Finding Joy

Day 2





Agenda

01 Group Activity

02 PERMA Model

03 Craft

04 Fun games & Closing

01 Group Activity



Group Activity

- In your table groups
- Describe a specific moment in this week, even a small one, when you felt genuine joy.
  - Where were you?
  - Who were you with?
  - What were you doing?

Each group pick one common theme (like nature, connection, creativity, accomplishment) you noticed across your moments and share it with the whole class.



02 PERMA



Imagine you had a recipe for a happy, meaningful life. What ingredients would you put in there?

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The PERMA Recipe of psychological well-being

PERMA



P = Positive Emotion

Not just feeling good, but also noticing good.
Examples: gratitude, hope, love, awe.

Can you name a small positive emotion you felt recently?

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E = Engagement

Being so involved in something that you lose track of time, "flow."
Examples: painting, gaming, playing sports, writing music, coding.

When was the last time you were so into something you forgot to check your phone?

PERMA

R = Relationships

We’re wired to connect, friendships, family, mentors.
Positive relationships boost happiness and resilience.

Can you think of a relationship that adds joy to your life right now?

PERMA

M = Meaning

Feeling that your life and what you do matter beyond just yourself.
Example: Helping others, being part of a team, creating something important.

What's something you care about that's bigger than you?

PERMA

A = Accomplishment

Setting goals and achieving them builds confidence and pride. Examples: mastering a new skill, finishing a project, winning a competition, or simply showing persistence.

What's something you've accomplished recently that you're proud of?

5 mins break

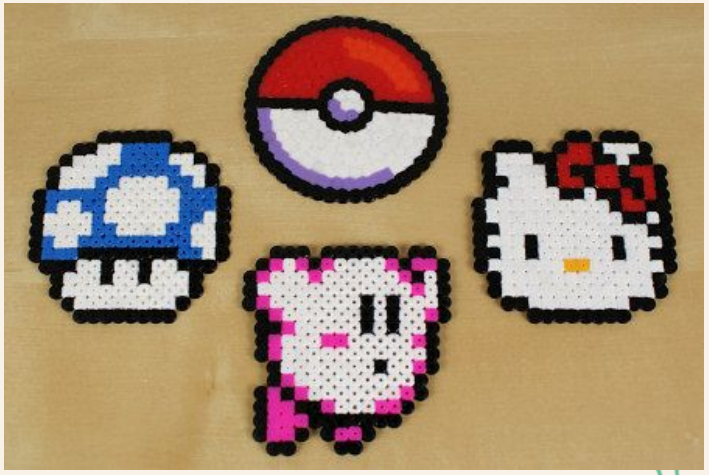


03 Fuse Bead Art









Fuse Bead Art

- Create a piece that represents one aspect of joy, for example:
  - Cartoon
  - Person
  - Your pet
- Your piece can be literal (like a sun or tree) or abstract (shapes, patterns, colors that feel joyful).
- Name your piece afterward: "Joy in ___" (e.g., "Joy in Adventure", "Joy in Music").

05 Fun Games



Heads Up!



Kahoot!

inside out

05 Reflection



Gallery Walk:

Each person picks one piece (not your own) and writes a short positive comment to leave by it.



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Closing Circle:

What part of PERMA feels strongest in your life right now?

What small thing can you do this week to create joy for yourself or someone else?



Thank you for coming!

See you tmr~