

## Joy - Lesson 1 Teacher's Notes

*Time: 90 minutes*

*Level: Intermediate/Advanced*

*Community Building - Life*

### **Warm-up 10**

How was your week? How's work/school going? Anything out of the ordinary or special happen this week? Did you come across any new words/ideas this week that you didn't understand?

*Life to Topic*

### **Class Discussion 10**

- i. Teacher writes 'JOY' on the board. Student's brainstorm all synonyms and antonyms they think of when they hear the word JOY eg. happiness, delight, pleasure, enjoyment, joyfulness, ant: sadness, grief, misery.
- ii. What gave you joy when you were a child? Presently, what in life gives you pure joy? What, if anything, gives you joy about the future?

*Topic*

### **Reading 50**

*Article – Various Non-North American quotes about Joy*

*Reading* – Students silently read the 8 quotes on joy. Students should underline all unknown words. After reading, teacher discusses new words with class before students discuss in pairs or as a class.

*Topic to Life*

*Post* – Class Discussion or Pair Discussion

Teacher can divide students into pairs and select certain questions for different pairs OR assign each pair to answer all questions.

1. If you were writing a definition for the dictionary how would you define "joy"? Write down a sentence.
2. For discussion questions refer to Student's handout

*Life*

### **Idioms about Joy 20**

See Table in Student's Notes

Students match the idiom with its correct meaning and then read sentences that use the idioms. Students must write their own sentences using the idioms.

*Topic to Life*

*Weekly challenge*

1. Over the next week keep track of 3 things that make you happy or fill you with joy. Remember those moments during the times that make you sad.
2. Say or do 2-3 things that make your loved ones (your pride and joy) smile.
3. Observe people around you at work or home. If you see that people aren't happy then perhaps you could ask them what's bothering them or you could simply smile at them. You must know that smiles are contagious! ☺ Mother Teresa said that "Joy is very infectious; therefore, be always full of joy".

## Joy - Lesson 1 Student Handout

### Reading

Read the following quotes and be ready to discuss with a partner and/or the class.

1. "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." (Thich Nhat Hanh)

2. Happiness is when what you think, what you say, and what you do are in harmony. (Mahatma Gandhi)

3. If you want happiness for an hour -- take a nap.  
If you want happiness for a day -- go fishing.  
If you want happiness for a month -- get married.  
If you want happiness for a year -- inherit a fortune.  
If you want happiness for a lifetime -- help someone else. (Chinese proverb)

4. Time spent laughing is time spent with the gods. (Japanese Proverb)

5. "If you want others to be happy, practice compassion.  
If you want to be happy, practice compassion." (The Dalai Lama)

6. When you were born, you cried and the world rejoiced. Live your life so that when you die, the world cries and you rejoice. (Cherokee Expression)

7. And Joy is Everywhere;  
It is in the Earth's green covering of grass;  
In the blue serenity of the Sky;  
In the reckless exuberance of Spring;  
In the severe abstinence of gray Winter;  
In the Living flesh that animates our bodily frame;  
In the perfect poise of the Human figure, noble and upright;  
In Living;  
In the exercise of all our powers;  
In the acquisition of Knowledge;  
in fighting evils...  
Joy is there Everywhere. ("Joy," by Rabindranath Tagore, Indian Poet)

8. "If we are not happy and joyous at this season,  
for what other season shall we wait and  
for what other time shall we look?" (Abdul-Baha)

Source: <http://www.inspirationpeak.com/joy.html>

### **Class Discussion or Pair Discussion**

1. If you were writing a definition for Oxford dictionary how would you define “joy”? Write your definition below.

2. In quote #1, what is the relationship between joy and smiling? Can you have a smile without having joy in your heart? Explain.

3. In general, do Canadians smile a lot? What does this say about their joy? Generally speaking, do Chinese people smile a lot? How do you explain this?

4. In quote #2, can you explain this balance that Gandhi refers to? Do you agree with his idea?

5. The quote refers to thinking, saying and doing. How does your thinking influence your words and actions?

6. Quote #3 discusses the nature of happiness. Which lines of the quote do you agree or disagree?

7. What are some other things or activities that bring happiness for a day, month, year or lifetime?

8. What joy have you experienced from helping others?

9. Quote #4 discusses the supernatural. What role do the gods play in making us laugh? Do the gods really affect our laughter?

10. Quote #5 discusses the relationship between happiness and compassion. Why does compassion bring happiness?

11. How does compassion change you and the world around you? Name some acts of compassion that you’ve experienced or heard about.

