

Jolts of Joy

Watch Video



DISCOVER Jolts of Joy

What brings you instant joy? Science shows that joy-inducing activities can transform the way we think, perform and respond. Jolts of Joy are small, intentional actions that infuse positive emotions into our day and help us take control of our wellbeing moment to moment. Positive emotions not only make us feel good in the moment, but also help us develop the ability to lead healthier, happier, and more connected lives. From increased creative thinking and improved sleep to preventing depression and anxiety, these small actions positively impact your wellbeing in a big way. You don't need to wait for joy to come to you. By unleashing the power of positive emotions with intention, you can jolt yourself into joy!

Strength Spotting Quick Links

- [Jolts of Joy Website page](#)
- [LEARN Jolts of Joy](#)
- [PRACTICE Jolts of Joy](#)
- TEACH Jolts of Joy
 - > [Slide Deck](#)
 - > [Unit Study Pack](#)
- [SPREAD Jolts of Joy](#)

Jolts of Joy

Positive Emotions boost learning and improve your mood—learn how to tap into joy!

LEARN



“Positivity opens us. The first core truth about positive emotions is that they open our hearts and our minds, making us more receptive and more creative.”

— Dr. Barbara Fredrickson —

SKILL

Don't wait for joy to come to you, go get more of it! Jolts of Joy are small, intentional actions that inject positive emotions into our day and help us take control of our wellbeing moment to moment. We all know that feeling when our favorite song comes on, we watch a funny video, or connect with a friend. Believe it or not, these little moments of joy throughout the day can add up to greater physical and mental wellbeing. Jolts of Joy is a positive intervention that's all about mindfully and intentionally creating more moments of positivity.

Research identifies 10 big positive emotions — *joy, love, inspiration, serenity, amusement, awe, pride, interest, gratitude* and *hope* — which we all need to experience frequently in order to flourish. The goal of Jolts of Joy is not to ignore the inevitable negative or challenging aspects of life — but rather to have greater control over the ratio of positive to negative emotions you experience each day. Over time, these moments of positive emotions can help create an upward spiral of positivity, leading to improved wellbeing for all.



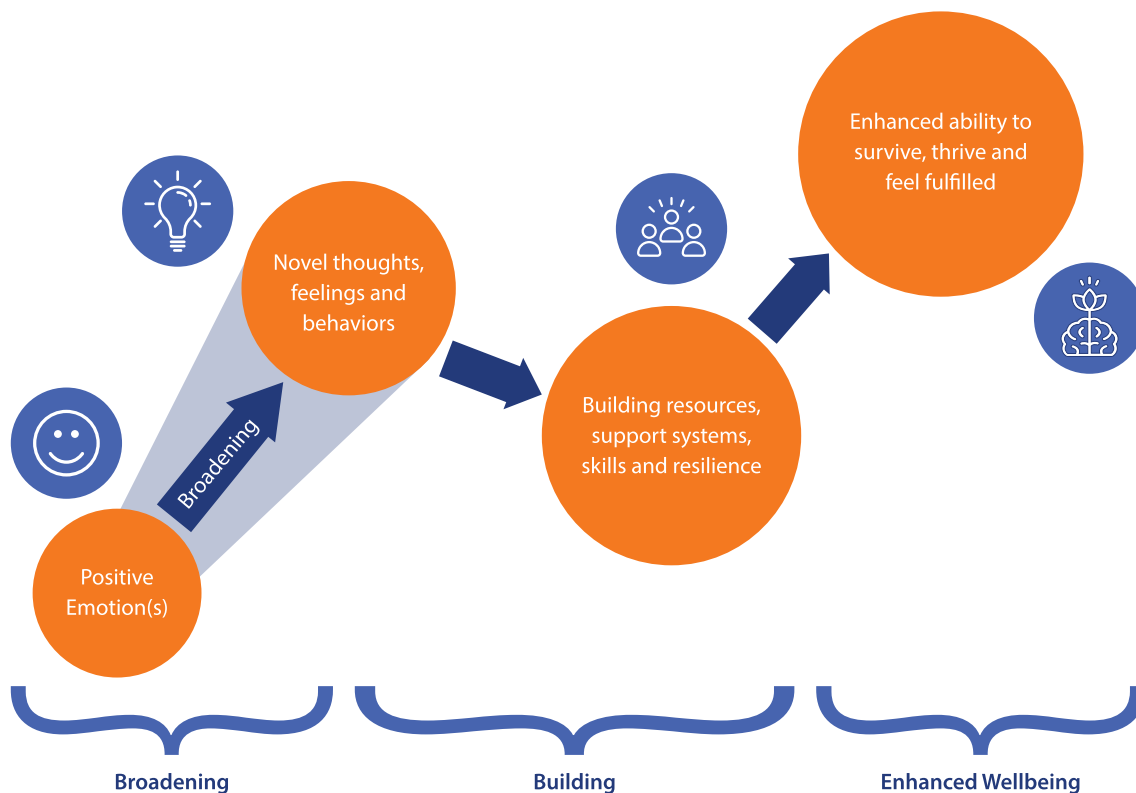
What is Autistic Joy?

