



JOY IN MY HEART!

SEPTEMBER 2025

KIDS ASSEMBLY TOPIC

KIDS ASSEMBLY TOPIC FOR THE MONTH OF SEPTEMBER

TITLE:

Joy in my Heart!

OBJECTIVES:

At the end of the Kids Assembly, MFC Kids will be able to:

- identify their joyful experiences even amidst the challenges of life;
- realize the importance of joy and its impact on ourselves, family, community, and our relationship to Jesus; and
- practice different habits that will make us joyful.

MOTIVATION:

NOTE: Choose between the two motivational activities.

A. “Bulletin Board Activity: What Brings you JOY?”

Reference: <https://ph.pinterest.com/pin/1119566788594048105/>

MATERIALS:

- Bulletin Board Design
- Marker/s

RULES AND MECHANICS:

Create a Bulletin Board with a question designed “What brings you Joy?” Each kid will write their answer using the marker and the facilitator will read it loudly to everyone after all the kids written their answer.

B. “Dancing Activity: I've got the Joy Joy Joy | Kids Songs | Hi Heaven”

Reference: <https://youtu.be/hpDmdhk1ko>

DIRECTIONS:

The Facilitator will ask the kids to imitate and follow along the video entitled I've got the Joy Joy Joy by Kids Songs of Hi Heaven.

Welcome to our SEPTEMBER Kids Assembly! Joyful spirit is one of the best things that we can feel in this world. It makes us excited, happy, contented, and more. Being joyful helps us to understand others too. And did you know, in these Joyful experiences, Jesus

exists? Yes, He is. He is the one making sure that even if there are bad experiences and challenges, He is ever-present and will help us to find joy every step of the way.

EXPANDED OUTLINE



I. HEAD

Have you ever watched the movie Inside Out? One of the major characters there is named Joy. Joy continuously ensures that Riley's life is filled with happiness, even as other emotions exist, such as Anger, Sadness, Fear, and more. Just like Riley, we have Jesus as our inner JOY—guiding and helping us to be happy and hopeful. And it is our choice to respond to it by being good to ourselves, family, and others. There are times we experience sadness and trials in our lives, but it does not end there. Joy comes to those who persevere in prayer and patiently wait for Jesus' responses, because Jesus never fails to make each of us happy. He makes our spirit joyful.



II. HEART

“Be joyful in Hope, patient in affliction, faithful in prayer” – Romans 12:12

Jesus reminds us about the beauty of Joyfulness in Hope and we should not forget that. Even if there is something wrong, sad, or challenging experience, we must not forget to be joyful and thankful still because we will surely learn a lesson from it. As MFC Kids, where should we start showing our joyful spirit?

1. **Our selves** – Being joyful is finding happiness in simple things. We must be happy for all the things that we have and we do not have. Being joyful is not just about being happy and loud, it is also about being satisfied with what Jesus gave to us, fulfilling our responsibilities at home and school.
2. **Others** – Make this joyful spirit a ray of sunshine that we can share with others by simply sharing a smile, especially to those who look sad. To our friend, by simply getting along with them and not being jealous. Even in our family, by showing genuine care towards others, by helping one another in doing household chores, by being grateful to their existence, by sharing things, foods, clothes and more. We can share it with our fellow MFC Kids members by joyfully and actively participating Kids Assembly consistently.
3. **Jesus** – We are blessed with Jesus' spirit, so we must be joyful and give thanks to Him. We pray to Him with a joyful heart, sharing our prayer of thanksgiving. Jesus will be joyful too if we attend or serve masses.



III. HAND

A. Kids at Play (3-5 years old)

Activity: Find the Joyful Emotions (Appendix A)

Material:

- Coloring Material
- Printed Activity Sheet

Instruction:

- Follow the given directions for each activity sheet:
- Appendix A: Choose a coloring material and color the face that shows a joyful emotion.
- Note to the Facilitator: After doing the activity, before the assembly ends, check the answers to each accomplished task.

B. First Step (5 - 7 years old)

Activity: Good or Bad?

Materials:

- One (1) Light Coloring Material
- One (1) Dark Coloring Material

Instructions:

- Using your coloring material, Note to the Facilitator: After doing the activity, before the assembly ends call some representatives and let the kids share their work with the group.

