HEMPSTEAD City of Character

Just for Kids!

"Joyfulness" vs. Self-pity

"Maintaining a good attitude, even when faced with unpleasant conditions."

I will:

- Look for good in all things.
- Smile at adversity.
- Not give in to discouragement.
- Not allow my emotions to rule my mind.
- Take time out of every day to laugh and sing.

–permission to use granted by Character First

What is Joyfulness?

Joyfulness" comes from the Latin word "gaudium," from which we get words such as joy, jest, joke, juggle, gaudy, and yodel. It means "to be glad, to have delight."

Real joyfulness is based on having a life purpose, rather than just a feeling. Feelings are usually dependant on what is happening and can go up and down. Happiness is a feeling that we get when good things happen to us.

However, we can decide to be joyful because it is a character quality we can develop. If we have some goals and purpose to our lives bigger than our own needs, we can have hope for the future. That is what helps us stay joyful!

Joyfulness in Nature

The Otter

The otter is one of the most playful animals found in nature. No matter what the environment or season, otters will make sure they have a place to play. They will turn a snowbank into a toboggan run or a muddy riverbank into a slide. Even the food they eat becomes a toy as they float on their backs to crack a shellfish or eat a freshly caught fish.

Did you spot the "I Will"? The otter looks for good in all things.

Otters can transform the daily wearisome task of looking for food into play. Otters have so much fun catching their favorite food-fish-that they often will continue to catch fish for sport after they have eaten all they want. After they catch it, they will release it and catch another just for fun!

Did you spot the "I Will"? The otter smiles at adversity.

Although otters love water, they are born with a fear of it. Through the gentle guidance and playfulness of the parents, otter pups learn to relax and enjoy the water.

Did you spot the "I Will?" Otters do not give in to emotions or discouraging situations.

It is actually play that helps the otter pups overcome their fear of water. As the parents take time to give piggy back rides to their pups, they are able to ease the pups into the water. It becomes their constant environment in which they sleep, feed, rest, and tumble and whirl together in endless fun.

Did you spot the "I Will"? The otter takes time every day to have fun, just as we might take time to laugh and sing.

Concept by: Character First

Memory Work

"I will look for good in everything.
Even though hard times come.
I will smile when life gets tough for me.
For my future has just begun.

I will not let the bad things win.
Or emotions rule my heart.
For I take the time to laugh and sing.
Staying joyful is an art!

To be a character builder,
I will choose to do what's best.
I will build a habit that is wise
So I can pass the test."

Funny Animals

(At least 3 players are needed)

1. Fold a sheet of paper into thirds crosswise.

2. The first player draws the top of an animal he chooses on the top third of the paper, making sure the lines come right down to the fold. Let the lines overlap to the middle section of the paper.

2. The second player sees only the blank middle section of the paper and uses the overlapping lines to draw the middle part of an animal he chooses. The lines must come down and overlap the lower fold of the paper.

3. The third player sees only the bottom third of the paper and uses the overlapping lines to draw the lower portion of the animal he chooses.

4. Open the paper to see the strange animal that the 3 children have drawn!

Joy Builders for Children

1. Try smiling while shopping and count how many smiles you get back.
2. Learn some new jokes to tell a friend when he is discouraged.
3. List ten things you can see that you are thankful for and then list ten you can't see.
4. Learn a happy song to sing to yourself or others when you feel sad.
5. Do something to make someone else happy.