For autistic individuals, joy can be found in unique and deeply personal experiences. This all-encompassing, intense feeling often emerges from focusing on a passion or special interest, sensory delight in certain textures or sounds, or the comfort of engaging in predictable routines. Recognizing and nurturing [Autistic joy](#) enhances wellbeing for autistic individuals and invites the broader community to appreciate diverse pathways to happiness.

LEARN Jolts of Joy *(continued)*

SCIENCE

In her groundbreaking work on positive emotions, Dr. Barb Fredrickson introduces us to the extensive benefits of feeling good, described by [The Broaden and Build Theory of Positive Emotions](#). Her findings demonstrate that when individuals experience positive emotions, their awareness broadens, meaning positive emotions quite literally open your mind. When positive emotions are triggered, you think more creatively, solve problems faster and experience an expansion in your thoughts, vision and actions. Over time, these moments of feeling good enable you to build critical resources — physically, mentally, and socially. Positive emotions experienced frequently and deeply enable you to transform into connected, thriving individuals. That's why we want to intentionally seek more experiences of positive emotions!



BENEFITS

Experiencing positive emotions regularly can:

- Open our eyes and minds
- Increase creative thinking
- Expand our visual field
- Allow for global thinking and diversity
- Prevent depression and anxiety
- Undo the physiological effects of negative emotions
- Improve cardiac functioning
- Increase healthy sleep

Jolts of Joy

Start now — add a dose of positivity to your day by intentionally engaging in Jolts of Joy.

PRACTICE



Jolts of Joy is a positive intervention that must be practiced, repeatedly. Below are a few activities to increase your ability to intentionally cultivate positive emotions in your day-to-day. When engaging in a positive intervention, it helps to track your wellbeing as a measure of success. Before you dive in, take your [PERMA+ Snapshot](#) and see what your score is today. Next, try each of the activities below over the coming weeks and then retake your PERMA+ Snapshot to see how the positive intervention of Jolts of Joy impacted your wellbeing.

Try the positive intervention as researchers intended ...

My Jolts of Joy List

For each of the 10 positive emotions, pick two things (think easy, quick activities) that induce positive emotions for you. Maybe playing with your dog brings you amusement, while a quick walk around the block induces awe. Then, post your Jolts of Joy list where you will see it frequently and be reminded to boost your positivity regularly. You can even try setting alarms on your phone that remind you to practice a Jolt of Joy several times throughout the day or week!

Once you've identified what brings you innate joy, don't stop there.

Explore these additional positive practices to cultivate more joy in your daily life...

1. Jolts of Joy Journal

Write down and reflect on each time you felt a positive emotion throughout the week. Who was present? What happened? What benefits did you feel from experiencing the positive emotion? Whether it's enjoying a warm cup of coffee or talking to a friend on the phone, journaling about these small moments can help you notice joy in your daily life and get more of it.

PRACTICE Jolts of Joy *(continued)*

2. Jolts of Joy Photo Album

Looking at photos of past joyful moments and memories can induce positive emotions in the present. Go through your photo album (whether on your phone, a computer or tablet, or printed photos) and pick out the photos that make you feel joy, love, amusement, awe, etc. Add the photos to a “Jolts of Joy” photo album that you can revisit regularly to spark positivity. For iPhone users, you can even add your album as a “Photo Shuffle” on your lock screen for a constant reminder of what brings you joy.

