

"Joy was not
made to be a
crumb"

Ritualizing Joy: Giving Permission to Honor Yourself

Presented by 24-25 SCRR Fellows:

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Permission Slip for Joy

I _____ give myself permission to prioritize my healing and renewal as an educator and human, and seek joyful outlets in my life.

I acknowledge that prioritizing joy, rest, and self-care is essential to my overall well-being. I recognize that I deserve the same grace, kindness, understanding, and time I offer to others.

I hereby grant myself permission to do any and/or all of the following:

- *Rest without guilt when my body, mind, or spirit needs restoration*
- *Seek support when I need it and/or say yes when support is offered*
- *Celebrate small wins and moments of connections*
- *Say “no” to obligations that drain me*
- *Engage in activities that bring me joy*
- *Practice gratitude for the big and small experiences and witnessing*
- *Acknowledge that I carry experiences that have shaped me, both joyful and painful, and they influence how I show up in spaces*
- *Set boundaries that protect my energy and wellbeing*
- *Find daily moments of joy that replenish my spirit*
- *Release perfectionism and embrace growth*

My healing journey is not selfish—it is necessary. When I tend to my own wounds and nurture my own joy, I create a more authentic, compassionate, and transformative spaces.

My signature below represents my acknowledgement that I am worthy of joy and that I deserve to take intentional steps towards joy and self-care in my life, outside of my care for others.

Signature: _____

Date: _____

I am worthy. I am enough. I am the carrier of my own joy.

Tips for Educators to Spark Joy

When you have 5 minutes

- Do 5 deep belly breaths before your next meeting or class
- Do 3 simple stretches at your desk: neck rolls, shoulder rolls, and arm reaches
- Drink a glass of water (& notice how your body slows)
- Give yourself a pep talk in the mirror
- Send an encouraging message or shout out to a colleague
- Step outside and feel the sunshine
- Give yourself a self-hug like you mean it
- Notice each of your 5 Senses
- Get a [pep talk](#) from Kid President
- Do the superhero stance
- Stand barefoot in

When you have 10 minutes

- Enjoy a cup of coffee or tea while it is still hot
- Play “[Weightless](#)” by Marconi Union and focus on your breathing
- Sit in a peaceful outdoor spot
- Make a list of as many things as you can, big or small, that you are grateful for so far today
- Write down 3 wins you have witnessed or participated in over the last week
- Take a lap around the building
- Go play on the playground
- Ask ChatGPT to give you a list of jokes for the age group you work with and share your favorites

When you have 30 minutes

- Eat lunch outside with a good book
- Color in a mindfulness coloring book (like [this free one](#) from MacEwan University)
- Watch an episode of your favorite TV show
- Read “Don’t Hesitate” by Mary Oliver; journal about the lines that speak out to you and why
- Take a bubble bath
- Go on a walk and take a picture of the silliest and weirdest things you see - send one to a friend
- Clean or organize a space while blasting fun music
- Paint your nails

When you have 1 hour

- Cook your favorite feel good meal
- Bake [chocolate chip cookies](#)
- Make a vision board or Bingo Card for the next month, 2 months, or year
- Take a gentle yoga class or follow an online video at home (like [this one](#))
- Call a family member or friend you have been meaning to connect with
- Build a pillow-blanket fort
- Try a new exercise class (circuits, yoga, ballet, spin, trampolines, etc)
- Meet a friend for happy hour
- Volunteer somewhere that aligns with your values (get started by finding the right spot: [here](#) or [here](#))

Creating a Ritual

Making space to let joy in.

Ritual practices are not something to add to the to-do list. This time is intended to be meaningful and to bring a sense of connection. Let your ritual practice welcome you whenever you are able to show up. The practice isn't a challenge or habit to form – it's more of a good friend who is always happy to see you. A friend who listens and doesn't judge.

- Connect with your body in a way that's supportive for you. This may be stretching, a somatic practice, dancing, swaying, humming, etc.
- Check-in with yourself. Notice how you're doing in that moment. Depending on how much time you have, you might check-in by journaling, doing something creative, taking a minute to breathe, close your eyes, etc.
- Explore what you need AND what you want. How can you make a small move in that direction? What would it look like to proactively seek support in making it happen? Maybe you reach out to a trusted friend who is supportive of your well-being? Maybe you set a boundary or reserve protected time on your calendar? Maybe you create a visual reminder of what you are moving toward?

Tend to your needs when you can. You deserve care.

Let joy in when it's accessible. Notice moments full of presence and life. *Let them in. Let them in. Let them in.* We can hold all that is hard and all that is wonderful at the same time. You have permission to let joy in more often.

- Find a way to take note of what lights you up. Maybe it's taking photos that help to remind you of joyful moments? Maybe you write about them in your phone, planner, or a journal? Maybe you share these moments with your community, and they share their moments with you?
- Moments of pause and self-reflection can bring us back into connection with ourselves and make space for honoring the beauty that exists within our days. "Joy was not made to be a crumb."



Joyful Intention Organizer	Right Now	Very Soon	In the Near Future
Start Doing			
Stop Doing			
Change/Adjust			
Continue			

Credit: Dr. Liza Talusan PhD Identity Conscious Educator

twenty-five joys

BINGO

		♥		

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