Plays4Joy™

Joy of the Day Game Plan

grace + gratitude

Academic Standards

Week: 7
Joy of the Day Feature: Kylee Kitts, The Ohio State University
Sport: Basketball
Plays4Joy: Spending time with friends and family
Materials Needed: None
Time: ~20-30 minutes

Pre Game

- Simon Says: Simon Says tap your head. Jump. Simon Says reach for the sky. Simon says look left. Look right. Simon Says find a seat. Video Instructions (optional) here.
- 3 Clues to Guess our Joy of the Day Feature: (1) Plays forward for a women's basketball team (2) Plays for The Ohio State University (3) Is from Orlando, Florida.

Kick Off

Watch Kylee's Joy of the Day video **here**. YouTube Channel: youtube.com/@plays4joy

Huddle Up

1. What is Kylee's **Plays4Joy**? [spending time with friends and family]
2. How much time does it take Kylee to practice her **Plays4Joy**? [a few minutes a day]
3. How does feeling good mentally help Kylee? [It helps her stay present, confident & focused]

Game Time

- Friendship Game On: Stand up and get ready to play. Start with A. Name something you can do to be a good friend that starts with A. Example: A — Ask how they're doing.
- Keep going through the alphabet, one letter at a time. If you don't have an answer, sit down. If you finish the alphabet start back at A.
- Keep playing until one person is left standing—or time runs out. When time's up, everyone still standing wins—and really, we all win with new ideas on how to be a good friend!
- At the end, acknowledge all the things we can do to be a good friend.

Celebration

Together let's be good friends by showing each other grace + gratitude, teaming up to boost our mental health! **Plays4Joy** cheer! Leader says Plays4 and Kids respond with Joy. Repeat cheer three times.

Take Home Challenge

Name + Thank someone who believes in you!