

Plays4Joy Activity - Abby MacDonald

Teaming Up To Boost Kids' Mental Health



Joy of the Day



"If you have a big goal in your life you will have to fuel your body and mind the right way to achieve that goal."

Abby MacDonald

Team USA Weightlifter
TrueSport Athlete Ambassador

Inspiring the next generation, Abby serves as a *TrueSport Athlete Ambassador*, sharing her journey as a Team USA weightlifter. Using her voice, she helps strengthen the foundation of youth sports while modeling TrueSport values of integrity, resilience & respect. Follow [@_abbymacd](#) & [@truesportusa](#) to learn more.



About Plays4Joy. Every play in sports is a chance to shine. Every play in life is a chance for joy. **Plays4Joy** is a Partnership for Proactive Health nonprofit initiative that brings the two together—creating playful, meaningful experiences that inspire and empower kids to discover confidence, connection and joy through play.



Get in the Game Today.

Learn more about **Plays4Joy** at p4phealth.org/plays4joy.

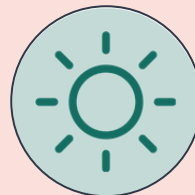
GAME PLAN

Plays4Joy brings joy to life by creating fun, meaningful ways to play, connect and grow together.



Joy of the Day Video

Watch *Abby MacDonald's* Joy of the Day video on YouTube at youtube.com/@plays4joy.



Abby's Plays4Joy

Discuss Abby's Plays4Joy of cooking healthy meals, including trying new recipes.



Fueling Your Mind

Discuss how encouraging yourself helps, especially when facing challenges.



Worksheet Time

What's one way you fuel your mind and body? Write it down & celebrate it!



Share your Fuel!

Invite everyone to share. Bonus, share a photo on socials and tag [@plays4joy](#).

Plays4Joy is a positive, proactive and practical approach, teaming up to boost kids' mental health!

Plays4Joy Activity

Name: _____ Teacher: _____

Joy of the Day

Who was featured in the Joy of the Day video?

What sport does this athlete compete in?

What did you learn from the video?

Plays4Joy

Plays4Joy: an activity that brings you joy!

What is Abby's **Plays4Joy**?

What is one of your **Plays4Joy**?

Fuel + Recover

You will have to fuel your body and mind the right way to achieve your goal.

What is one goal you have for this year?

How can you fuel your mind and body to achieve your goal?

Who can help you achieve your goal?

Plays4Joy

Teaming Up To Boost Kids' Mental Health

