



Making room for what brings you alive

The skill of zest · name: _____ · date: _____



Joy can become something we postpone until the work is finished or life feels easier. This lesson treats it as part of a whole life rather than a reward for coping well. Joy does not cancel grief, stress or injustice, and no one is required to find it on demand.

What we are practising

By the end of this lesson, you can identify ordinary sources of enjoyment or aliveness and describe a realistic way to make room for one of them.

During the activity

A menu of sparks: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

Name one small, everyday spark, whether quick, larger or free, and explain why giving a good moment a little more time can be worth it.

Exit ticket · Making room for what brings you alive

How does this lesson treat joy?

- a) As a reward for coping well
- b) As something to wait for until the work is finished
- c) As something everyone should find on demand
- d) As part of a whole life, which does not cancel grief, stress or injustice

I can name ordinary sources of enjoyment and describe a realistic way to make room for one of them.

☐ more than before ☐ about the same

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