KEY ELEMENTS:

joystory

- short title + date
- who was involved
- where were you and what you were doing
- why this moment warmed your heart or made you smile
- how the joy felt in your body—*emotionally and physically*—using the Emotions Wheel and Sensory Words list in APPENDIX A if needed
- 200-300 word max (3 minutes)
- OPTIONAL: add a simple doodle of what sparked joy and place a heart where you felt it most

TITLE: **DATE:**