

Lesson 0.2

The Joy of Joy School, Part 2

<i>Time frame</i>	<i>Segments</i>	<i>Options</i>	<i>Est. Duration</i>
	Gathering Activity	Action Poem: Five Little Ducks	15 min
	Welcome Time	<i>Follow Your Group's Established Routine</i>	15 min
	Lesson	Joy Boy Asks About Joy School	10 min
	Music and Movement	Song: The Rule Song, Part Two	10 min
		Song: Oh Boy! I've Got Joy	5 min
		Song: Pokey Bear	5 min
	Free Play		20 min
	Snack Time	<i>Crackers and cheese, seasonal fruits</i>	20 min
	Mellow Time	Book: Are You My Mother?	10 min
		Listening: Teach My Joy, Other Music	10 min
	Arts and Crafts	Cutting and Gluing	10 min
	Activities	Song, Game: This is a Happy Day	15 min
		Discussion: Next School Day	10 min
		Game: Tell Me a Rule	10 min
	Goodbye Time	<i>Follow Your Group's Established Routine</i>	5 min

Gathering Activity

Action Poems

Many of the activities and songs in the Joy School lesson plans are “Action Poems.” These are songs or poems that have accompanying actions or movements that help tell the story of the poem or song. These are wonderful developmental tools as they help the children use many parts of their brain as they attempt to talk/sing and move at the same time. They are also very fun and enjoyable for the children. Here is an Action Poem to do with the children as they arrive today:

[Listen](#)

♪ **Five Little Ducks**

Five little ducks went out to play

(Hold up five fingers and rock hand side to side)

Over the hills and far away

(Take your five fingers over pretend hills and around behind your back)

When Old Mother Duck went “Quack, quack, quack!”

(Move other hand open and shut like a duck bill quacking)

Four little ducks came waddling back

(Bring hand back with only four fingers up, rock hand side to side)

(Repeat, subtracting “ducklings” until “No Little Ducks come waddling back.”)

But when Father Duck said, “QUACK! QUACK! QUACK!”

(Move other hand open and shut like a BIG duck bill quacking)

All the little ducks came waddling back!

(Bring all five fingers open from around your back).

Lesson

Discussion: Joy Boy Asks About Joy School

- **Joy Boy asks the children** (by whispering in the teacher’s ear), “Did you like school last time? Tell me some of the things you did.”

As the children raise their hands, Joy Boy can touch the head of each child he calls on to talk. By getting the children to recall last lesson’s activities, you can help them feel the joy that comes from remembering pleasant experiences. This is not a long lesson today, but you could expand the questions as the children’s activity spans allow.

Music and Movement

Song: The Rule Song, Part Two

Review the rules formed last time by showing each picture [Click here for pictures](#) and asking, "What does this rule tell us?" and then singing the corresponding verse and chorus of the rule song (with the actions).

Using the same method (pictures and questions), guide the children into developing three more rules. Help them to understand how the rules will help them to be happy and briefly discuss the consequences of disobeying the rules.

1. **"We sit up quietly in our place when it's time to listen."**
Explain that it is important to listen so we can learn at school. Also, we need to sit quietly so that everyone else can hear too.
2. **"We use our inside voices when we're in the schoolhouse."**
Explain that when Joy School is at one of their houses, it is just like a school house and we need to use inside voices which is a quiet voice. Tell them that they may use their outside (loud) voices when they go outside. **Practice loud and soft voices.**
3. **"We always use our walking feet when we're in the schoolhouse."**
Explain why it might be dangerous to run in the house and that they can use their "running feet" when they go outside. After discussing each new rule, sing the corresponding verse of the "Rule Song" and the chorus (with actions).

[Listen](#)

🎵 **The Rule Song**

lyrics by Ruth Eyre, sung to the tune of "This is a Happy Day Today"

We sit up quietly in our place (repeat three times) **when it's time to listen.**

(sit up tall with hands on lap)

We use our inside voices (repeat three times) **when we're in the school house.**

(point to your lips)

We always use our walking feet (repeat three times) **when we're in the school house.**

(walk on the spot in an exaggerated march)

These are the rules at Joy School (repeat three times) **that help us all to be happy!**

Song: Oh Boy! I've Got Joy!

Spend the time to really help the children learn this song and actions which was introduced last time. It will be a favorite of the children, and it's nice when they all do the same actions.

Listen

♪ **I've Got Joy!**

lyrics and music: Wendy Murdock Shurtliff

Oh boy! I've got joy. I do, I do! *(standing: clap hands and sway hips from side to side)*
 It starts in my heart, and spreads to my head, *(hands on heart, point to head)*
 In a minute or two. *(hold up one finger, then two)*
 And did you know it can grow on my toe, *(bend down and touch toe)*
 And keep my knees so they don't freeze. *(grab both knees, then hold arms as though cold)*
 I feel so neat from my head to my feet, *(touch head then bend and touch feet)*
 When I've got joy! *(both arms up in the air)*

Oh boy! I've got joy. I do, do you? *(standing: clap hands and sway hips from side to side)*
 It starts in my heart, and spreads to my head, *(hands on heart, point to head)*
 In a minute or two. *(hold up one finger, then two)*
 And the best place it shows is below my nose. *(point to nose, then to mouth)*
 For a mile or two, I've got a smile for you. *(pull fingers away from mouth to indicate a smile)*
 I feel so neat from my head to my feet, *(touch head then bend and touch feet)*
 When I've got joy, I've got joy. *(both arms up in the air)*
 I've got joy! *(hug self)*
(whisper) Oh boy! *(cup hands around mouth like telling a secret)*

Song: Pokey Bear

This is a fun song. Listen to it a few times and the children should learn it quickly.

