

## JOY BREAK

**Materials:** Paper (multiple pieces), pens, pencils, and/or crayons

What brings you joy in your life? Sometimes writing or drawing things helps us better remember them.

Using the paper and pens/pencil/crayons, write and/or draw the following things:

- **Five** things that made you smile this week
- **Four** fun things you did this week
- **Three** people who were kind to you this week
- **Two** times you felt loved this week
- **One** wish you have for the next week

Feel free to both write and draw if you would like. Do whatever feels right for you. When you finish, take some time to pray for everything you wrote/drew and thank God for the joy you have in your life.

## PRAYER

Ever present God, you have always been and will always be with us. Help us take time to remember the things in our lives that bring us joy. Thank you for everything that makes us smile and gives up hope.

**Amen.**