4. 30-Day Jolts of Joy Challenge

Schedule one Jolt of Joy for each day for the next 30 days. Include a variety of activities that induce a range of positive emotions – maybe one day you plan for a hike to induce awe and serenity, while another day you watch your favorite funny movie to feel amusement. Have fun with this — and remember to be authentic to what innately brings you joy.

My Jolts of Joy List

Pick an emotion from the Word Bank. What 2 things can you do to feel it?

Joy LOVE GRATITUDE AWE Inspiration
AMUSEMENT Serenity Hope INTEREST PRIDE

Positive Emotion: _____ I feel this when I ...

1. _____

2. _____

Positive Emotion: _____ I feel this when I ...

1. _____

2. _____

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1. _____

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Jolts of Joy Journal

Write down and reflect on each time you felt a positive emotion throughout the day. Who was present?
What happened? What benefits did you feel from experiencing the positive emotion?

Date: _____



Date: _____

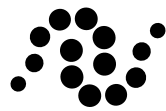


30-Day Jolts of Joy Challenge

Schedule one Jolt of Joy for the next 30 days. Include a variety of activities that induce a range of positive emotions!

Month: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

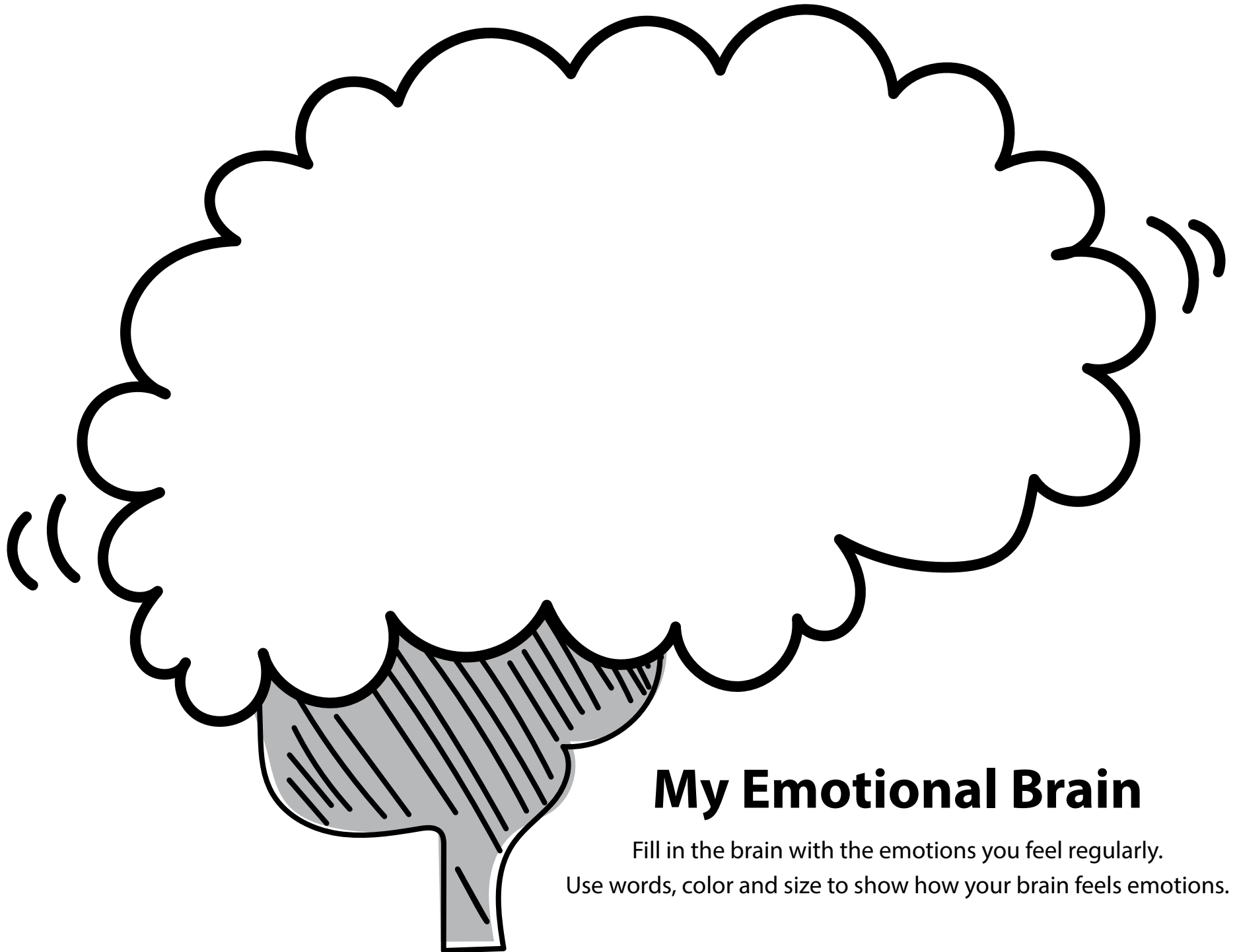


Jolts of Joy

Unit Study Pack

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My Emotional Brain

Fill in the brain with the emotions you feel regularly.
Use words, color and size to show how your brain feels emotions.

Emotions Game

1. List all of the emotions you can think of:

2. Now label each emotion as positive (+) or negative (–).

3. How many positive emotions did you write? _____

4. How many negative emotions did you write? _____

Deep Dive into Positive Emotions

Write or draw one action you can do to feel each emotion.

Joy

Love

Gratitude

Awe

Inspiration

Deep Dive into Positive Emotions (continued)

Write or draw one action you can do to feel each emotion.

Amusement

Serenity

Hope

Interest

Pride

Positive / Negative Emotions Sorting Cards



Cut out the series of cards showcasing various expressions of positive emotions and negative emotions.
Instruct students to sort which image(s) show a positive emotion vs. a negative emotion.

Positive Emotion



Negative Emotion











Play a Game

Eat a Snack