12. When did you last practice compassion?

13. Quote #6 discusses about how we should live our lives. How are we to live our lives? What impact should it have on those around us?

14. Do you ever think about what people will say about you at your funeral? How do you want to be remembered?

15. Quote #7 describes the source of joy. What are the sources it describes? Do you find joy in those sources?

16. What is the source of your joy?

17. Do you think that ‘Joy is Everywhere’ as the poet states? What about the slums or poor areas of any country? Where is the joy? Where is the joy when experiencing acts of terror in your home country?

18. Quote #8 - Why might one be waiting for happiness?

19. How are we robbed of joy when we are waiting for a new season?

20. What advice would you give to someone who isn’t joyful and is just waiting for something to happen?

21. Which quotation do you like OR which one do you dislike? Explain your position in either case by giving several reasons.

*Life*

*Idioms about Joy* - Match the idiom with the correct meaning.

Then, read the example sentences below. Choose 4 idioms and write them in a sentence or two.

<b>Idiom</b>	<b>Meaning</b>
1. A thing of beauty is a joy forever.	___ for someone that one is very proud of
2. a bundle of joy	___ to be full to the popping point with happiness
3. burst with joy	___ to jump up because one is happy; to be very happy
4. leap for joy and jump for joy	___ to cry out of happiness
5. pride and joy	___ Beautiful things give pleasure that lasts even longer than the beautiful things themselves.
6. weep for joy	___ a baby

*Joy Idioms – Sample Sentences (Note: Most have 2 sentences)*

1. Jill: I don't understand why someone would pay millions of dollars to have some old painting. Jane: Because a thing of beauty is a joy forever.

2. We are expecting a bundle of joy next September.

3. When I got my grades, I could have burst with joy. Bill was not exactly bursting with joy when he got the news.

4. Tommy leapt for joy because he had won the race. We all leapt for joy when we heard the news.

5. And this is our little pride and joy, Roger. Fred pulled up in his pride and joy and asked if I wanted a ride.

6. She was so happy, she wept for joy. We all wept.

My Sentences:

1.

2.

3.

4.

5.

6.

1. What makes you *weep for joy*?
2. What is your *pride and joy*?
3. Do you know anyone who just welcomed their first *bundle of joy* into the world?
4. When was the last time you *leapt for joy*?

*Topic to Life*

*Weekly challenge*

1. Over the next week keep track of 3 things that make you happy or fill you with joy. Remember those moments during the times that make you sad.
2. Say or do 2-3 things that make your loved ones (your pride and joy) smile.
3. Observe people around you at work or home. If you see that people aren't happy then perhaps you could ask them what's bothering them or you could simply smile at them. You must know that smiles are contagious! ☺ Mother Teresa said that "Joy is very infectious; therefore, be always full of joy".

## Joy - Lesson 2

### Teacher's Notes

*Time: 90 minutes*

*Level: Intermediate/Advanced*

*Community Building - Life*

#### **Warm-up 10**

How was your week? How's work/school going? Anything out of the ordinary or special happen this week?

*Life to Topic*

#### **Class Discussion 10**

What joyful times did you experience in the past week? When did you see joy on the faces of your family members or friends? How did you make your loved ones smile this week?

The teacher can choose one or two quotes below to discuss with the class. Students can share their understanding of the quote and if they agree or disagree with it. The teacher can provide clarification when needed.

“Happiness cannot come from without. It must come from within. It is not what we see and touch or that which others do for us which makes us happy; it is that which we think and feel and do, first for the other fellow and then for ourselves”.

- Helen Keller

“The world has to learn that the actual pleasure derived from material things is of rather low quality on the whole and less even in quantity than it looks to those who have not tried it.” - Oliver Wendell Holmes

“Many people have a wrong idea of what constitutes true happiness. It is not attained through self-gratification, but through fidelity to a worthy purpose.”

- Helen Keller

*Topic*

#### **Reading – See student's handout**

*Articles: The Miserable Millionaire & Happy in a Shack*

*Pre - BEFORE giving out the student handout – What makes a person miserable? Do you know any miserable people? If you were extremely wealthy, would you be miserable? Explain.*

*Reading – Students silently read the article and underline any new words. Teacher discusses new words before moving on to the class discussion.*

*Post – Teacher leads a class discussion OR allows for pair work. See student's handouts.*

#### **Speaking – Dear Abby**

See student's handouts for 2 problems. Students or teacher read the problems aloud. Students discuss the problems and offer advice.

## **Speaking - Idiom Review**

Teacher reviews the idioms from the previous week.

