



CONVERSATION CARDS

♥ Tell Your Story ♥

What song
always makes
you smile?



Who makes
you feel like
you belong?



Tell about a time
someone saved
a place for you.



What is something
you enjoy doing
with other
people?



What sound
reminds you
of home?



Who would you
invite to sit
beside you at
the Story Bench?



What is
something you
were nervous
to try—but
tried anyway?



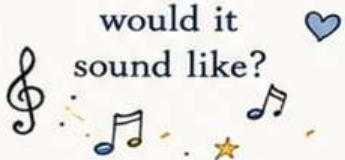
When have
you helped
someone feel
welcome?



What is one
happy memory
connected to
music?



If your family
had a theme
song, what
would it
sound like?



What makes
a good
friend?



What does
“Sing for Joy”
mean to you?





CHALLENGE CARDS

★ Give It a Try ★

Clap the rhythm of your name. Can someone copy it?



Hum a song and see if someone can guess it.



Find three things around you that make a sound.



Make up a four-beat rhythm. Teach it to someone.



Sing one line of a song you know.



Draw what **JOY** sounds like.



Learn someone's favorite song.



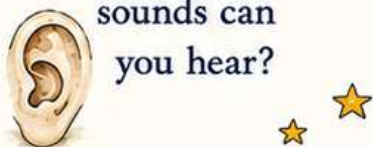
Find someone you don't know well and ask their name.



Make up a silly song using three words someone gives you.



Listen quietly for 30 seconds. How many sounds can you hear?

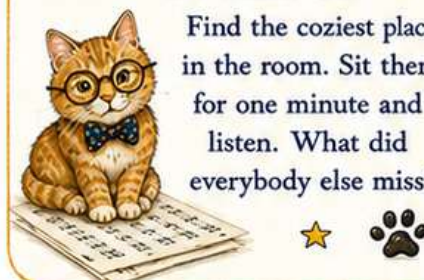


Teach someone a song, rhyme, or hand-clapping game you remember.



HAROLD'S CHALLENGE:

Find the coziest place in the room. Sit there for one minute and listen. What did everybody else miss?





KINDNESS CARDS

♥ Share the Joy ♥

Save
someone
a seat.



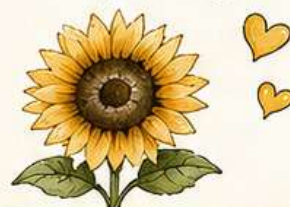
Tell someone
you're glad
they came.



Invite
someone to
join you.



Give someone
a compliment
they aren't
expecting.



Thank a
person who
helps your
community.



Ask someone
about
something
they love.



Let someone
else choose
the song.



Notice
someone
sitting alone
and say hello.



Tell someone
one thing
you appreciate
about them.



Help without
being asked.



Introduce two
people who
don't know
each other.



Write a tiny
note that
says "You
belong here."



Make
someone
laugh.



Cheer for
someone who's
trying something
new.



Share
something
you have.



Tell someone,
"There's a
place for
you."



SING FOR JOY Share the Joy Cards

♥ Talk ★ Try ★ Connect

Print on cardstock,
cut along the dashed lines,
and enjoy!



CONVERSATION CARDS

♥ Tell Your Story ♥



CHALLENGE CARDS

★ Give It a Try ★



KINDNESS CARDS

♥ Share the Joy ♥

If you could sing
a duet with anyone
in the world,
who would it be?



What is a song
that reminds you
of a special
memory?



What is one
thing that makes
you feel proud?



Create your own
hand-clapping
rhythm. Teach it
to someone.



Stand up, take a
breath, and sing
as loud (or soft!)
as you want.



Write a four-word
song about your
day and sing it.



Hold the door
open for
someone.



Tell someone
"thank you"
for something
small.



Share your
favorite snack
with someone.



What makes
our community
a good place
to live?



What do you like
most about being
part of a group
or team?



What is something
you are looking
forward to?



Make up a silly
song about Harold
the cat!



Find something
blue, something
golden, and
something that
makes a sound.



Learn a new
song or verse
today.



Help pick up
something
without being
asked.



Leave a kind
note for
someone to
find.



Invite someone
to sit with you
or play with
you.



Tell about a time
music helped you
feel better.



What is your
favorite thing
to do with your
family?



Who is someone
that always
believes in you?



Do a musical
freeze dance!
Dance when the
music plays—
freeze when it
stops.



Create a rhythm
using objects
around you
(pencil, cup,
book, etc.).



Hum a tune
and have someone
guess the song.



Tell someone
one thing
you love
about them.



Ask someone
about their
dreams.



Give a hug
(if they want
one!).



What song would
you choose to
play for the whole
world to hear?



What does
happiness
sound like?



If you could give
a hug to anyone
right now,
who would it be?



Find a place to
listen for one
minute. What did
you hear?



Teach someone
a rhyme, song,
or cheer you
already know.



**HAROLD'S
CHALLENGE:**
Pounce on joy
today! Do one
thing that makes
someone smile.



Cheer for
someone who
is trying
something new.



Share a song
that makes
you happy.



Remind someone:
"There's a place
for you."



Sing. Connect. Inspire.

Designed with joy by Cat Zultner