Take a Walk

Do Some
Yoga

Take a
Nap

Do
Some
Jumping
Jacks

Watch
Your
Favorite
Video

Read a
Book

Meditate

Color a
Picture

Dance

Jolts of

JOY!

Don't wait for joy to come
to you, go get more of it!



Learn more about
the skills of happiness!

 proofpositive.org

My Jolts of Joy List

Pick an emotion from the Word Bank. What 2 things can you do to feel it?

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2. _____

Positive Emotion: _____ I feel this when I ...

1. _____

2. _____

Design Your Own Jolts of Joy List (continued)

Pick an emotion from the Word Bank. What 2 things can you do to feel it?

Positive Emotion: _____ I feel this when I ...

1. _____

2. _____

Positive Emotion: _____ I feel this when I ...

1. _____

2. _____

Positive Emotion: _____ I feel this when I ...

1. _____

2. _____

Positive Emotion: _____ I feel this when I ...

1. _____

2. _____

Positive Emotion: _____ I feel this when I ...

1. _____

2. _____

Picture Your Joy

Attach the picture that gives you a Jolt of Joy for each positive emotion.

Joy

Love

Gratitude

Awe

Inspiration

Amusement

Picture Your Joy (continued)

Attach the picture that gives you a Jolt of Joy for each positive emotion.

Serenity

Hope

Interest

Pride

Jolts of Joy Reflection Deck

Print out each page and cut along the rule lines into fourths
to create a Jolt of Joy Reflection Deck.

Split the room into groups and hand out a deck to each group. Have each group either reflect on different emotions OR groups can do the same emotion and share with the class.

Groups discuss the reflection questions provided for each positive emotion (there are 4 reflection questions for each positive emotion). Give groups 2-3 minutes to discuss each emotion.

JOY

What is something that
makes you smile?

JOY

What is a place on the earth
that brings you joy?

JOY

What makes your soul
feel most alive?

JOY

What is something that
always makes your day?

LOVE

Who are the special people
in your life and why?

LOVE

Who makes you feel
loved as you are?

LOVE

How have you shown love
towards others recently?

LOVE

How do you show love
to yourself?

GRATITUDE

What are three good things
that happened today?

GRATITUDE

What happens when you stop seeking
something more, better, or different?

GRATITUDE

Who do you appreciate? Why?

GRATITUDE

Some of the simple pleasures
in my life are...

