

Plays4Joy™

Teaming up to Boost Kids' Mental Health

Week 1: Plays4Joy Kickoff

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Grade 4 Learning Objectives and National Alignment

By the end of the lesson, students will be able to identify activities that bring joy, recall examples and information from the kickoff video, name and share one personal Plays4Joy, and discuss how joyful activities can support mental well-being. The lesson aligns most directly with CCSS.ELA-LITERACY.SL.4.2 through recalling and discussing information presented through video and other media. It also supports CCSS.ELA-LITERACY.SL.4.1 through partner, group, or class discussion. The lesson connects with the 2024 SHAPE America National Health Education Standards, particularly Standard 1, by helping students explore health-related information about activities that can support well-being.

Grade 4 State Standards Crosswalk

Scope note: This crosswalk identifies the state Grade 4 speaking/listening expectations and the closest state health, wellness, or mental/emotional-health expectation applicable to the lesson's current activities. Some states publish health expectations in grade bands or broad K–12 frameworks rather than as a single Grade 4 code; in those cases, the applicable elementary or grades 3–5 standard is shown. Districts should confirm locally adopted versions before formal submission.

State	Applicable grade level	Applicable standard(s)	Lesson-aligned description
Alabama	Grade 4; elementary health	ELA 4.R1; Health Education Anchor Standard 1	Participate in discussions using active listening; comprehend health concepts that support personal well-being.
Alaska	Grade 4; K–12 health framework	ELA SL.4.1, SL.4.2; Skills for a Healthy Life Standard A	Discuss Grade 4 topics and paraphrase media; acquire core knowledge related to well-being.

Arizona	Grade 4; elementary health	4.SL.1, 4.SL.2; Health Strand 1	Engage in collaborative discussion and paraphrase multimedia information; comprehend health- promotion concepts.
Arkansas	Grade 4; elementary health	4.CC.1, 4.CC.2; Health Standard 1	Collaborate and recount or explain information presented orally or visually; comprehend health concepts.
California	Grade 4	SL.4.1, SL.4.2; Health 4.1.M, Mental, Emotional, and Social Health	Participate in discussion and paraphrase diverse media; describe practices and characteristics that support mental and emotional wellness.
Colorado	Grade 4; health grades 3–5	RWC Grade 4, Standard 1; Comprehensive Health 3–5, Social and Emotional Wellness	Listen, ask relevant questions, and present information; identify strategies and supports for social-emotional wellness.
Connecticut	Grade 4; elementary health	CCSS SL.4.1, SL.4.2; Healthy and Balanced Living, Health Standard 1	Discuss and paraphrase information; comprehend health concepts that contribute to personal wellness.
Delaware	Grade 4; elementary health	CCSS SL.4.1, SL.4.2; Delaware Health Education Standard 1	Collaborate and paraphrase video information; understand essential health concepts and connect knowledge to healthy action.
Florida	Grade 4	ELA.4.C.2.1, ELA.4.C.2.2; Health Education, Personal Health Concepts/Resiliency	Present and discuss information from multiple formats; recognize behaviors and life skills that support mental and emotional health.

Georgia	Grade 4	ELAGSE4SL1, ELAGSE4SL2; HE4.1	Engage in collaborative discussions and paraphrase information from media; comprehend concepts related to health promotion.
Hawaii	Grade 4; elementary health	CCSS SL.4.1, SL.4.2; Hawaii Health Education Standard 1	Exchange ideas and paraphrase multimedia information; understand health concepts that support well-being.
Idaho	Grade 4; elementary health	ELA/Literacy SL.4.1, SL.4.2; Health Standard 1	Participate in collaborative conversations and paraphrase media; comprehend concepts that promote health.
Illinois	Grade 4; health stage 2	CC.4.SL.1, CC.4.SL.2; 22.A.2	Discuss Grade 4 topics and paraphrase information; explain basic principles that promote physical, mental, and social health.
Indiana	Grade 4; elementary health	4.CC.1, 4.CC.2; Health & Wellness Standard 1	Participate effectively in discussions and summarize information from media; comprehend health and wellness concepts.
Iowa	Grade 4; health grades 3–5	SL.4.1, SL.4.2; 21.3–5.HL.1	Collaborate and paraphrase information; obtain and apply basic health information to support wellness.
Kansas	Grade 4; elementary health	SL.4.1, SL.4.2; Health Education Standard 1	Build on others' ideas and paraphrase media; comprehend health concepts related to personal well-being.

Kentucky	Grade 4; elementary health	C.4.1, C.4.2; Health Education Standard 1	Participate in discussions and report understanding of information; comprehend concepts that promote health and wellness.
Louisiana	Grade 4; elementary health	SL.4.1, SL.4.2; Health Education Standard 1	Collaborate and paraphrase audiovisual information; understand concepts that support personal health.
Maine	Grade 4; elementary health	ELA Speaking and Listening 4.1, 4.2; Health Education Standard A	Engage in discussion and summarize information from varied media; acquire health concepts and skills for wellness.
Maryland	Grade 4; elementary health	SL.4.1, SL.4.2; Health Education 1.0 Mental and Emotional Health	Discuss and paraphrase information; explain factors and practices that promote mental and emotional health.
Massachusetts	Grade 4; pre-K–5 health	SL.4.1, SL.4.2; Comprehensive Health Strand: Mental Health	Collaborate and paraphrase information from media; identify behaviors and supports that promote emotional well-being.
Michigan	Grade 4; elementary health	SL.4.1, SL.4.2; Health Education Standard 1	Participate in discussion and paraphrase media; comprehend concepts related to health promotion and disease prevention.
Minnesota	Grade 4; K–12 health framework	4.3.1.1, 4.3.2.1; K–12 Health Education Standard 1	Exchange ideas and summarize information presented orally or visually; use functional health information to support well-being.

