



Even though we are dealing with a pandemic--we can still spread some happiness and kindness instead of germs!

[History of Joy Germ Day](#)

[Why Gratitude is Important During the Coronavirus Pandemic](#)

This day, created by Joan White, was for Spreading Joy!

[15 Simple Ways to Spread Happiness and Kindness Around You.](#)

[101+ Ideas to Spread Joy This Year.](#)

[34 Ways to Bust a Bad Mood in 10 Minutes or Less](#)

Children

Take & Make:

Happy Owls: Read *Happy Owls* and bag up some take & make bags with an owl craft.

Make lemonade: Read *When Grandma Gives You a Lemon Tree*. Distribute the recipe and fixings for homemade lemonade.

Perfect Square: Read *Perfect Square*. Bag up construction paper and meet your kiddos on a zoom to craft. [Perfect Square activity by pre-kpages.com](#). *Great reminder: scissor cutting is a useful skill for children to learn and is an important fine-motor and pre-writing ability..*

Read:

Burrows, Ailsa, (2016), *The Jar of Happiness*, Child's Play International, 978-1846437298

Deenihan, Jamie L.B., (2019), ***When Grandma Gives You a Lemon Tree***, Sterling Children's Books, 978-1454923817 *When life gives you lemons--make lemonade.*

Hall, Michael, (2011), ***Perfect Square***, Greenwillow Books, 978-0061915130 *Will things still be happy when they change shape?*

Li, Brenda, (2019), ***I Turned My Mom Into a Unicorn: A Funny Thankful Story***, Summer and Muu, 978-1775217374 *Building bonds and counting blessings.*

Piatti, Celestino, (2013), ***Happy Owls***, NorthSouth; Reprint edition, 978-0735841307 *Originally issued in 1964, this title shows how we stand apart but are all part of a beautiful world.*

Sorrel, Traci, (2018), ***We Are Grateful: Otsaliheliga***, Charlesbridge, 978-1580897723 *Otsaliheliga, or "we are grateful," is the Cherokee Nation's practice of expressing gratitude. Sorrel takes us through the seasons, activities, and celebrations observed in Cherokee culture.*

Spinelli, Eileen, (2015), ***Thankful***, Zonderkidz, 978-0310000884 *Focus on blessings we take for granted and appreciating essential workers.*

Wilson, Karma, (2012), ***Bear Says Thanks***, Margaret K. McElderry Books; Sixth Printing edition, 978-1416958567 *Celebrating family and friendships.*

Watch:

[Jar of Happiness](#) by Ailsa Burrows

Song/Game:

Yes--singing makes us Happy:

[The 50 Best Kids' Songs Almost Any Parent Can Sing](#) from Fatherly

Sometimes a classic is the best: ***If You're Happy and You Know It***

<https://youtu.be/71hqRT9U0wg>

If you're happy and you know it, clap your hands (clap clap)

If you're happy and you know it, clap your hands (clap clap)

If you're happy and you know it, then your face will surely show it

If you're happy and you know it, clap your hands. (clap clap)

If you're happy and you know it, stomp your feet (stomp stomp)

If you're happy and you know it, stomp your feet (stomp stomp)

If you're happy and you know it, then your face will surely show it

If you're happy and you know it, stomp your feet. (stomp stomp)

If you're happy and you know it, shout "Hurray!" (hoo-ray!)

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If you're happy and you know it, then your face will surely show it

If you're happy and you know it, shout "Hurray!" (hoo-ray!)

If you're happy and you know it, do all three (clap-clap, stomp-stomp, hoo-ray!)

If you're happy and you know it, do all three (clap-clap, stomp-stomp, hoo-ray!)

If you're happy and you know it, then your face will surely show it

If you're happy and you know it, do all three. (clap-clap, stomp-stomp, hoo-ray!)

Activity:

Celebrate Otsaliheliga

[Teacher Guide for *We Are Grateful: Otsaliheliga* from Traci Sorrell](#)

[Classroom Activity: *We Are Grateful: Otsaliheliga* from Scholastic.](#)

Jar of Happiness Activities [from the publisher Child's Play](#)

Book Bundles: Offer book bundles on Joy & Happiness--what a better thing to spread than that!

“In a world full of chaos, it’s important to show your kindness.” ~ [Chaos & Kindness](#)

Teens & Adults:

“It is *not* happy people who are thankful, it is thankful people who are happy.” -*Author unknown*

Read:

[27 Best Books on Joy and Happiness](#)

[15 Best Happiness Books and Are They Worth Your Time?](#)

[50 Happy Books To Read in 2020 \(will work in 2021 I am sure\).](#)

Take & Make:

Gratitude Jar or Box: Distribute small mason jars or boxes and some crafting materials to craft their own *Gratitude Jar or Box*.

Gratitude Journals: Distribute journals and maybe a few colorful markers or pens. Post gratitude writing prompts.

Stick-em Game: Distribute post-it notes for writing a word or phrase that demonstrates gratitude (Start with “Thank you for _____”) and then have fun distributing the notes.

Program Ideas:

Start a **Happiness or Joy Book Club**. [Happy books for book clubs.](#) [Explore The Happiness Project by Gretchen Rubin.](#)

Joy of the Pen Competition. Host a writing competition. [Topsham ME Public Library idea.](#)

Put together **What Makes YOU Joyful book bundles?** Self-help books, crafting, cooking & more