



Joy of the Day Game Plan

inspire + motivate

Academic Standard



Week: 5

Joy of the Day Feature: Colorado Buffaloes DeAndre Moore Jr + DeKalon Taylor

Sport: Football

Plays4Joy: Football

Materials Needed: Optional background music while creating celebrations

Time: ~20-30 minutes

Pre Game

- Line Up: By Height. Video Instructions [here](#).
- 3 Clues to Guess this week's **Plays4Joy** Coaches Team: (1) They're in Boulder, Colorado, (2) They play college football, (3) Their mascot is a Buffalo.

Kick Off

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

Huddle Up

1. What is DeAndre + DeKalon's **Plays4Joy**? [Playing Football]
2. Why do DeAndre + DeKalon find joy in playing football? [They love it, it's exciting, to have fun, to be with friends and it gave DeKalon a way to express himself]
3. What advice do DeAndre + DeKalon have for you? [Listen to your parents, work hard, stay in school and when life gets hard think back a time when you were just having fun]

Game Time

- Get into small groups and create a celebration handshake or dance, like DeAndre + DeKalon celebrate scoring touchdowns with their teammates.
- Show your celebrations to the class (short on time? Have everyone celebrate at once!)
- After celebrating, discuss having fun + celebrating with others. We can celebrate all kinds of accomplishments — scoring a touchdown, doing well on a test or finishing a book.

Celebration

Together let's inspire and motivate each other to have fun and celebrate together, 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

Push up Competition - how many push ups can you do?