

Blessing and Joyful Words Collage

Materials needed:

scissors, glue, paper, catalogs, magazines, junk mail to cut up

We have many words that describe positive thoughts, words we think and use to describe ourselves which bless the world.

Have children first create a list of words that describe them, such as the ones from the visualization practice. Give your children a strong, happy vocabulary that will help them throughout their lifetime. Examples: good, glad, joyful, cheerful, lighthearted, blissful, delightful, beautiful, nice, friendly, compassionate, kindly, helpful, healing.

If anyone is having trouble making a list, ask the children to complete sentences such as: “I feel cheerful when ...” “I think it is delightful to ...” “It is helpful to ...” (If you want, have each child choose a word for the week and try to use it as much as possible with friends and family.)

Children old enough to read can create word collages using their own word list. Bring catalogs, magazines, and junk mail for them to cut up. Children that can't read can have an adult read the words to them, help them decide which words to cut out.



They may not find all their words spelled out; they may have to cut apart words and use the letters to spell them. That will make a more interesting collage, too.

Scraps of gift wrap can be used to add cheerful designs and color. Glue the words on heavy paper, large poster board or cardboard, or even a bulletin board.

