Afternoon Plan

Awakening Joy For Kids

Michele Lilyanna

Total time: 3 hours with short break

I hour:

Opening- Check in with body weather and animal self

Introduction to Michele and slide show

Spirit Rock founder, author, and teacher James Baraz’s *Awakening Joy* offers his large and loyal readership a program to gain contentment and happiness by cultivating the seeds of joy within. Here he joins with Michele Lilyanna, a classroom teacher for 25 years, to offer caregivers and children ways to find joy and build social-emotional wellbeing into everyday activities.

This unique offering nourishes both adults and kids. James shares the practices for the adults—parents, caregivers, and teachers. Michele offers her own experiences as a parent and as a teacher, showing how the themes work with kids, followed by the tried and true lessons that she's used herself in the classroom and at home.

Packed with practices and activities that James and Michele have gathered over their many years of working with thousands of adults and children in retreats, workshops, and the classroom, *Awakening Joy for Kids* is imbued with compassion and delight.

**Practices**

Chalk pastel guided drawing - Who am I right now? Colours of my world- Self connection

**Break**

1 hour:

Mindful seeing and the ocean

Getting through difficult time- Cutting the ties that bind us.

**Mini Break**

1 hour

Gratitude flags- Stitching together our vision

Video Sparkles- Lizzy

Anisley- Sharing with others

Practice- One wish you have for yourself

Rosemary speaking- Wisdom of the elders

**Ten Steps of Awakening Joy For Kids**

Intention

Mindfulness

Gratitude

Finding Joy in Difficult Times

Integrity

The Joy of Letting Go

Loving Ourselves

Loving Others

Compassion

The Joy of Being

For more information:

[www.awakeningjoyforkids.com](http://www.awakeningjoyforkids.com)

Facebook: Awakeningjoyforkids

Twitter: Awakeningjoyforkids

James: [www.awakeningjoy.org](http://www.awakeningjoy.org)

Michele: [www.happinessandjoylessons.com](http://www.happinessandjoylessons.com)

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