



Joy of the Day Game Plan

inspire + motivate

Academic Standards



Week: 2

Joy of the Day Feature: Tennessee Titans Performance Coaches

Sport: Football

Plays4Joy: inspiring + motivating the Tennessee Titans Players to be their best

Materials Needed: Song (~2 min), Paper and Coloring Utensils

Time: ~20-30 minutes

Pre Game

- Freeze Dance (2 min): Watch Instruction Video [here](#).
- 3 Clues to Guess the Team featured: (1) They play in Music City - Nashville, TN, (2) The team plays football, (3) Their team name comes from ancient Greek stories.

Kick Off

Watch the Inspire + Motivate video [here](#). YouTube Channel: youtube.com/@plays4joy

Huddle Up

1. What does inspire + motivate mean? [being uniquely you and striving to be your best]
2. Who do Titans Performance Coaches inspire + motivate? [Titans Players, Coaches and Staff]
3. Is training unique for every player? [Yes, every players training is unique and individualized to help them be the best at their position]

Game Time (Buzzer Beater, bullets one and two and move on)

- Coach Puloka shared success comes from showing up every day, putting in the reps and giving 100% effort. What is something you are practicing or want to practice to become your best at? [share ideas - math, spelling, reading, sports like football, performing, art,...]
- Draw a picture of yourself practicing something you want to become your best at, just like the Titans players practice to be their best on the field with their Performance Coaches.
- Share your picture with your neighbor, group or class.

Celebration

How does inspire + motivate boost our mental health? [helps us be our best and be unique]
Together let's inspire and motivate each other, teaming up to boost our mental health!

Plays4Joy cheer! Leader says *Plays4* and Kids respond with Joy. Repeat cheer three times.

Take Home Challenge

Draw a picture of yourself as a superhero this week.
Share your drawing with a loved one.