

Plays4Joy Activity - Brian Asamoah

Teaming Up To Boost Kids' Mental Health



Joy of the Day



"Small wins every single day build stronger minds."

Brian Asamoah

NFL Linebacker

Be Authentic Foundation

Inspired to lead on & off the field, Brian founded the *Be Authentic Foundation* to empower youth through sports, education, and transformative resources. Rooted in authenticity and teamwork, the message is simple: we're stronger together. Follow [@beauthenticfoundation](#) and [@brianasamoah](#) 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 *Brian Asamoah's* Joy of the Day video on YouTube at youtube.com/@plays4joy.



Brian's Plays4Joy

Discuss Brian's Plays4Joy of training & pushing his body to the limit for his mental health.



Discuss Small Wins

Brian talks about showing up each day & focusing on small wins. Discuss small wins.



Worksheet Time

What's one small win you had today or this week? Write it down & celebrate it!



Share your Small Win!

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: an activity that brings you joy!

Plays4Joy

What is Brian's **Plays4Joy**?

What is one of your **Plays4Joy**?

"Small wins every single day build stronger minds."

Inspire + Motivate

What is one small win you had today or this week?

How did achieving this small win strengthen your mind?

Who do you want to share and celebrate your small win with?