AWE

Where and when have you
experienced something
truly incredible?

AWE

Describe a gift of the earth
that brings you joy.

AWE

What is something beautiful in
your immediate surroundings?

AWE

Describe a time when you have
felt a sense of awe, wonder, or
transcendence. Where were you?
What did you notice?
Who were you with?

INSPIRATION

Who inspires you and why?

INSPIRATION

What in nature inspires you and why?

INSPIRATION

Make a list of everything that inspires you — people, books, websites, quotes, art, etc ...

INSPIRATION

What are your hopes and dreams for the next year?

AMUSEMENT

Who or what has made
you laugh recently?

AMUSEMENT

Where in your life do you find
playfulness and adventure?

AMUSEMENT

What is your favorite
childhood memory?

AMUSEMENT

What is something that makes
you laugh or smile every time
you think about it?

SERENITY

Where do you feel most peaceful?

SERENITY

With whom or where can
you be still and listen?

SERENITY

What does serenity look and
feel like in your life?

SERENITY

Name a time in your life when
you really felt at peace.
Describe the circumstances.

HOPE

What is your vision for the world at its best?

HOPE

When was the last time you felt hopeful and how did it feel?

HOPE

What's something you look forward to in the future?

HOPE

What new opportunities have presented in your life recently?

INTEREST

When do you lose track of time?
What are you doing?

INTEREST

What ideas, topics, or concepts
light a fire within you?

INTEREST

What is something you want
to learn more about?

INTEREST

What makes you feel energized?

PRIDE

What have you achieved recently?

PRIDE

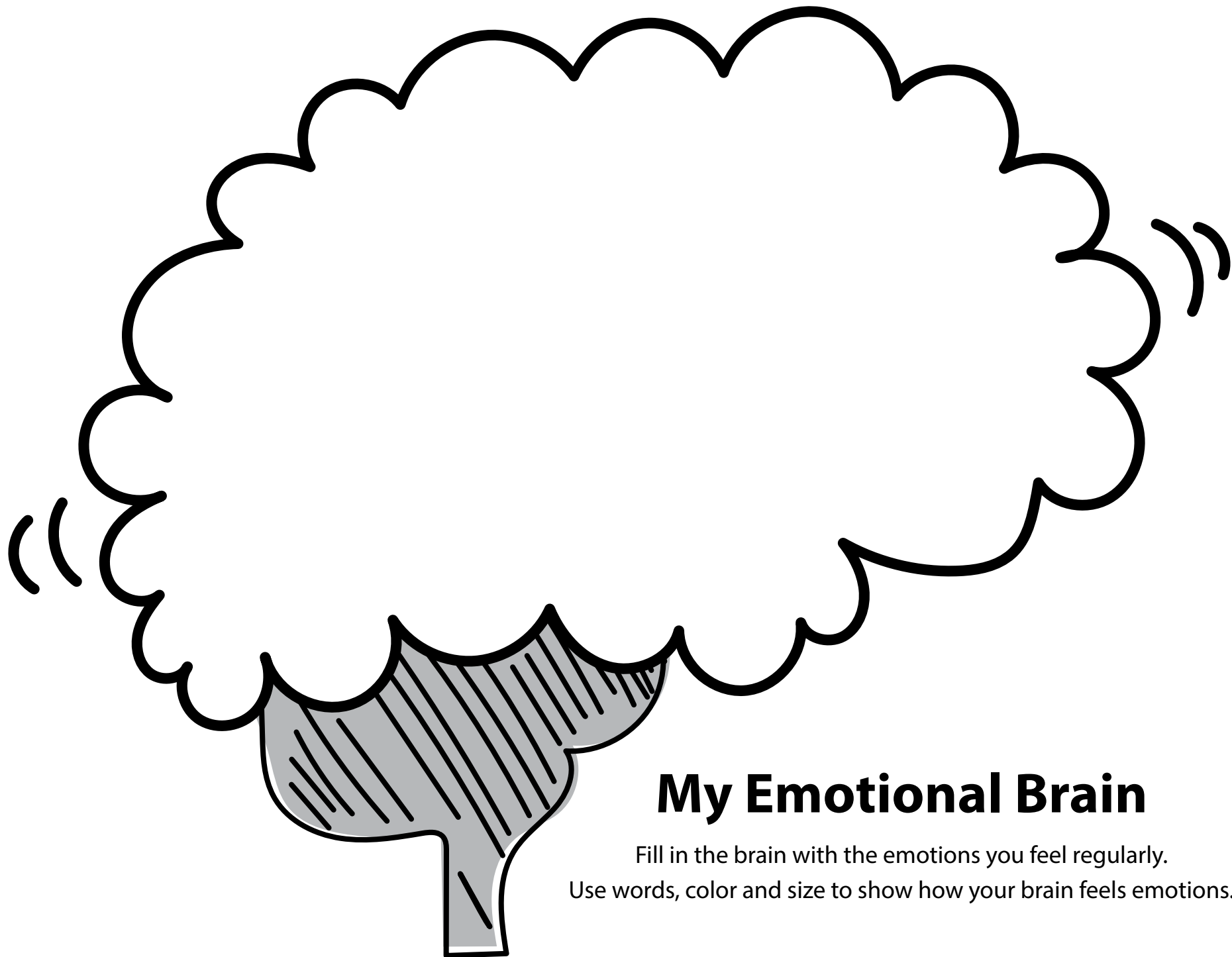
What are you really great at?

