



**Early Excellence**  
Inspirational Learning

## A Joyous Childhood: A Joyous life

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## Joy

- the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires : delight.
- the expression or exhibition of such emotion : gaiety.
- a state of happiness or felicity : bliss.
- a source or cause of delight.



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“Every child is a genius. That doesn’t mean that every child can paint like Picasso, compose like Mozart, or score 150 on an I.Q. test. But every child is a genius according to the original meanings of the word “genius,” which are: **“to give birth”** (related to the word genesis) and **“to be zestful or joyous,”** (related to the word genial). Essentially, the real meaning of genius is to **“give birth to the joy”** that is within each child. Every child is born with that capacity. Each child comes into life with wonder, curiosity, awe, spontaneity, vitality, flexibility, and many other characteristics of a joyous being.”

Dr Thomas Armstrong PhD



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“Adults need to reawaken their own natural genius—find within themselves the source waters of their own creativity, vitality, playfulness, and wonder. For when children are surrounded by curious and creative (*joyous*) adults, they have their own inner genius sparked into action.”

Dr Thomas Armstrong PhD



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*“I should ask that a gift to each child in the world be a sense of wonder so indestructible that it would last throughout life, as an unfailing antidote against the boredom and disenchantments of later years, the sterile preoccupation with things that are artificial, the alienation from the sources of our strength...”*

*If a child is to keep alive his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement, and mystery of the world we live in.”*

Rachel Carson, *The Sense of Wonder* (1998)

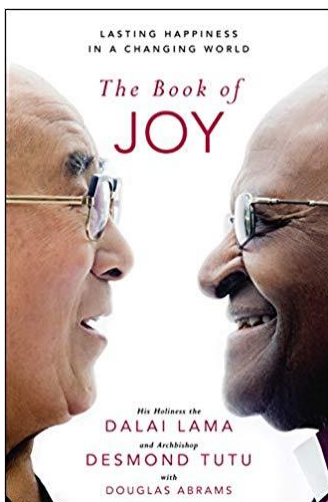


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## The Book of Joy

Archbishop Desmond Tutu and the Dalai Lama



*“Ultimately Joy is not something to learn, it is something to live. And our greatest joy is lived in deep, loving and generous relationships with others.”*



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## The Spiral of (un)Wonder

Losing interest,  
what I have  
fails to excite  
me, apathy,  
wishful thinking,  
escapism,  
disengagement



Reconnect with  
my world, notice,  
Gratitude,  
celebrate  
Greater  
engagement



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## Finding joy in the ordinary

Do not ask your children to strive for extraordinary lives.

Such striving may seem admirable, but it is the way of foolishness.

Help them instead to find the wonder and the marvel of an ordinary life.

Show them the joy of tasting tomatoes, apples, and pears.

Show them how to cry when pets and people die.

Show them the infinite pleasure in the touch of a hand.

And make the ordinary come alive for them.

The extraordinary will take care of itself.

(William Martin)



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