Joy Permission Postcards

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person enjoys a song during a difficult week.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Design a postcard about a small enjoyable moment without requiring gratitude or optimism.

3. What makes room for enjoyment on your terms?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.