

Center 4

Attitudes of Joy Scenarios

- You are ready to go to the beach and it starts raining. Your mom says you will not be able to go but you can sit and watch a movie with her. You go pick one out and snuggle up and decide to have a fun day with mom even if you cannot go to the beach. (Joy)
- You buy a lollipop at the store and get to eat it on the way home. (Happiness)
- You are set to go to the beach. You have your sunscreen and new sand shovel and it starts to rain. Your mom says you will not be able to go to the beach but you can pick out a game to play with her instead. You pout and walk away. (Not joy)
- You receive \$20 dollars for your birthday. (Happiness)
- You are ready to go to a friend's house and you find out that he or she is sick. You decide to make your friend a get-well card and know that you will get to play together soon. (Joy)
- You are getting ready for a picnic at the park. Your brother (or sister) needs to take a nap. Your dad says you will have to stay home and have a picnic on the floor. You cry and stomp your feet. (Not joy)
- Your mom makes brownies for dessert. (Happiness)
- You are getting ready for a picnic at the park. Your brother (or sister) needs to take a nap. Your dad says you will have to stay home and have a picnic on the floor. You go ask if you can make a fort to eat your special lunch in. (Joy)
- (Feel free to make up more.)