

# Spark Joy Cards



This set of 47 cards to spark joy is a supplement to *Kindling: Activities to Spark Joy and Belonging* Gathered from *Around the World*, by Christine Wong Yap, artist-in-residence at large in *Mindscales* (the Wellcome Trust's cultural initiative exploring mental health) and nearly 100 contributors. The four-zine set features 85 step-by-step instructions generated and hand-drawn by nearly 100 everyday people in 11 community-based workshops held in four cities in a yearlong project. Learn more at [ChristineWongYap/Kindling](https://ChristineWongYap.com/Kindling).

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## Instructions

### WHAT YOU'LL NEED

- A printer
- Scissors



### INSTRUCTIONS

1. **Print** the following pages (downloadable from [ChristineWongYap.com/SparkJoyCards](https://ChristineWongYap.com/SparkJoyCards) or scan the QR code) on cover stock or card stock.
2. **Cut** the cards out along the dotted lines.
  - *Optional: Color the cards.*
3. **Shuffle and draw** a card when you need inspiration to spark joy. Or, select a card and **display** it on a bathroom mirror, a work desk, a bedside table, or somewhere else you'll see it regularly, to reinforce positive habits. ■

Note: Cards with a single asterisk (\*) are adapted from the original in Japanese. Cards with a double asterisk (\*\*) are partially adapted.

