



Jumping for Joy

- ◇ Equipment: Trampoline or cushions or pillows
- ◇ Set up: Find somewhere safe for you to jump enthusiastically
- ◇ Instructions: Think of something or someone that makes you feel joyful ... or something or someone that you are thankful for.

Jump for joy!

If you want to, say (or shout!) them out as you jump up and down