C. Footsteps (8-10 years old), and Step Up (10-12 years old)

Activity: I Choose Joy! (See pictures in Appendix C)

Materials:

- Red Colored Papers
- Yellow Colored Papers
- Scissors
- Markers
- Writing Materials

Instructions:

1. Using your scissors, with the assistance of the elderly, cut two (2) medium-sized circles on each red and yellow colored paper of yours.
2. Using your two (2) red colored papers, draw a SAD FACE. At the back of each write this ***"I am not choosing to be joyful when _____"*** and write your answers on the blank.
3. Using your two (2) yellow colored papers, draw a HAPPY FACE. At the back of each write this ***"I choose joy when _____"*** and write your answers on the blank.
4. Ask volunteers to share their answers in front/of everyone.

TAKE AWAY

Truly, nothing beats the true joy from Jesus. Again, we must remember even there are tough times and moments in our lives, Jesus will not abandon us. He will help us to experience the joy that we are all praying and waiting for, we just really need to trust his plans.

CLOSING PRAYER

"Heavenly Father, You are the source of all joy, and I ask that You would fill my heart and mind with Your presence and joy. Help me to see the good in my life, even when things are tough. Guide me to be grateful for Your blessings, both big and small. Amen."

RECITATION OF MFC KIDS PROMISE

1. I will imitate Jesus.

- I will pray to God and read the Bible every day.
- I will make Jesus as my role model by obeying rules and doing good in school.

2. I will be a good family member.

- I will be a good son/daughter to my parents by obeying and respecting them.
- I will be a good sister/brother to my siblings through sharing and supporting them.

3. I will be an active member of MFC Kids

- I will always attend and participate in all MFC Kids activities.
- I will share my time, talents, and treasures to others especially to my brothers and sisters in MFC Kids
- I will love, respect and be loyal to my MFC Kids family.

4. I will tell others about Jesus.

- I will love my brothers and sisters, relatives, and friends by doing good deeds every day that will reflect God's love.
- I will serve in our Parish Church.
- I will love the poor by sharing what I have with them



Dear Parents/Guardians,

Ber-month season is already here, despite the rainy season we must make sure to ponder on how are going to make sure that our house is safe, we must strengthen not our house only but our homes too. Thank you for letting your Kids Assembly this month and for being one with us in believing that they are ***never too young to know Christ***. We honor your love and passion in making your child/ren closer to the Lord.

For this month of September, our topic will focus about the **year of hope** and its connection to the beatitude, **Joy**. We have a vital role in making sure that our kids of today are embodying the beatitude of Joy, being joyful for hope. And we want to encourage you to help them live out the roles they have learned in this assembly. And to do that, here are the 3S's that you can do to help them:

1. Say – Words of affirmations if they are choosing to do good things like “good job”, “love it”, “I like that”, “that’s awesome”. These words will affirm them that they are choosing to do good things towards themselves and others, resulting in a joyful spirit.

2. Set – an example in what we say and do. If we want our children to live a joyful life of contentment, we must show them the life of contentment in our daily practices and lifestyle too.

3. Stand – to the truth. We must encourage each of them to continue amidst the trials and challenges because it is part of their lives. We must tell them the truth about these experiences and lessons that they can get in order for them to grow responsible and centered to Jesus.

After practicing and doing these activities, we encourage you to post these on your social media accounts so that you can inspire other parents and families to journey with their kids. Use these hashtags - #MFCKids #ParentChildActivity #NeverTooYoung #JOYinmyHeart

