

# Spreading Joy

## THE JOY4ALL PROJECT

The Joy4All Project is a hotline that seniors and different age groups can call to receive jokes, positive messages, and inspiring quotes. It was developed by a group of high school students in Calgary in collaboration with Ever Active Schools as a way to support seniors mental health and well-being during isolation.



## HOW TO CREATE A JOY BOOTH

1. Have your class, student council, or other student group write down jokes, positive messages and inspiring quotes.
2. Set-up a student-manned booth where people can visit and request a joke, message or quote. Set up the booth once a week (e.g. on Fridays at lunch hour or Monday mornings to welcome everyone back to school) or incorporate the booth into existing school events (e.g. at a pocket market or school sport event).

## TIPS AND IDEAS:

- Set up a curtain at the booth to add some mystique
- Take your booth outdoors
- Use tape to show where the visitors need to stand so that they abide by physical distancing guidelines
- Create themed days (e.g. science)



Why don't scientists trust atoms?

Because they make up everything.

"A man who dares waste an hour of time has not discovered the value of life" - Charles Darwin