Mississippi	Grade 4; elementary health	SL.4.1, SL.4.2; Comprehensive Health Standard 1	Engage in collaborative discussion and paraphrase information; comprehend health- promotion concepts.
Missouri	Grade 4; elementary health	4.SL.1, 4.SL.2; Health Education Standard 1	Participate in conversations and summarize information from media; apply concepts that support health and well-being.
Montana	Grade 4; elementary health	SL.4.1, SL.4.2; Health Enhancement Standard 1	Collaborate and paraphrase multimedia information; comprehend concepts and practices that support personal wellness.
Nebraska	Grade 4; elementary health	LA 4.3.1, LA 4.3.2; Health Education Standard 1	Use speaking and listening skills in discussion and interpret information from media; understand health concepts.
Nevada	Grade 4; elementary health	SL.4.1, SL.4.2; Health Standard 1	Engage in discussions and paraphrase information; comprehend health concepts that support wellness.
New Hampshire	Grade 4; elementary health	SL.4.1, SL.4.2; Health Education Standard 1	Collaborate and paraphrase information presented in varied formats; understand concepts related to health promotion.
New Jersey	Grade 4; health by end of Grade 5	SL.PE.4.1, SL.II.4.2; 2.1.5.EH.1	Participate effectively and interpret information from media; identify factors and strategies that support emotional health.

New Mexico	Grade 4; elementary health	SL.4.1, SL.4.2; Health Education Standard 1	Discuss and paraphrase multimedia information; comprehend health concepts and their relationship to well-being.
New York	Grade 4; elementary health	4SL1, 4SL2; Health Education Standard 1, Elementary	Engage in collaborative discussions and paraphrase information; understand personal health and wellness concepts.
North Carolina	Grade 4	SL.4.1, SL.4.2; 4.MEH.1	Collaborate and paraphrase media; understand mental and emotional health concepts and healthy responses.
North Dakota	Grade 4; elementary health	SL.4.1, SL.4.2; Health Education Standard 1	Participate in discussions and paraphrase information; comprehend concepts that enhance health and well-being.
Ohio	Grade 4; elementary health	SL.4.1, SL.4.2; Health Education Standard 1	Build on others' ideas and paraphrase information from media; understand concepts related to health promotion.
Oklahoma	Grade 4; elementary health	4.1.L.1, 4.1.L.2; Health Education Standard 1	Listen actively, participate in discussion, and summarize oral or visual information; comprehend health concepts.
Oregon	Grade 4	4.SL.1, 4.SL.2; HE.1.4	Collaborate and paraphrase multimedia information; explain health concepts and behaviors that support personal wellness.

Pennsylvania	Grade 4 ELA; health Grade 6 benchmark	CC.1.5.4.A, CC.1.5.4.B; 10.1.6	Participate in collaborative discussions and identify main ideas from diverse media; explain concepts of health and wellness.
Rhode Island	Grade 4; elementary health	SL.4.1, SL.4.2; Health Education Standard 1	Discuss and paraphrase information; comprehend concepts that promote health and well-being.
South Carolina	Grade 4; elementary health	ELA 4.C.MC.1, 4.C.MC.2; Health and Safety Education Standard 1	Communicate collaboratively and interpret information from varied formats; understand personal health concepts.
South Dakota	Grade 4; elementary health	4.SL.1, 4.SL.2; Health Education Standard 1	Engage in collaborative discussions and paraphrase media; comprehend health concepts related to well- being.
Tennessee	Grade 4; elementary health	4.SL.CC.1, 4.SL.CC.2; Health Education Standard 1	Participate in discussions and paraphrase information; comprehend concepts that promote personal health.
Texas	Grade 4	TEKS ELAR 4.1; Health Education 4.1	Listen actively, ask relevant questions, and present information; explain health behaviors and factors that support personal wellness.
Utah	Grade 4	4.SL.1, 4.SL.2; Health Education 4.HF.1	Collaborate and paraphrase information; identify practices and influences that support healthy functioning and well-being.

Vermont	Grade 4; elementary health	SL.4.1, SL.4.2; Health Education Standard 1	Discuss and paraphrase information from media; comprehend health concepts that support well-being.
Virginia	Grade 4	English 4.1; Health Education 4.1	Use effective oral communication and listen to others; explain health concepts and behaviors that support wellness.
Washington	Grade 4; elementary health	SL.4.1, SL.4.2; Health Education Standard 1	Participate in collaborative discussion and paraphrase multimedia information; comprehend wellness concepts.
West Virginia	Grade 4; health grades 3–5	ELA.4.30, ELA.4.31; HE.3– 5.1	Collaborate and paraphrase information presented in varied formats; use functional health knowledge to support well-being.
Wisconsin	Grade 4	SL.4.1, SL.4.2; HE1.4	Engage in discussion and paraphrase information; comprehend concepts related to health promotion and well- being.
Wyoming	Grade 4; elementary health	SL.4.1, SL.4.2; Health Education Standard 1	Collaborate and paraphrase multimedia information; understand health concepts that support personal wellness.