

Lesson 0.1

The Joy of Joy School, Part 1

<i>Time frame</i>	<i>Segments</i>	<i>Options</i>	<i>Est. Duration</i>
	Gathering Activity	Name Tags	15 min
	Welcome Time	<i>Follow Your Group's Established Routine, See "LESSON" below</i>	min
	Lesson	Joy School Traditions	15 min
	Music and Movement	Song: Look Around the Room with Me	10 min
		Song: Rule Song	10 min
		Activity: Choose Helpers	5 min
	Free Play	<i>Remind children of your specific house rules</i>	20 min
	Snack Time	<i>Healthy snacks, limited sugar, easy to chew</i>	20 min
	Mellow Time	Rest: Listen to Music	10 min
		Discussion: Visit from Joy Boy	5 min
	Arts and Crafts	Crayons Have Rules	10 min
	Activities	Game: Favorite Things	10 min
		Story: Children in the Class	10 min
		Song: Oh Boy! I've Got Joy!	10 min
	Goodbye Time	<i>Follow Your Group's Established Routine</i>	5 min

Gathering Activity

Name Tags

Tape or pin a name tag on each child as he arrives. Let each child try to identify his own name. Help them if necessary. Tell each child your name. You may pin a name tag on yourself, also. The names should be printed in large plain letters with a capital and lowercase letters (John). Make them on heavy paper, lightweight cardboard, felt or craft foam. The name tags could be saved for each parent-teacher to use for their turn in the teaching rotation, and then the children could keep them if they like.

Lesson

Introduce the Traditions and Routines of Joy School

- Welcome the children with a big smile and let them know how excited you are to share with them the many JOYS of our lives. Let them know that you are going to tell them a little about Joy School and the things you will do at the beginning of every Joy School day.

1. Joy School House

Explain to the children that this little house (display Joy School House: prepared beforehand with pictures behind windows) will be there to greet them every day at Joy School. Tell them that when they come to Joy School they are to open their own window which is a sign to the teacher that they're ready to smile and cooperate.

- Invite each child to come up to the house, one-by-one, and open their window. Say, "Welcome, (child's name)!" and have the rest of the children repeat, "Welcome, (child's name)!".

If they decide, however, not to follow the school rules they'll be talking about today, their window will have to be closed for a few minutes until they decide to obey the rules. That way everyone will be happier! Show enthusiasm and keep your comments upbeat. At the same time let them know that you mean what you say. Then follow through!

2. Weather Chart

Show the children your weather chart. Explain that each day a different child will be invited to come and move the arrows to the weather for the day. The other children can help her/him decide what the weather looks like outside.

3. Calendar

Show the children your calendar. Explain that every Joy School day, you will find out together the “date”. Explain that the “date” is the name of the day. It starts with the month, and then a number. Show on the calendar where the name of the month is, then show the numbers. Count the numbers until you get to today’s date. You may have a helper come place the date numbers on the calendar as the rest of the group counts. Point to the corresponding numbers as you count.

4. Other Welcome Time Activities

You may have other activities as part of your Welcome Time. (This should have been decided upon in your parents’ meeting). Other traditions/routines might include: singing “I’ve Got Joy”, singing part of the “Rule Song”, singing the favorite song from that unit, birthday recognition, Telling Time, etc.

Let the children know that after Welcome Time and the lesson, you will be able to have fun learning new songs, playing games, and even dancing. Go straight into Music and Movement.

Music and Movement

Do the following activities. Some activities can be repeated if the children are enjoying them.

Song: Look Around the Room With Me

Teacher and children sit in a circle. The teacher sings the song and at the end she says sometime like, “I can see someone with a pink shirt and blue pants.” The children guess who you are describing and that child tells his name. Repeat until you have described each child. The children can sing with you as they learn the song. Some children may like to take a turn saying what they can see. This game can be used to describe things around the room, also, helping the children to be more observant.

[Listen](#)

🎵 Look Around the Room With Me

Look around the room with me,
Look around the room with me,
Look around the room with me,
I can see... *(describe one of the children sitting in the circle).*

Song: Rule Song

With the help of the rule pictures [Click here for pictures](#) and the “Rule Song”, guide the children into setting three rules for their school (other rules will be suggested in the next lesson).

1. **“We never hit or kick or push our friends at nursery school.”**

Show the picture and ask, “What is happening here? Does the little girl look happy? Do you like to be hurt? What should you do if someone is mean to you? Should you hit back?” Explain that there are better ways...say, “Please don’t do that” ...tell the teacher...go away from them...talk about the disagreement, etc. Ask, “Do you think we should have a rule in our school about not hurting anyone?” You may need to explain that a rule tells us things we must do or must not do. “Should we say, ‘We never hit or kick or push our friends at nursery school?’” The children might add some...bite, scratch, spit, etc. and you can say that the rule means we don’t do anything that hurts others. Then sing the first verse of the “Rule Song,” including the chorus and the actions. Have the children sing it with you the second time.

2. **“We play with the toys at free play time.”**

Show the picture, ask questions about it, “What are these children doing,” etc. Explain what “free play time” means and through questions guide the children into deciding that playing with the toys at other times would interfere with the other activities that are planned for that day. Be sure they understand that there will be free play period each school day. Sing the corresponding verse of the “Rule Song.”

3. **“We quickly put away our toys when it’s cleanup time.”**

Again using the picture and questions and the song, help the children to feel that this would be a good rule for their school. Show each of the three pictures again and ask, “What does this rule say? How will it help us all to be happy?” Briefly discuss the consequences of disobeying each rule. Three more rules will be developed in the next lesson.

