

# Guideline 4 : Delight



Humility	Respect
Patience	Forgiveness
Contentment	Gratitude
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Kindness	Principles
Honesty	Aspiration
Generosity	Service
Thoughtful Speech	Courage
16 Guidelines for Life www.16Guidelines.org	

## Character Guide: Deba Delight



Positive chants help you remember the most important ideas when you chant them over and over.



**No need to wait,  
let's celebrate!  
My joy times two,  
when I'm happy for YOU!**



At times, being happy for others can be more pure than happiness for ourselves because we are less likely to worry how long it will last.



## Giggle Rap

If you're little or you're grown  
you have got a funny bone  
and you can giggle.....yeah, yeah, yeah.

If it's bubbles or a swing,  
or balloons, just find your thing  
and you can giggle.....yeah, yeah, yeah.

Rainbows in the light  
or stars may give delight  
so find your giggle.....yeah, yeah, yeah.

Music is a treat  
or a puppy's big old feet  
can make you giggle....yeah, yeah, yeah.

Waves of ocean foam  
or an ice cream on a cone  
can make you giggle....yeah, yeah, yeah.

Flowers on your path,  
silly jokes that make you laugh  
take time to giggle.....yeah, yeah, yeah.

Help another smile this way  
for a double joy today  
and share a giggle.... Oh, yeah!



## Delight Activities



### Try it now: The Art of Joy

What gives you joy? What delights you? What looks or sounds or smells or feels or tastes so incredible it makes you glad to be alive?



#### Art Project:

Sit quietly for a moment, maybe close your eyes, and think about simple things that make you happy. Write a list of these small joyful things.



Now you can draw, paint, or use magazine clippings to make a collage of these things. Or, you could go out and take pictures if you have a camera, or write a poem or rap about these ideas. Choose the form that sounds fun to you.

I hope you will be happy when you look at what you have created. The purpose of this is not to please or to be judged by anyone else. It's for you. Enjoy it!

This page is what I had fun creating with my camera; I am delighted by crunchy fall leaves, brilliant sunsets and happy, giggling children!



\* the underlined words are links you can click on to see more pictures.



## Try it now: Just be happy – light and water

I saw a quote that suggested sometimes we should stop working on being happy and JUST BE HAPPY. Look at the list you made in the Art of Joy. Can you do any of those things right now? Do you know a pet you can play with? Can you blow some bubbles and see the rainbows they make in the sun? Try one of these outside activities depending on what the weather is like where you are today.



### Experiment:

### Bubbles in the sun

If you don't have any bubble solution, you can make it in a bowl by mixing liquid soap and two to three parts water. Bend a wire or twist tie into a circle. Dip it in the liquid, stir it up and blow [rainbows\\*](#) in the sun. Experiment with the amount of water and the shape of the wire. Blow slowly and steadily to get bigger bubbles! If you have two wires one person can blow while the other uses their wire to catch the bubbles without breaking them.

### Investigate:

### Splashes in the rain

If it is not lightning, look outside for funny places the water is dripping or rushing down [gutters](#), [off an awning](#), [off the cars](#). Listen to the drip drip drip. Look for intersecting splash circles of multiple raindrops. See the crowns the drops make when they hit something hard. Open your 'new eyes'!

See [splash pictures](#) I took by searching the internet for 'splature' (splash+capture) or clicking the picture at the right. See other people's photos by searching 'macro liquid' or 'splash'.





## Try it now: Upside down laughs

This game will make you laugh. It's fun and easy once you get the idea.

### Game:



### Little chin person

With a friend or family member as your partner, lie on the floor on your sides with faces close to each other and feet pointing in opposite directions. You will look upside down to each other. Look at your partner's chin.

Imagine their chin is a forehead, so the bottom part of their face looks like a little upside down person. This person's mouth is your partner's mouth, but it's upside down and looks funny when they talk. It may help to use your hand so you can't see your partner's nose and eyes at first. Smile, talk, make faces. See the 'chin person' talking. Bet you'll laugh! We did!

## Try it for real: Reflecting on New Delights



This week see if you can find something new that brings you or someone else delight. At the end of each day, think back to what you saw, heard or felt that was joyous. You might want to add this to your "A list" you made in the Contentment section.



## Try it for real: My joy times two, when I'm happy for you

Good things happen to us sometimes. Other times the victory goes to someone else. If we can find joy in both of these, we get more joy overall! You have already thought about things that give you joy. Now can you focus on rejoicing in the good fortune and delight of others? This is the opposite of being jealous or envious. Realize that everyone has a desire to be happy. Next time someone has a victory, for instance if you lose a chess game to them, tell them, "Congratulations!"



Jane Goodall, a British anthropologist who studied primates, said, "Every individual matters. Every individual has a role to play. Every individual makes a difference."

This week notice when you see good things happening to others-- when someone gets a compliment, or learns something new, or makes a goal for their team, or gets a new toy they really like. You can be quietly glad for them, or you could take it a step further and tell them, "Congratulations! Way to go! I see your hard work paid off! I'm happy for you!" or you could write them a note about it. If you can develop this skill, and take joy in others' victories as well as your own, your delight will multiply many times.

## Try it for real: Take it Outside

Wherever you are in the world, with very few exceptions, you can see these delightful sights and more: sunrises, sunlight on dew (look very closely at the grass after a rain or dewfall, it's awesome!), rainbows in the sky or near fountains, colorful storm clouds or sunsets, a clear night sky with a moon or stars. Can you see one of these free delights this week, and share the excitement of it with someone nearby? Then you will enjoy it twice!



