

# GENERATING JOY THROUGH FUN AND CONNECTION

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## Warming Up to Joy

The Importance of Meaningful Moments:  
You can take control of your joy! Take a personal journey through positive memories.

- One way you can connect with joy is to recall meaningful moments
- Using this technique during stressful times can bring more joy and peace into your life.

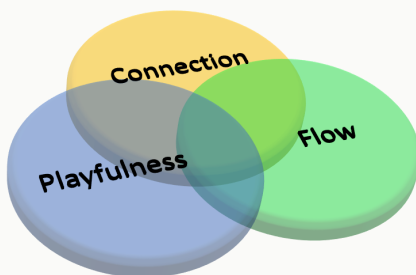
## Attachment and Attunement

The Sheet Game:

- Create a sense of safety by paying attention to others. Create attunement by working together.
- Activates the parasympathetic (slow) and sympathetic (fast) nervous system.
- Form a sense of attachment to others in the group through eye-contact and playfulness.

## Power of FUN

- It's Not an Activity
- Fun is Energizing
- Makes Us Healthier
- Increases Connection by Interacting More w/Other Human Beings in Real Life
- Fun is Sunshine
- Playfulness + Connection + Flow = TRUE FUN



## Importance of Relationships within Classroom Settings

Using the elements of connection in your classroom will increase cooperation, academics, and mental health!

- Treat fun as if it is important.
- It is ok to change lesson plans based on student's needs.
- Watch your students. Find the amazement in their words and actions.
- Notice your students by commenting on their actions: "You're (verb)!"
- Disconnect to Connect: UnPlug and Play.