

Application Activity:

We need to teach our children about the happiness of being in the LORD. Being a Christian is not an unhappy way of life and our children need to realize and experience the happiness that can be in the LORD.

4th – 6th grades

List of Happiness ☺

Materials needed:

Paper or cards

Pencils or pens

Stapler

Sometimes we tend to remember the bad things that happen to us more than the good things. Have the class to list 5 things that happened yesterday. Let some of them read their list. What five things did they choose? Were they happy or sad? Whatever they wrote down was their own choice. They can choose to remember the good things. Encourage them to practice remembering good things and the feelings that go with them and letting go of the bad things. Dwelling on bad things causes us to learn to hold a grudge against others. Being happy is a choice – learning how can be taught. Suggest that the students write down five good things at the end of each day that happened that day. Encourage them to think on how it made them feel. This is their happiness list.

Make a little booklet they can use to do this assignment on.

Top and bottom sheets should be card stock or construction paper– any color. Cut full sheets of paper into ¼ of sheets for top, bottom and inside sheets.

Put several plain sheets in between the top and bottom card stock sheets, at least one for each day of the week. You can use any clean paper. This is a good way to use up some odd sheets you have lying around – if they are colored sheets that is great. Children love variety and color. Let them write “My Happiness List” on the front card stock page and decorate as they like – as time permits. Use stickers, markers, crayons, glitter or whatever you have. This is a great activity for using the imagination and to use up small amounts of supplies you might have available.