### *Weekly challenge*

1. Say or do 2-3 things that make your loved ones smile.
2. Observe people around you at work or home. If you see that people aren't happy then perhaps you could ask them what's bothering them or you could simply smile at them. You must know that smiles are contagious! 😊
3. Review your quotes and idioms about joy during the week.

## Joy - Lesson 2 Student Handout

### Speaking - Quotes

“Happiness cannot come from without. It must come from within. It is not what we see and touch or that which others do for us which makes us happy; it is that which we think and feel and do, first for the other fellow and then for ourselves”.

- Helen Keller

“The world has to learn that the actual pleasure derived from material things is of rather low quality on the whole and less even in quantity than it looks to those who have not tried it.” - Oliver Wendell Holmes

“Many people have a wrong idea of what constitutes true happiness. It is not attained through self-gratification, but through devotion to a worthy purpose.”

- Helen Keller

### Reading

#### #1 A Miserable Millionaire

Former heavyweight boxing champion George Foreman, in his book “God in My Corner”, explains how money couldn't buy him happiness. He writes:

Before I met God, my attitude was about as bad as it could get. Even when everything was going well for me, I couldn't see it. And I didn't appreciate it. When Muhammad Ali fought me for the heavyweight championship, I received a five-million-dollar pay check. That purse was an astronomical amount of money in those days, and would be worth many times more than that amount in today's dollars. No fighters had ever been so well-paid in the history of boxing. You'd think that being a multimillionaire would bring instant joy to my soul. It didn't. Because I lost the boxing match, I couldn't enjoy my money. I had five million dollars in the bank, but couldn't find pleasure in even one penny of it! I chose to see the worst in my situation, and my stomach was tied up in knots as a result. My sour attitude caused me to sink into deep depression, even though I was filthy rich. Five million dollars could buy me anything I wanted—except happiness.

(George Foreman, *God in My Corner*, Nashville: Thomas Nelson, 2007, p.71-72)

Source: [http://www.kentcrockett.com/cgi-](http://www.kentcrockett.com/cgi-bin/illustrations/index.cgi?link=Money/A%20Miserable%20Millionaire)

[bin/illustrations/index.cgi?link=Money/A%20Miserable%20Millionaire](http://www.kentcrockett.com/cgi-bin/illustrations/index.cgi?link=Money/A%20Miserable%20Millionaire)

### Discussion Questions #1

1. What sport was George Foreman involved in? What title did he receive?
2. Why did George say he had a bad attitude?
3. What valuable prize did he receive? What was his attitude towards it? Why did he have this attitude?
4. What important choice did he make and what was the result after making that choice?



5. As he looked back on his life, what did he HAVE and NOT HAVE?
6. Make it personal - what lesson do YOU take from this short article about joy and happiness?

## #2 Happy in a Shack

A man and wife enjoyed playing “Here’s How I’d Remodel That House” game as they traveled. They would take turns picking out certain houses and explain how they would remodel them. One day as they were driving, they saw an old, dilapidated house that looked like it had been abandoned. The husband stopped in front of the house and said, “I tell you what I’d do with that shack. I’d bulldoze it down and start over.”

At that moment, an elderly man stepped out of the house onto the front porch. With a big smile on his face, the old man waved at them as though they were long-lost friends. The couple waved back and then drove on down the road.

The husband said, “Do you think he would have been that friendly if he knew what I said about his house?”

After a long pause the wife replied, “Probably so!”

The happiest people in the world are those who don’t allow anything or anyone to steal their joy.

(Kent Crockett, *I Once Was Blind But Now I Squint*, Chattanooga, TN: AMG Publishers, 2004, 30)

Source: <http://www.kentcrockett.com/cgi-bin/illustrations/index.cgi?link=Happiness/Happy%20in%20a%20Shack>

## Discussion Questions #2

1. Which activity do the wife and husband like to play? When do they play this game?
2. What was his impression of the old house as they drove past? Would your impression have been the same if you were there too?
3. How did the elderly shack-owner greet the husband? Do you think this greeting is strange or normal?
4. Do you think the husband has any regret about what he said about the old man’s house?
5. Imagine that you have the chance to meet the elderly man. What do you think he will be like? Use some *adjectives* to describe his character.
6. What message does the author have for the reader? Do you agree or disagree with it?
7. What types of situations or people steal joy?
8. Why do we *allow* circumstances or others to steal our joy?
9. Do you ever think you could be happy in a shack?

