



Joy of the Day Game Plan

inspire + motivate

Academic Standards



Week: 4

Joy of the Day Feature: DJ Montgomery, Indianapolis Colts

Sport: Football

Plays4Joy: Walking

Materials Needed: A place to take a short walk - outside, hallway or classroom

Time: ~20-30 minutes

Pre Game

- As If: (1) Jog in place as if a bear is chasing you, (2) Jump as if you are popping like popcorn, (3) Stretch tall as if you're a tree reaching for the sun. Video Instructions [here](#).
- 3 Clues to Guess this week's **Plays4Joy Coach**: (1) Plays for the Indianapolis Colts, (2) Is a wide receiver, (3) Is from Mississippi.

Kick Off

Watch DJ's Joy of the Day video [here](#). YouTube Channel: youtube.com/@plays4joy

Huddle Up

1. What is DJ's **Plays4Joy**? [Walking]
2. How does walking help DJ's mental health? [Let's you get outside, notice the people around you, birds in the sky, the trees and whatever you have going on in life it helps you focus on taking one step at a time]
3. What advice does DJ have for you? [Keep being you and stay positive]

Game Time

- Take short walk outside, down the hallway or around the classroom. Ask everyone to look or listen for something new like DJ notices the people, birds and trees when he walks.
- When you're done walking ask what everyone noticed.
- How did taking a walk and noticing something new help boost your mental health?

Celebration

Together let's help each other take things one step at a time, teaming up to boost our mental health!

Plays4Joy cheer! Leader says *Plays4* and Kids respond with *Joy*

Repeat cheer three times to conclude the lesson.

Take Home Challenge

Give 10 High Fives