

Plays4Joy Activity - Sack the Stigma

Teaming Up To Boost Kids' Mental Health

SACK THE STIGMA



Joy of the Day



"Remembering the good things that happen each day."

Zack Marshall, Alyssa Crockett & Eli Owens

Collegiate Athletes
Sack the Stigma

Sack the Stigma supports athletes' mental health, especially student-athletes, by breaking stigma, promoting open conversations, and connecting them with resources. Follow @sackthestigma, @thezackmarshall, @alyssaacrockett, and @eli_owens19 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 *Sack the Stigma's* Joy of the Day video on YouTube at youtube.com/@plays4joy.



Sack the Stigma's Plays4Joy

Discuss their Plays4Joy of remembering the good things that happen each day.



Discuss Gratitude

Sack the Stigma talks about reflecting on what you're grateful. Discuss gratitude.



Worksheet Time

What's something good that happened today or this week. Write it down & celebrate it!



Share Your Good!

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 do these athlete's play?

What did you learn from the video?

Plays4Joy

Plays4Joy: an activity that brings you joy!

What is Sack the Stigma's Plays4Joy?

What is one of your Plays4Joy?

Inspire + Motivate

"Remembering the good things that happen each day."

What is one good thing that happened today or this week?

How does reflecting on this moment make you feel?

Who are you thankful for making this good thing happen?

Plays4Joy

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