## Speaking

### Dear Abby Advice Column

Teacher reads each case study to the students. First, students discuss what is making the person unhappy in their situation. Next, students should offer advice on how the person could improve their situation in an effort to bring joy into their lives. Student should give advice using modal verbs like should, might, can, I'd suggest that, etc. (Students may want to refer to the quotes from earlier in the lesson for good ideas/perspectives)

**#1 QUESTION:** I really have a hard time accepting my present work conditions. My boss always gives me assignments which I don't like. He never listens to me when I complain to him. I don't like my co-workers and we don't have much in common. I am so unmotivated to go into work each day. I just want to win the lottery. That will solve my problems.

**#2 QUESTION:** I have to fight with my nine-year-old daughter to get her to do anything she doesn't want to do. It's so unpleasant that I've about decided not to take her on. If I ask her to clean her room she refuses. If I ask her to help with simple chores like taking the garbage or washing the dishes she complains. I'm tired of her opposition! *Why should I try to force her to work and help around the house?* What's the downside of just letting her off the hook?

#### *Weekly challenge*

1. Say or do 2-3 things that make your loved ones smile.
2. Observe people around you at work or home. If you see that people aren't happy then perhaps you could ask them what's bothering them or you could simply smile at them. You must know that smiles are contagious! 😊
3. Review your quotes and idioms about joy during the week.

## Joy - Lesson 3 Teacher's Notes

*Time: 90 minutes*

*Level: Intermediate/Advanced*

*Community Building - Life*

### **Warm-up 10**

How was your week? How's work/school going? What joyful experiences did you have this past week?

*Life to Topic*

### **Class Discussion 10**

Students read the quote below and share their understanding and agreement/disagreement with it. Teacher should prepare their opinions and insights to share with the class.

"There are as many nights as days, and the one is just as long as the other in the year's course. Even a happy life cannot be without a measure of darkness, and the word 'happy' would lose its meaning if it were not balanced by sadness."

Carl Jung

*Topic*

### **Reading 50 – see student's handout**

*Article: Ecclesiastes 3*

*Pre* – Teacher explains that the reading passage comes from the Old Testament.

*Reading* - Ask students to read the passage and underline any difficult words.

After students finish reading the teacher discusses any difficult words.

*Post* – Teacher leads the class in a discussion or pairs students up to discuss 11 questions. Teacher can refer to student's notes for discussion questions.

*Optional Discussion:*

Quote: Craig Hill on the modern meaning of Ecclesiastes 3. Teacher can lead a discussion that asks questions about the following passage. Do you think this summarizes the reading passage well? Would you add/delete anything?

"The modern meaning is that everything on this earth has its own God-appointed time and that it is necessary to wait for that time, instead of acting on our own time. I see this passage as a reminder that there will always be suffering, death, and violence and that without these things there could not be joy, peace, and healing".

*Topic to Life*

### **Reading - Some bible quotes 10**

1. What do the following Bible verses say about joy and life?
2. What is God's plan for us regarding a joyful life?
3. What part of God's plan for joy do you see being fulfilled in your life and in the lives of those around you?

- a. "Be joyful in hope, patient in affliction, faithful in prayer." Romans 12:12
- b. "For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit," Romans 14:17

**Writing 10**

Word Search

See student's handout.

*Weekly Challenge*

Teacher instructs students to memorize the 2 bible quotes from Romans and to share them with a friend.

## Joy - Lesson 3 Student's Handout

### Class Discussion

Read the quote below. *What is it trying to say?* Summarize and use your own words as you tell the class. *Do you agree or disagree with the quote?*

“There are as many nights as days, and the one is just as long as the other in the year's course. Even a happy life cannot be without a measure of darkness, and the word 'happy' would lose its meaning if it were not balanced by sadness.”

Carl Jung

### Reading

Article: *Ecclesiastes 3*

#### A Time for Everything

- 1 There is a time for everything,  
and a season for every activity under heaven:
- 2 a time to be born and a time to die,  
a time to plant and a time to uproot,
- 3 a time to kill and a time to heal,  
a time to tear down and a time to build,
- 4 a time to weep and a time to laugh,  
a time to mourn and a time to dance,
- 5 a time to scatter stones and a time to gather them,  
a time to embrace and a time to refrain,
- 6 a time to search and a time to give up,  
a time to keep and a time to throw away,
- 7 a time to tear and a time to mend,  
a time to be silent and a time to speak,
- 8 a time to love and a time to hate,  
a time for war and a time for peace.

