



Joy of the Day Game Plan

Plays4Joy

Academic Standards



Week: 1

Joy of the Day Feature: Lamar Jackson + Abby MacDonald

Sport: NFL Cornerback and Special Teams + Team USA Weightlifting

Plays4Joy: Pickleball, Cooking, Teaming Up To Boost Kids Mental Health

Materials Needed: Writing Utensils, Sticky Notes, Art Paper or Poster Board

Time: ~20-30 minutes

Pre Game

- Would You Rather (<2 min): (1) Swim like a Dolphin or Fly like a Bird. (2) Pop like Popcorn or Bloom like a Flower.
- 3 Clues to Guess **Plays4Joy** Coaches: (1) Athlete 1 - NFL Cornerback, (2) Athlete 2 - Team USA Weightlifter, (3) Love teaming up to boost kids' mental health.

Kick Off

Watch our **Plays4Joy** Kickoff Video [here](#). YouTube Channel: youtube.com/@plays4joy

Huddle Up

1. What does **Plays4Joy** mean? [activities that bring you joy]
2. What were Abby and Lamar's **Plays4Joy**? [pickleball, cooking, running, reading, hiking, boosting kids mental health]
3. What is one of Lamar's **Plays4Joy** that is not one of Abby's? [running]

Game Time (Buzzer Beater, bullet one and move on)

- What is your **Plays4Joy**? Write it down on a sticky note.
- Share your **Plays4Joy** with your neighbor, group or class.
- After sharing, attach sticky note to the poster to celebrate everyone's **Plays4Joy**.

Celebration

How do **Plays4Joy** boost our mental health?

Cheer everyone on for sharing. Together let's celebrate our **Plays4Joy**, teaming up to boost our mental health! **Plays4Joy** cheer! Teacher says *Plays4* and Kids respond with *Joy*. Repeat cheer three times to conclude the lesson.

Take Home Challenge

Practice and share your **Plays4Joy** with someone you love this week.

Ask about your loved one's **Plays4Joy**.