To be more open-minded



TOMOYO SHIMIZU

To be more open-minded

Always  
live  
Sincerely

AKARI\*

To be more open-minded

hug those  
who are  
important  
to me



NAO\*

To be more open-minded



S

To be more open-minded



YUKI KIKUCHI\*

To be more open-minded

sincerity  
+  
space

SATOSHI SAWA\*

To be more open-minded



RINA MEKATA\*

To be more open-minded

Don't be too  
concerned  
about things



KO\*

To be more spontaneous



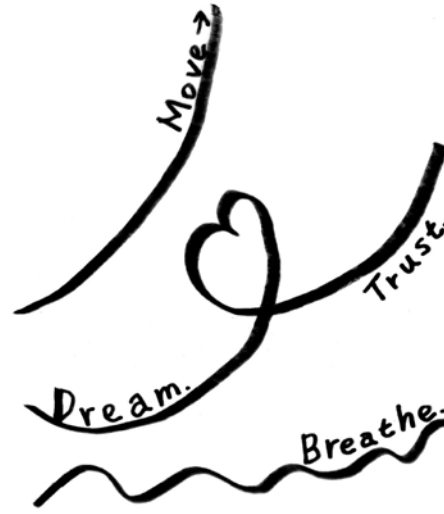
MUGI

To be more spontaneous



EMIKO KARAKAWA

To be more spontaneous



NAKAKO SAKAMOTO

To be more spontaneous



KO\*

To be more spontaneous

Stretch  
and take  
time to listen  
to my body

YUKI KIKUCHI\*

To be more spontaneous



NAO\*

To be more spontaneous



NOMAKKO\*

To be more spontaneous



S

To spark joy or enjoyment



EMIKO KARAKAWA

To spark joy or enjoyment

Listen to  
Music  
in my  
Car

AKARI\*

To find humor in life



SATOSHI SAWA\*

To find humor in life



MUGI

To spark joy or enjoyment

delicious things  
nature  
+  
friendship

SATOSHI SAWA\*

To spark joy or enjoyment



AYAKA\*\*

To find humor in life



NOMAKKO

To find humor in life



K. AKINORI\*

To have a positive attitude

laugh  
sleep  
talk about the  
future  
eat  
be content with  
being bored

SATOSHI SAWA\*

To have a positive attitude



MUGI

To have a positive attitude



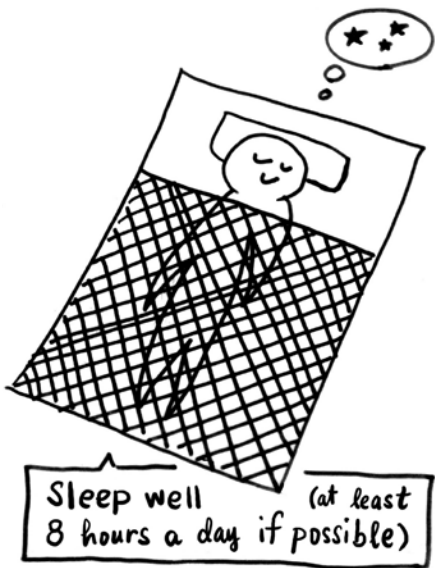
KO\*

To have a positive attitude



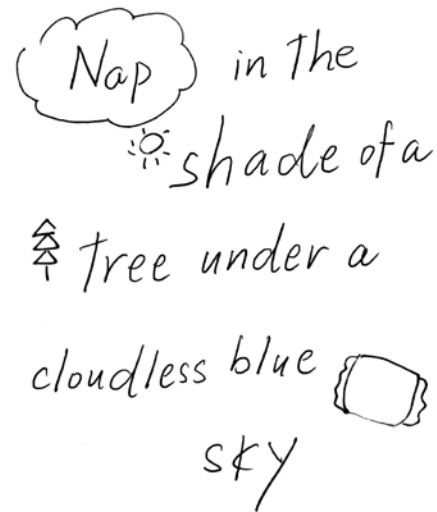
KM\*

To have a positive attitude



RINA MEKATA\*

To have a positive attitude



AKARI\*

To have a positive attitude



NAO\*

To have a positive attitude



TOMOYO SHIMIZU

To have a positive attitude



Treat Yourself.

NAKAKO SAKAMOTO

To have a positive attitude

We have our good days and our bad days but we will ultimately be OK; so let's eat something delicious, sleep well, and talk to each other.

YUKI KIKUCHI\*

To foster connection



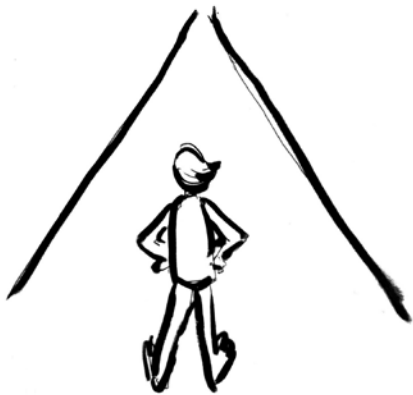
K. AKINORI\*

To foster connection

# Revive the Choir Club!

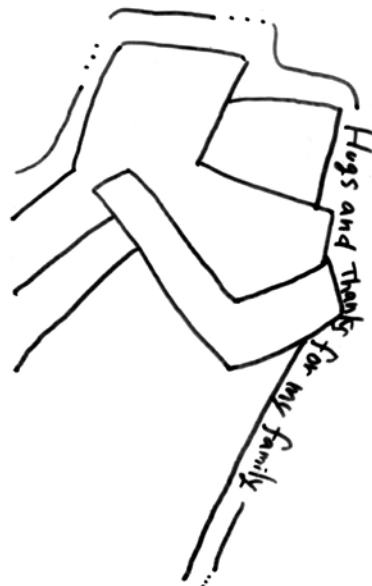
EMIKO KARAKAWA\*

To have a positive attitude



S

To foster connection



TOMOYO SHIMIZU

To foster connection

to put my joy into words; to always be appreciative

YUKI KIKUCHI\*

To foster connection



S

To foster connection



RINA MEKATA\*

To foster connection



KO\*

To nourish relationships



MUGI

To love myself more



RINA MEKATA\*

To foster connection

write a letter to those who I love, those who are near, those who are far



NAO\*

To foster connection

Publish a Booklet, & live on Pondliving



NOMAKKO\*



NOMAKKO

MAKE YOUR OWN SPARK JOY CARD

YOUR NAME