



Joy of the Day Game Plan

grace + gratitude

Academic Standards



Week: 6

Joy of the Day Feature: Kevin Winston - VP of Player Affairs, Atlanta Falcons

Sport: Football

Plays4Joy: Practicing Grace + Gratitude

Materials Needed: Compliment worksheet or blank paper, Writing Utensil

Time: ~20-30 minutes

Pre Game

- Movement Workout: 3 Movements (1) Jumping Jacks behind your chair, (2) Bicep Curls - squeeze your biceps to make it harder, (3) Stretch - Arm across body. Watch Instruction Video [here](#).
- 3 Clues to Guess the Team featured: (1) they play in Atlanta, GA, (2) they play football, (3) their mascot is a bird.

Kick Off

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

Huddle Up

1. What does grace + gratitude mean? [practicing love, appreciation + kindness]
2. How does the Falcons Player Affairs team practice grace + gratitude? [By being positive, supportive and providing resources to Falcons players and coaches]
3. What did Kevin ask you to do? [Practice grace + gratitude by being positive, supportive or helpful to a friend, family member, teacher, coach or someone who could be uplifted]

Game Time

- What is a compliment? A compliment is something positive you say to someone to show you notice and appreciate them. What are compliments you love to hear?
- Play: Team up as a class or in small groups. Give the person to your right a compliment, then the person to your left and end by complimenting your teacher. On your paper write your favorite compliment to hear and a compliment for a friend, family member and your teacher.
- Reflect: How does it feel to give a compliment? To receive a compliment? How can compliments help us all feel appreciated, supported + included?

Celebration

How does grace + gratitude boost our mental health? [It helps us practice love appreciation and kindness]. Together let's share compliments, teaming up to boost our mental health! **Plays4Joy** cheer! Leader says *Plays4* and Kids respond with *Joy*. Repeat cheer three times.

Take Home Challenge

Share your happiest memory.