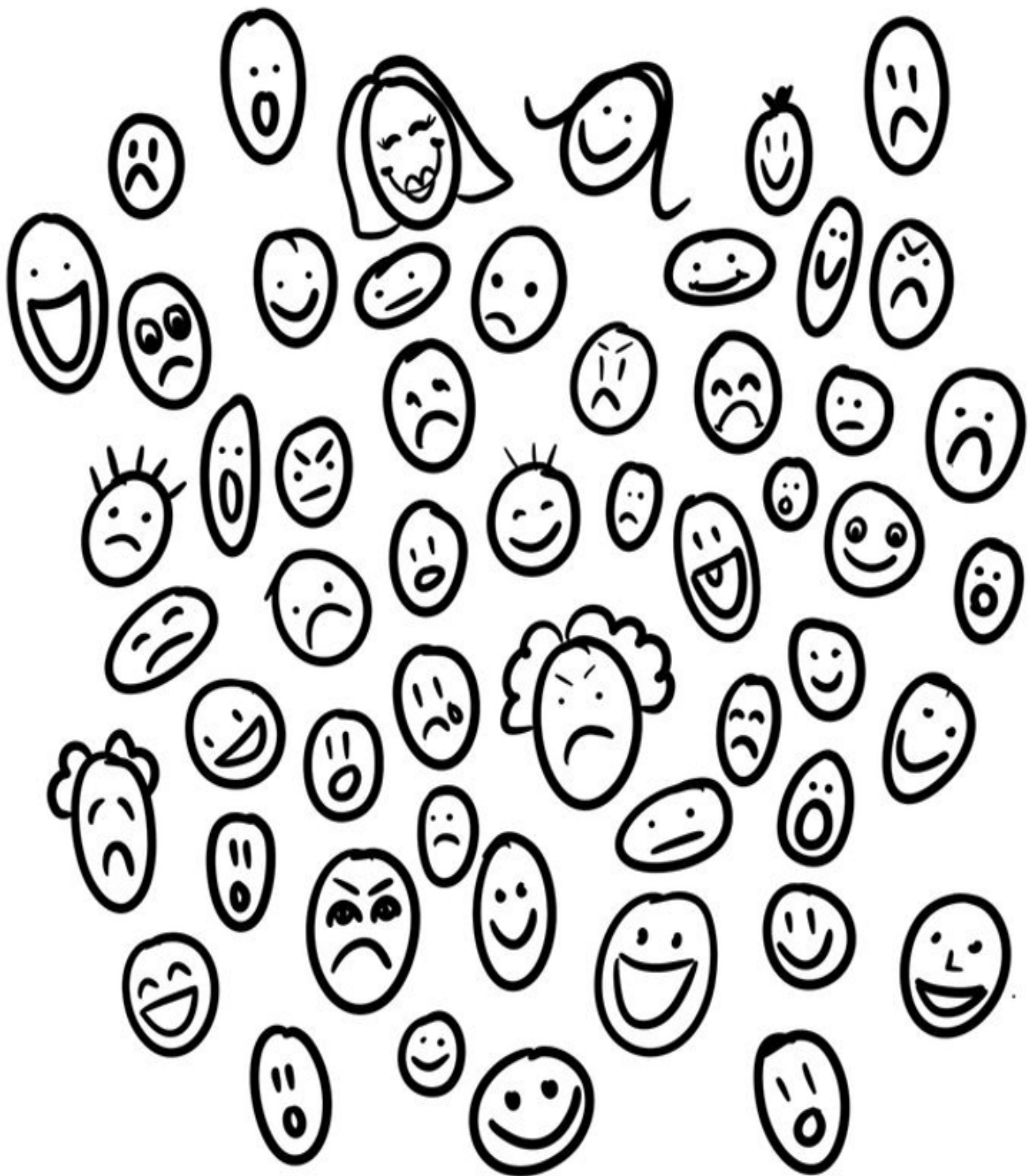
Thank you very much, and we hope to be with your kid/s next month!

MFC Kids Team



FIND THE JOYFUL EMOTIONS

DIRECTIONS: Choose a coloring material and color the face that shows a joyful emotion.



Appendix B (First Step)

GOOD OR BAD?

DIRECTIONS: Choose one (1) light coloring material and color the good choices to do resulting to a joyful spirit. Use one (1) dark coloring material for the bad activities that will hinder us to be joyful.

 Listening	 Being messy	 Helping others	 Swinging my chair	 Raising my hand
 Calling out	 Always trying my best	 Pushing others	 Saying thanks	 Stealing
 Being kind	 Following instructions	 Hurting others	 Not listening	 Keeping my things tidy
 Throwing things	 Sitting nicely in my chair	 Bullying	 Sharing	 Not doing my best work

Appendix C (Foot Steps and Step Up)



I am not choosing to be
joyful when



I choose joyful when