9 What does the worker gain from his toil? 10 I have seen the burden God has laid on men. 11 He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. 12 I know that there is nothing better for men than to be happy and do good while they live. 13 That everyone may eat and drink, and find satisfaction in all his toil—this is the gift of God. 14 I know that everything God does will endure forever; nothing can be added to it and nothing taken from it. God does it so that men will revere him.

## Class Discussion

1. What are the contrasts stated in verse or line 2? Can you describe why birth and planting are times of happiness? Do you have a particular example from your life? In contrast, can you discuss why death and uprooting are sad times in our life?
2. Can killing and tearing down ever be good? If yes, how? If not, why not? How is healing and building up good for our lives?
3. What events cause us to weep and mourn? Why do we dislike these times of grief so much? In contrast, dancing and laughing bring us great joy. Do you experience more weeping or laughter in your life? In a person in control of how much mourning and laughing they have in life? Explain your ideas. Why are **both** weeping and laughing essential parts of our lives?
4. The second part of line 5 discusses refraining and embracing, why are both actions important to us?
5. In verse 6, what might we be searching for? When must we give up our searching? What are some things that must be kept and what must be given/thrown away?
6. Are you the type of person that likes to be silent or do you like to speak? When have you said something you regretted and then realized you should've remained silent? When did you remain silent *on purpose* and what was the result?
7. Loving and hating are opposite emotions. What are the *proper things* to love and hate? What impact does love and hate have on our lives? What are your ideas about war and peace? What causes war and what/who is responsible for peace? Is it possible to have no war in our world?
8. Verse 11 discusses how God makes everything beautiful in His own timing. Is God's timing different than man's timing? Why can we trust God's timing?
9. How does the author show God's power over time?
10. What is eternity and what is the connection or relationship to God?
11. God is the giver of the gift of joy. Why does God give us this wonderful gift?

## Optional reading

Craig Hills on the modern meaning of Ecclesiastes 3.

"The modern meaning is that everything on this earth has its own God-appointed time and that it is necessary to wait for that time, instead of acting on our own time. I see this passage as a reminder that there will always be suffering, death, and violence and that without these things there could not be joy, peace, and healing". Do you think this summarizes the reading passage well? Would you add anything?

*Topic to Life*

**Reading - Some bible quotes 10**

1. What do the following Bible verses say about joy and life?
2. What is God's plan for us regarding a joyful life?
3. What part of God's plan for joy do you see being fulfilled in your life and in the lives of those around you?

a. "Be joyful in hope, patient in affliction, faithful in prayer." Romans 12:12

b. "For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit," Romans 14:17

**Word Search - Joy**

R T M S N G M Y T E R U S A E R T H E J  
O A R O O P R Y S S E N D A L G O R Y E  
M E A L I R I A T G N I C I O J E R S W  
U R H A T I S A T I S F A C T I O N T E  
H T C C A Z O E N I V J N O I T A L E L  
L T N E M E S U M A F I O Y R L E V E R  
I Y L I I I F R S Y E I T D E L I G H T  
V R E D N O W E E S T R C S B U T A T Y  
E H C H A D E M E F E I U A E P R I A T  
L C N T D N U G E X R N C T T F T E A I  
I C A R E R O L N R U E I I P I I T L R  
N O L I L A C I G I R L S P L A O Y L A  
E M I M E V C I T E T I T H P E R N E L  
S F B E C I Y I L I N L M A M A F S V I  
S O U A T S G G A O U C U E T E H I I H  
S R J N A H P S E X R R E X N I N T A C  
I T I T T M T R U M C F F H E T O T T H  
L A S R I E L R I P L E A S U R E N I E  
B C E S O N Y L A D I V E R S I O N O E  
E E L G N T T N E M E L A G E R M B N R

- |             |               |              |
|-------------|---------------|--------------|
| Alleviation | Frolic        | Mirth        |
| Amusement   | Fruition      | Pleasure     |
| Animation   | Gaiety        | Pride        |
| Bliss       | Gem           | Prize        |
| Charm       | Gladness      | Rapture      |
| Cheer       | Glee          | Ravishment   |
| Comfort     | Gratification | Refreshment  |
| Delectation | Happiness     | Regalement   |
| Delight     | Hilarity      | Rejoicing    |
| Diversion   | Humor         | Revelry      |
| Ecstasy     | Indulgence    | Satisfaction |
| Elation     | Jewel         | Solace       |
| Exultation  | Jubilance     | Treasure     |
| Exulting    | Liveliness    | Treat        |
| Felicity    | Luxury        | Wonder       |
| Festivity   | Merriment     |              |

