



For Your Family

Text Happiness

- Start a family text chain with the sole purpose being to induce positive emotions — GOOD NEWS ONLY texts. This is a family celebration station.

Jolts of Joy Jar

- In your kitchen, create a jar full of notes that represent Jolts of Joy (simple activities you and your family members can engage in for a quick moment of positivity) and encourage people to grab a Jolt of Joy card when they are down or just need a boost.

For Your School

Morning / Afternoon Announcements

- Here with a quick Jolt of Joy is XX. They are going to share some great news with us all today! We hope this news brings you _____ (name the emotions).
- Music is a wonderful way to feel positive emotions! This morning, we are going to listen to _____ and hope that it serves as a Jolt of Joy for everyone

Staff Meetings

- Start with a quick YouTube clip that inspires positive emotions
- Assign people that are responsible for the Jolt fo Joy each month and encourage them to be creative

For Your Community

Jolts of Joy Challenge

- Challenge staff and students to be the first person in the community to jolt joy for others in each of the 10 positive emotions. Complete the Jolts of Joy Challenge worksheet and receive a big jolt of recognition!

Jolts of Joy Challenge

Be the first person in your community to Jolt each of the 10 BIG positive emotions for another person. Each time you serve as a Jolt of Joy for another, have them sign off on your Jolts of Joy Challenge sheet and jot a note about what you did to help them experience a specific emotion...

Joyful	AWE
LOVE	GRATITUDE
Hope	INTEREST
AMUSEMENT	PRIDE
Serenity	Excitement