Listen

♪ **Pokey Bear**

Pokey Bear, Pokey Bear, why are you so slow?
 "I don't know, I don't know. I, I, I don't know." *(Sing slow and loud)*
 Try to run, try to run, it is lots of fun!
 "No, no, no. No, no, no. I like to be slow!" *(Sing slow and loud)*

Mellow Time

Book: Are You My Mother?

Read the book, *Are You My Mother?* by P.H. Eastman. This is a story about a baby bird who sets out to find his mother who was not on the nest when he hatched out of the egg.

Listening: Teach Me Joy

[Listen](#)

Let the children rest as they listen to "Teach Me Joy" again.

Arts and Crafts

Cutting and Gluing

- ★ **Materials:** You will need a sheet of blank paper for each child and many small pieces (or scraps) of different colors of construction paper. You will also need scissors and containers of glue - one for each child or two children can share.
- 1. Before the children receive their materials, demonstrate how the colored paper can be cut (or torn) into small shapes and glued to the large paper.
- 2. Show how to use the scissors: Your thumb goes in one hole and your pointer finger in the other. One hand cuts, the other hand turns the paper. Say, "Don't cut your large paper."
- 3. Explain that they can try to put their shapes together to form a certain object or they can just glue them anywhere.
- 4. Give instructions on how to use the glue (or paste) and caution them to wipe their hands on the sponge (or cloth) - not on their clothes. Let the children "create" as long as they wish and then go to free play when they finish. Encourage them to work for at least 10 minutes.

Activities

Song and Game: This is a Happy Day Today

The children and the teacher stand in a circle holding hands and move around the circle singing the chorus to the song, "This is a Happy Day Today". Then stop and act out the activities of getting ready for school and the things the children do in school, while singing the different verses of the song, fitting the words to the same tune. Repeat the chorus after each action. Let the children choose actions for the game. You don't have to use those suggested below.

Stop and act out the activities of getting ready for school and the things we do in school. Repeat chorus after each action. Suggested activities: Let the children suggest verses for the game. You don't have to use the ones above.

Listen

♪ **This is a Happy Day Today**

lyrics by Ruth Eyre, sung to the tune of "Here We Go 'Round the Mulberry Bush"

This is a happy day today, day today, day today.
This is a happy day today. We love to go to Joy School!

Repeat the tune, substituting activities such as the following:

This is the way we eat a good breakfast . . . before we go to Joy School.
This is the way we brush our hair . . . getting ready for Joy School.
This is the way we walk (or ride) along . . . on our way to Joy School.
This is the way we hang up our coats . . . when we get to Joy School.
This is the way we pick up the toys . . . when it's clean up time.
This is the way we sit so still . . . when it's time to listen.
This is the way we say "Good-bye" . . . when it's time to go home.

Discussion: Next School Day

Have the children sit down in a circle (or elsewhere) and tell them whose house they will go to next time, that some things will be different (the teacher, the toys, the rooms) but the same friends will be there and they will have the same rules to help them all to be happy and to have fun doing many new things.

Game: Tell Me a Rule

1. Arrange the children in a semi-circle, the teacher in front with a small foam ball or a small bean bag.
2. Throw the ball (or bean bag) to each child in turn, calling him by name, and ask him to tell you one of the six rules he has learned.

3. He then throws the ball back to you.
4. The same rule may be named more than once, but encourage them to think of a different one. You remind them of any of the rules that no child tells about.

Sing "The Rule Song" in its entirety at the end of the game or during Goodbye Time. Before the children leave, give each a little hug and tell them how happy you are to have them at Joy School.

[Listen](#)

🎵 **The Rule Song**

lyrics by Ruth Eyre, sung to the tune of "This is a Happy Day Today"

We never hit or kick or push *(repeat three times)* our friends at Nursery School.
(move forefinger from side to side in front of face)

We play with the toys at free play time *(repeat three times)* at our Nursery School.
(pretend to bang a toy drum)

We quickly put away the toys *(repeat three times)* when it's cleanup time.
(mimic picking a toy up off the floor and putting it in a basket)

We sit up quietly in our place *(repeat three times)* when it's time to listen.
(sit up tall with hands on lap)

We use our inside voices *(repeat three times)* when we're in the school house.
(point to your lips)

We always use our walking feet *(repeat three times)* when we're in the school house.
(walk on the spot in an exaggerated march)

These are the rules at Joy School *(repeat three times)* that help us all to be happy!

Note to Parents

Dear Mom and Dad,

I can probably sing you some of the Joy School Rules now, and I know why we have rules, too! I learned some other songs too. We should listen to them together.

We had fun cutting and gluing. We also learned about all the different, fun things we will do at Joy School every time, like Arts and Crafts, Snack Time, and Clean Up after Free Play Time.

Dear Mom and Dad,

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