

JOYFUL TEACHING STARTS HERE

3 REFLECTIVE PLANNING PROMPTS

1

Where is JOY built into this lesson?

Is it in the pacing, tone, materials, or student choice?

2

How do my students get to feel SEEN in this moment?

Do they get to bring their culture, movement, voice, or lived experience?

3

What part of this lesson invites PLAY, not just performance?

Does it allow for iteration, experimentation, or embodied learning?

3 JOY PILLARS FOR CLASSROOMS

PILLAR	WHAT IT LOOKS LIKE	WHY IT MATTERS
Rhythm	Call-and-response, music-infused transitions	Reinforces memory and creates classroom cohesion
Embodiment	Movement-based tasks, posture shifts, rest cues	Helps regulate nervous systems, builds confidence
Playfulness	Gamified learning, student-led creativity	Increases engagement, reduces fear of mistakes

"I'm not here to motivate. I'm here to agitate... with love."