

A Joyful Time

Creating a Positive Program Climate through RULER

Video 4

A Community Commitment is a tool designed to help create and sustain a positive climate at your program. As you consider emotions to include in your Community Commitment, you may find it helpful to reflect on a time you experienced joy, an emotion similar to others that you may want to feel when you are together.

Activity Summary: In this activity, staff will recall and share a time they felt joy. They will reflect on the experience and discuss how the memory affected them.

Time: 20 minutes (including time to watch the video)

Facilitator Directions

1. Explain that emotions are contagious. Our actions, words, and other forms of emotional expression influence how we and others around us feel.
2. Ask staff members to find a partner and stand back-to-back (or a comfortable distance apart). Ask them to think of a recent time when they experienced joy. Ask them to remember where they were, what was happening, and any other details that contributed to their joyful feeling.
3. Ask each pair to turn, face each other, and take turns sharing their joyful memories. Allow each person about two minutes to share.
4. Debrief: Ask the following questions:
 - *"When you remembered feeling joyful, how did your body feel?"*
 - *"When you told your story, how did you express your feelings? In your face? In your body? In your voice?"*
 - *"What did you see in your partner's face and body as they told their story? How did their voice sound?"*
 - *"How were you feeling when you listened to your partner share?"*
5. Conclude the activity with the following:
"Memories can be powerful in eliciting emotion. Sharing our pleasant memories can have a contagious effect as we show how we are feeling in our faces, bodies, and voices. It's helpful to keep the impact of pleasant emotions in mind as we interact with each other and the youth in our OST program."