

Tarbiyya

The Calabash of Joy



One day, Ijapa the tortoise decided that he wanted to become the most joyful creature in the whole universe. He embarked on a journey around Nigeria to collect all of the joy he could find.

Ijapa traveled to Calabar, Sokoto, Maiduguri, and Lagos. He searched high and low for joy. Everywhere he traveled, he put the joy he found in a calabash to protect it and keep it for himself.

When Ijapa was satisfied that he had collected all of the joy in the country, he decided to hide the calabash so nobody could steal any joy from him. He thought and he thought about where he could hide the calabash of joy. He finally decided to hide it at the top of a very tall palm tree.

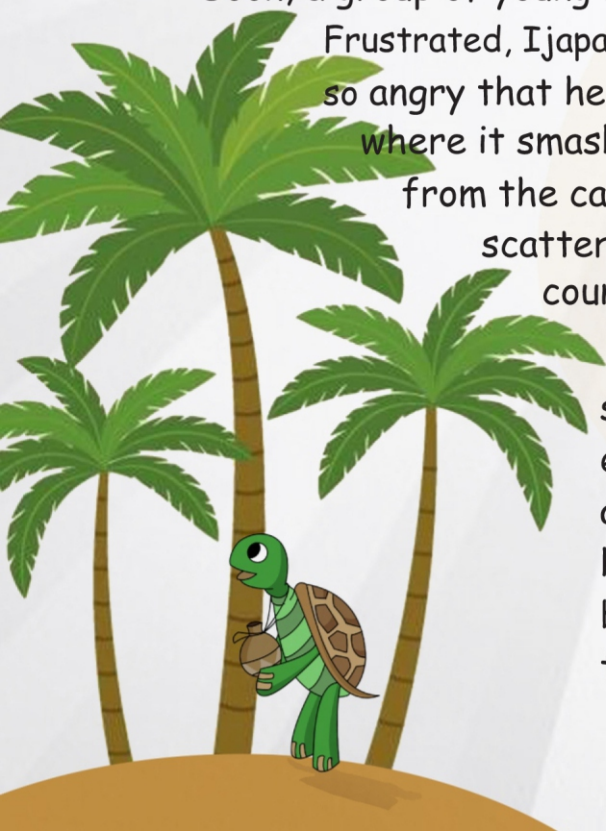
Ijapa carefully tied the calabash of joy to a rope. Then he hung the rope around his neck and placed the calabash of joy on his chest. Ijapa began to climb the tall palm tree. But the calabash of joy was between Ijapa and the tree, making it difficult to climb.

After climbing a few feet up the tree, he would slide right back down because the calabash of joy would interfere. Ijapa tried climbing the tree again and again and again. But every time he got off of the ground, he would slide back down. The more Ijapa tried unsuccessfully to climb to the top of the tree, the more frustrated he became.

Soon, a group of young monkeys approached, dancing and singing.

Frustrated, Ijapa heard their joyful noises and saw them smiling. He got so angry that he took the calabash of joy and threw it on the ground, where it smashed into hundreds of pieces. All of the joy escaped from the calabash in a rainbow of happiness. The joy gradually scattered throughout the village, then the state, then the country.

As he was watching the rainbow of joy spreading, Ijapa realized how unsuccessful his effort to collect joy was. Though he had collected all of the joy in the country, Ijapa selfishly tried to hide it and keep it all to himself. He learned that the best way to have joy is to express it and share it, like the young monkeys.



Egwak Chang Yi Ki Lan

A song from the Tarok ethnic group

We are happy, that is why we are laughing.
We are happy, that is why we are dancing.
We are happy, that is why we are jumping.

In the Tarok language, “Lan” can mean many things, including laughing, dancing, jumping, and rejoicing.



Jolly greetings! I am Jinan Joy.
Join me in a journey to jubilantly
discover how to express joy.



Choosing to respond to
situations with happiness

Joy



1. When you succeed at learning a new thing, your joy increases.



3. When you freely run around and play with your friends outside, you feel joyful.



5. Sometimes, things happen to your friends that make them feel sad. When you listen to them talk about it, it gives them joy.



