you know well.

What is it that fills *them* with **joy**?

Write about this inside the bell.

