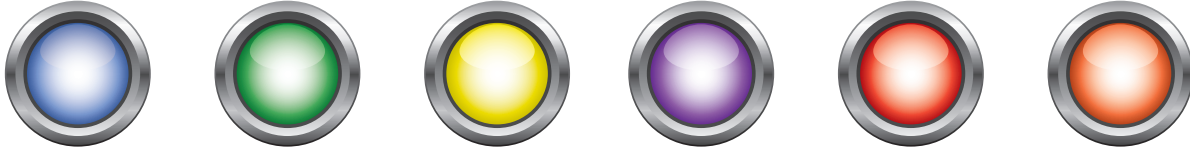


Finding Joy and Highlights

for older children

An exercise that teaches children how to find more joy and happiness in every aspect of their lives by looking for simple joys and Highlights.



Get Ready!

Resources

Audio Track # 11
Highlights List Worksheet

Teaching Point

Introduce the concepts of Highlights, looking for the simple joys, and enjoying each day to the fullest. We can feel better and reduce stress by doing something we like to do and by thinking about things we like. Looking for Highlights and remembering Highlights is a good way to Change Channels in your mind – from negative to positive and from stressed to relaxed.

Other Ideas

- ▶ Children enjoy discussing sports or movie Highlights: the most exciting play of the game or the funniest line in the movie. Ask children to describe some of these “special moments” in sports or movies and discuss why these moments are so memorable.
- ▶ Ask children if they can think of any special moments in their own lives – maybe they have an exciting sports experience or maybe they were with friends when something funny happened. Help them to understand that special moments do happen in their lives and that these are “Highlights”.

Get Going!

To Begin

What kinds of things make you feel really good or happy?

What are some things that you love to do or things that make your day feel worthwhile?

Activity

- ✓ Listen to the audio.
- ✓ Ask each child to write out ten Highlights from the last week on their Highlight List.

Wrap-up

Can you share one of your Highlights? With a group of children, encourage each child to share at least one Highlight.

Homework

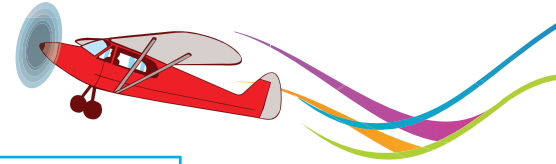
Look for simple Highlights today, tonight and tomorrow so that you can enjoy them and then share more of your Highlights with others.

This activity is provided with the permission of Dr. Terry Orlick. His newest book: *“Positive Living Skills: Joy and Focus for Everyone”* can be found at www.zoneofexcellence.ca/index_new.html or www.zoneofexcellence.ca/products_new.html#books, and is also available on Amazon.com.

H I G H L I G H T S



Write 10 of your favorite Highlights or happy things on the lines below.



1. _____



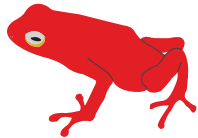
2. _____

3. _____



4. _____

5. _____



6. _____

7. _____

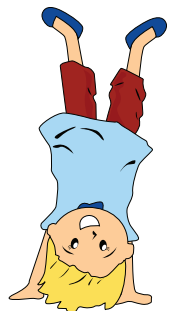


8. _____

9. _____



10. _____



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