

Plays4Joy Activity - Adam Shuler

Teaming Up To Boost Kids' Mental Health



Joy of the Day



"Painting was my safe space."

Adam Shuler

Retired NFL Player

NFLPA Former Players Chapter

Adam is a former NFL Player and President of the NFLPA Former Players Orlando Chapter. Serving alongside fellow retired players, he motivates youth to pursue their goals on & off the field. Adam partners with Plays4Joy to host school visits, events, and camps. Follow @nflpaorlando and @shuleroesit to learn more.



About Plays4Joy. Every play in sports is a chance to shine. Every play in life is a chance for joy. **Plays4Joy** is a Partnership for Proactive Health nonprofit initiative that brings the two together—creating playful, meaningful experiences that inspire and empower kids to discover confidence, connection and joy through play.



Get in the Game Today.

Learn more about **Plays4Joy** at p4phealth.org/plays4joy.

GAME PLAN

Plays4Joy brings joy to life by creating fun, meaningful ways to play, connect and grow together.



Joy of the Day Video

Watch *Adam Shuler's* Joy of the Day video on YouTube at youtube.com/@plays4joy.



Adam's Plays4Joy

Discuss Adam's Plays4Joy of painting to help his mental health.



Discuss Being Creative

Adam talks about how painting is his creative outlet. Discuss creative outlets.



Worksheet Time

What's an activity that makes you feel confident + calm? Write it down & celebrate it!



Share Your Confidence!

Invite everyone to share. Bonus, share a photo on socials and tag @plays4joy.

Plays4Joy is a positive, proactive and practical approach, teaming up to boost kids' mental health!

Plays4Joy Activity

Name: _____ Teacher: _____

Joy of the Day

Who was featured in the Joy of the Day video?

What sport does this athlete play?

What did you learn from the video?

Plays4Joy

Plays4Joy: an activity that brings you joy!

What is Adam's **Plays4Joy**?

What is one of your **Plays4Joy**?

Think + Create

"Painting was my safe space." Now it's your turn to be creative.

Draw an activity that helps you feel confident and calm.

Plays4Joy

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