

# FINDING THE JOY



This resource uses an illustration to get children thinking about happiness and where it comes from.

Using the illustration and some basic drama techniques, children will explore concepts like happiness and gratitude, and think about how social media might affect how we feel about ourselves and others.

This resource is designed for:

- children aged 9 and above
- use in small groups

- Do you think she would still be happy if she could see what the other girl has? Why? Why not?

Discuss the proverb '*the grass is always greener*'. Is this true?

Relate this to social media – sometimes people feel less good about themselves after using social media platforms. Why do you think that is?

Discuss the idea with the children, drawing out that:

- We make unfavourable comparisons with others which might affect our self-esteem.
- Social media portrays what people want to show, not the whole truth.
- Being content and happy sometimes means seeing the good in what we have and not comparing with others.

At this point, it might be a good time to reflect on self-care strategies or actions to take in those circumstances.

## Discussion

Show or hand out a version of the illustration on page 4. Ask them to discuss in pairs what they think the image is showing us.

Examine the two characters. Ask the children:

- what are their expressions and body language showing you?
- what do you think they might each be thinking?
- does this bring any phrases to mind?

Allow time to annotate the image, or for a more physical activity the children could dramatise the image, playing the two characters in pairs.

Alternatively, you could create a freeze frame and ask the students to unfreeze and voice the thoughts and feelings of the character.

Ask the children to feedback their ideas. Discuss the idea of gratitude and contentment. Ask the children:

- What does it mean to you?
- Why do you think that girl is so happy with her one flower?



## **Activity**

Ask the children to think of a moment that made them feel joy, and ask them to discuss this in pairs if they feel comfortable to do so.

Split the children into small groups (3/4) and ask them to share their ideas (if they feel comfortable to do so). They should then either take turns or select one idea to create a freeze frame of how this moment would look.

These can be presented to the class and explored, asking the children to guess what is happening, what the joyful moment is, and what each person in the scene is thinking or feeling.