

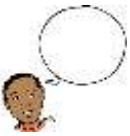


Jumping for Joy!



Equipment

- Trampoline or cushions or pillows



Set up

- Find somewhere safe for you to jump enthusiastically



Instructions

- Think of something or someone that makes you feel joyful ... something or someone that you are thankful for.
- Jump for joy!
- If you want to, say (or shout!) them out as you jump up and down. You could also say thank you to God for them, as a prayer.