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.

Activity: Choose Helpers

1. Tell the children that each day the teacher will choose helpers to put up the date on the calendar, to show what kind of weather is outside and to help to serve the snack. Show the calendar and the weather chart and what each helper will need to do.
2. Say, "If you need help, I will help you." Explain what "snack" means and that the snack helper will need to wash his hands before helping to serve. Let them know that Snack Time is after Free Play Time, so the helper may need to leave Free Play Time early to come help the teacher.
3. Explain that every child will get a turn but all cannot have a turn on the same day, and that you will call on children who are sitting still and quiet. Show the list of the children's names and how you will put a check by their name so everyone will get equal turns.
4. Choose a different child for each job each day. Since weather and calendar have already been done, choose a new child for snack.
5. Some children may not want to be helpers until they feel more secure in the school situation. Don't force them. Just say, "Maybe you will want a turn next time and I will help you if you need help."
6. **AT SNACK TIME:** Tell the children that when snack is passed they should keep their hands in their laps until everyone is served - then they can all eat or drink at the same time. Give instructions as to what to do with the glass, napkin, etc. afterwards, and where to go for the "rest time" that will follow. Send the snack helper to wash his hands and the others to the snack table (or wherever). Encourage the children to use good manners.

Mellow Time

Do both of the following activities:

Rest Activity: Listening to Music

Explain that some days at school the children will have a very short rest, right after snack time. Say, "You don't need to go to sleep, just lie quietly and listen to the music that I will play for you. You must keep your hands to yourself and not bother or talk to anyone. When the music stops, please sit up quietly." (While the children are resting, play "Teach Me Joy" [Listen](#). Play it several times so the children will become subconsciously familiar with the melody and words.)

Discussion: Visit from Joy Boy

Introduce "Joy Boy", the Joy School puppet. See the Startup Manual for more information.

- Joy Boy whispers to the teacher, "What nice boys and girls you have here. I would like to count them."

Let the puppet touch each child as you help him count. Then he asks (whispers to you) all the girls to stand and tell him their names, then all the boys to do the same. He counts how many boys and how many girls. He says he wants to be their friend and he will come to see them often. Then he says, "Good bye" and goes away.

Arts and Crafts

Crayons and Their Rules

- ★ **Supplies:** crayons; cheese grater or potato peeler; paper; heavy brown wrapping paper; iron and ironing board
- 1. Say to the children, "Did you know that even crayons have to follow rules? That may sound silly, but it's true. When crayons get very, very hot, they have to melt! They have no choice! Let's try an experiment so that you can see. You are going to put these crayon shavings on a piece of paper in any design you decide and then we'll iron it. Let's see what happens."
- 2. Have the child put crayon shavings on one-half of a pre-folded piece of plain white paper.
- 3. Place the folded paper between pieces of newspaper or heavy brown wrapping paper so that the crayon doesn't melt onto the iron or ironing board.
- 4. Apply a hot iron on top until the crayon has melted. The blended colors will make a beautiful symmetric design. Label each creation with the child's name.
- 5. You may want to experiment with this ahead of time.

Activities

Do the following three activities:

Game: Favorite Things

Favorite Things Game. Since this is the children's first day at Joy School, sit in a circle with them (the floor will do nicely) and ask each child about his/her favorite food and favorite thing to wear. Then ask the other children to remember each other's favorites. A raisin or small piece of licorice can be offered as a reward for those who can remember. This is a good activity to help the children get to know each other and for you to show them you are interested in them. Try to find a common like or dislike between you and each child and remember to mention it one more time casually before he goes home.

Story: Children in the Class

Make up a story about your own child (or another in your class).

Tell how he wanted to go to school and mother said he was old enough to go to Joy School. Tell about his happiness (telling his family), his preparations (buying new shoes, etc.), his apprehensions (Will mother stay there with me? How will I get home?), waiting for the first school day, his excitement the night before.

Tell about the friends he meets in school (name each child in the class), what a good time he had, saying good-bye to his friends, telling about his day to his family, how anxious he was to go the next time. If you have some ideas in your mind about the first part of the story, you can probably make up the rest as you go along by thinking over the happenings of the day. Try to include in your story something about each child (what he said or did or how he felt).

Song: I've Got Joy

Take a moment to talk about the word, "Joy." Tell the children that joy is a special kind of happiness and that this is Joy School; they will learn a lot here (and at the other homes) about how to be happy. Then tell them that the song is about what joy and happiness is. Let them listen to the song a couple of times and then start trying to sing along. Don't expect them to learn the whole song in 5 minutes. Doing the actions makes the song more fun and easier to learn. The objective here is not so much to teach them to the children, but to let them become familiar with them and to help them feel that they are their songs with words about the joy or happiness they are learning at their Joy School.

- There should be a copy of this song kept with your Welcome Time materials.
- After this song, teach the children about your group's decided-upon 5 minute Goodbye Time, which may include a song, action poem, a time to gather materials and hand out the Notes to Parents, outdoor play, etc. Establish this Goodbye Time at your Parents' Meeting and then enact it during the first lessons.
- Say, "Joy is another word for happiness. Are you happy today?"

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)*

Note to Parents

Dear Mom and Dad,

Well, we started Joy School today. I think I'm going to like it! We played games and sang songs. We learned a song called, "Oh Boy! I've Got Joy!"

We also met a puppet named, "Joy Boy." You should ask me about him.

We also learned about our school rules and made some new ones. Rules help us have a *safe, fun* school.

Dear Mom and Dad,

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