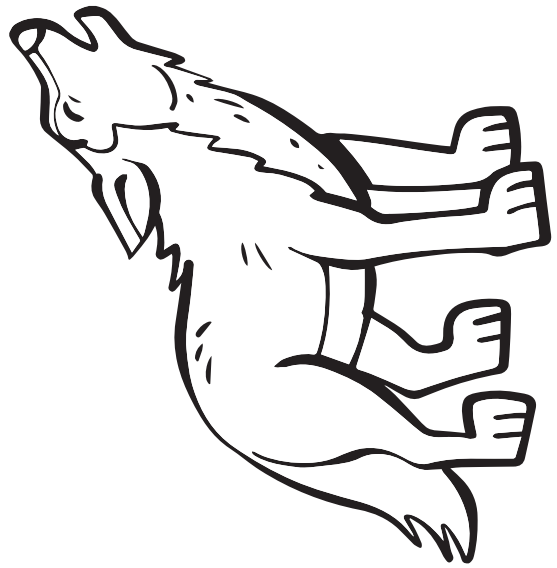
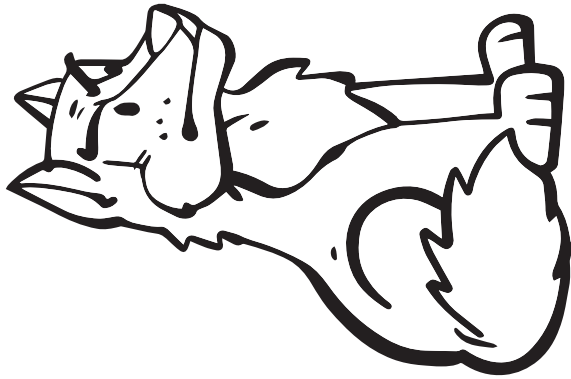
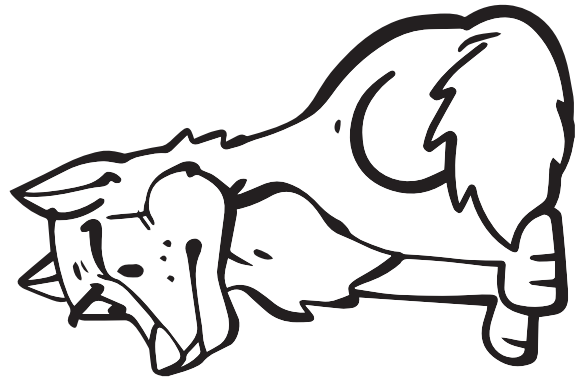
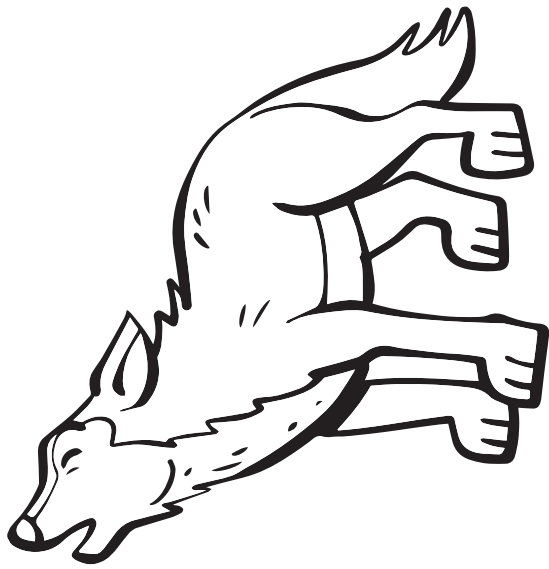



What to Do:
Print on cardstock and cut apart, two sets for each Small Group.



What to Do:
Print on cardstock and cut apart, one set for each Small Group.


- *A cheerful*: Put both hands up and shake them as if you're shaking pom-poms with enthusiasm.
- *heart*: Place open palm hands on your heart, one on top of the other.
- *makes*: Make fists with both hands, place one fist on top of the other, then move the bottom fist to the top, and repeat.
- *you*: Point to someone, or point to yourself.
- *healthy*.: Raise arms to a flexed biceps pose.
- *But*: Cross your arms in front of you, creating an X shape.
- *a broken*: Extend two fists out in front of you side by side, then twist by moving the fists in opposite directions.
- *spirit*: Place both hands over your heart, then slowly lower them while letting your fingers droop.
- *dries*: Place both hands below the neck to mimic being thirsty.
- *you*: Point to someone, or point to yourself.
- *up*.: Extend both arms upward, reaching toward the sky.
- *Proverbs 17:22, NIrV*: Place open palms in front of you.



WEEK 1

We can have joy because of Jesus.
Draw a picture of something that brings you joy!


2



WEEK 2

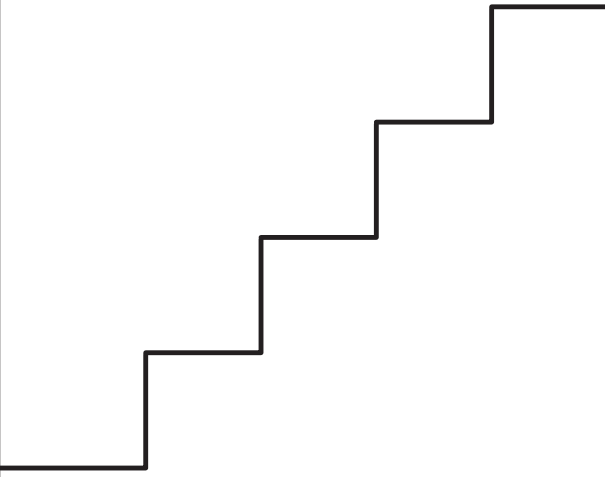
Make a habit of choosing joy.
Draw a picture that shows a habit you want to develop that can bring you joy.

3



WEEK 3

Celebrate each step of the way.
Think about new steps for new skills you have learned or tried recently. Write or draw about one on each step below.



4

What to Do:
Print on paper, cut apart, and staple together, one set for each kid.



Find joy in what you see around you.

I can find joy when I SEE

_____ •

I can find joy when I HEAR

_____ •

I can find joy when I TOUCH

_____ •

I can find joy when I SMELL

_____ •

I can find joy when I TASTE

_____ •



There's always a reason to celebrate.

Draw or write about a situation that feels scary or uncertain.

What to Do:

Print on paper, cut apart, and staple together, one set for each kid.

"Joy Journal" Activity Page

June 2024, Week 1-5, Small Group 2-3
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