PRIDE

How does it feel when you
believe in yourself?

PRIDE

What are you most proud of
accomplishing in your life?



My Emotional Brain

Fill in the brain with the emotions you feel regularly.
Use words, color and size to show how your brain feels emotions.

Jolts of Joy

Share the power of positive emotions
with those around you!

SPREAD



“Your success and happiness lies in you. Resolve to keep happy,
and your joy shall form an invincible host against difficulties.”

— Helen Keller —

For Your Family

Jolts of Joy Jar

- In your kitchen or a central place, create a jar full of notes that represent Jolts of Joy (simple activities you and your family members can engage in for a quick moment of positivity). Write your activities on the Jolts of Joy Slips. Then, print and cut the slips and place them into your Jolts of Joy Jar. Encourage family members to grab a Jolt of Joy slip when they are down or just need a boost.

Text Happiness

- Start a family text chain with the sole purpose being to induce positive emotions — GOOD NEWS ONLY texts. This is a family celebration station.

For Your School

Morning and Afternoon Announcements

- Incorporate Jolts of Joy into your school announcements! For example, Here with a quick Jolt of Joy is XX. They are going to share some great news with us all today! We hope this news brings you _____ (name the emotions). Music is a wonderful way to feel positive emotions! This morning, we are going to listen to _____ and hope that it serves as a Jolt of Joy for everyone.

Staff Meetings

- Start your staff meetings off on a positive note – with a Jolt of Joy! For example, start with a quick YouTube clip that inspires positive emotions, a short dance party, or sharing gratitude. Assign people that are responsible for the Jolt of Joy each month and encourage them to get creative!

SPREAD Jolts of Joy *(continued)*

For Your Community

Jolts of Joy Challenge

- Be the first person in your community to Jolt each of the 10 big positive emotions for another person. Each time you serve as a Jolt of Joy for another, have them sign off on your Jolts of Joy Challenge sheet and jot a note about what you did to help them experience that specific emotion. Complete the Jolts of Joy Challenge worksheet and receive a big jolt of recognition!

Jolts of Joy in Your Newsletter

- Add a shoutout section in your community newsletter centered on positive emotions. Briefly describe the benefits of positive emotions and then encourage people to share a moment they experienced positive emotions. You can do this on your community social media platforms, too!

Jolts of Joy Jar Slips

Write simple activities that bring you joy on the Jolts of Joy Slips below. Then, print and cut the slips and place them into your Jolts of Joy Jar. Grab a Jolt of Joy slip when you are down or just need a boost.



Jolts of Joy Challenge

Be the first person in your community to Jolt each of the 10 BIG positive emotions for another person. Each time you serve as a Jolt of Joy for another, have them sign off on your Jolts of Joy Challenge sheet and jot a note about what you did to help them experience a specific emotion ...

Joyful	AWE
LOVE	GRATITUDE
Hope	INTEREST
AMUSEMENT	PRIDE
Serenity	Inspiration