7. When you cheer others up, it makes them joyful. You also feel joyful for cheering them up.



2. When you make funny jokes, it gives you and others joy.



4. When your family and friends celebrate special days and events, you feel joy when you celebrate with them.



6. Some children in your community lack food to eat or clothes to wear. When you share with them, you give them joy, and you also feel joyful.

Home Connection

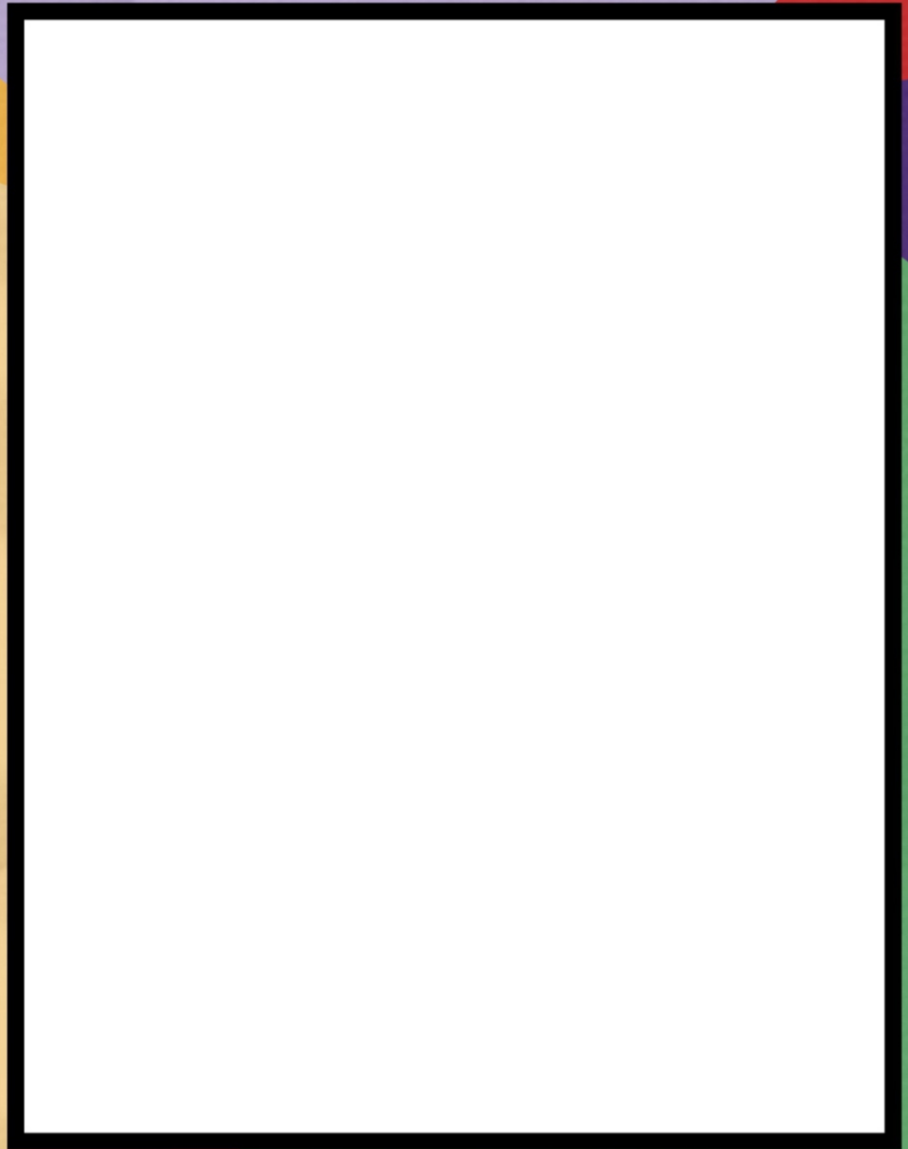
Family Discussion

Instructions:

Share your answers to the following questions with your child.

- What is the word for joy in your language?
- What are things that bring you joy?
- How do you choose to be joyful?

Instructions: Guide your child in drawing a picture of something that brings you joy.



Instruction

Compare the two pictures of children expressing joy. Identify six differences between the two pictures.

