

Joyful June



Level:

Beginner—Intermediate, can be adapted for higher levels



Objectives:

The student will be able to learn about calendar planning, identify and discuss various activities that may bring joy and craft potential conversational starters for social occasions.



Timing

5-15 minutes, can be expanded further into a variety of writing and speaking practices.



Prep/

Materials:

- Make a list of reasons why calendar planners are useful
- Identify different types of calendar planner objectives
- Download the Joyful June of 2022 calendar (available in 33 languages) at <https://actionforhappiness.org/calendar>



Breakdown:

1. Introduce the topic of calendar planning. Review vocabulary associated with calendars and planning (ex: goal setting, tracking finance, exercise log)
2. Identify and review various types of calendar planning tools
3. Introduce the Joyful June 2022 calendar and read the daily entries together
4. Discuss how or why specific recommended activities create joy
5. Select a few topics that may be used as good conversation starters
6. Use the topics as a starting point for a conversation together!
7. Optional: Discuss how these topics can be brought up in social gatherings, in the work place, with family, etc. You could role play these situations to give your student confidence to bring up these fun ideas with new people!