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TOOLKIT for coaches to promote joy and wellbeing in youth sport!

We are delighted to introduce our toolkit for coaches — [Educational Pack 2.0](#)!

This pack has been designed to provide **practical tools, reflective approaches, and inspiring methods** to help every child feel respected, supported, and valued in sport, regardless of their background, abilities, or identity.

JOY in Sports is built on the belief that **learning, motivation, and resilience develop through everyday experiences, reflection, and intentional practice.**

We hope this educational pack inspires you to foster a positive team culture, increase participation, and create meaningful and joyful experiences through sport.

[Read more about Educational Pack 2.0 in English](#)
[\(Finnish, Polish, Estonian, Turkish, Portuguese\)](#)

Joy in Sports - Exercise map!

In **Educational Pack 2.0**, take a look at the JOY Exercise Map on [Instagram](#). The **map shows you** how to choose the right exercise for your team in every session. Not every exercise serves the same purpose.

Depending on what your athletes need at any given moment, [choose from the six JOY Exercise Categories](#):

Introductory Exercises
Trust-building Exercises
Team Building Exercises
Communication Exercises
Resilience Exercises

Short videos and instructions for many JOY exercises are available in [Instagram](#)
[Facebook](#) [websites](#)

Also take a look :

[HOW](#) - does JOY work in training

[WHAT](#) - is JOY in sport

[WHY](#) - do so many kids stop enjoying sport

What We've Done and What's Next?



Dissemination and multiplier events in partner countries

TUAS and TuTo joined forces at Olympic Day in Helsinki!

Thousands of people gathered to celebrate sport, movement, and the joy of being active. At the JOY in Sports activity point hosted by our project partner TUAS, visitors had the opportunity to try different activities, challenge themselves, have fun, and discover new ways to experience the joy of sport.

Sport is about more than results and performance. It is about participation, connection, inclusion, and, most importantly, having fun together!

[Instagram](#)



Roadmap to Policy Influencing - "White paper"

The **WP5 Roadmap for Policy Influence — White Paper** will be published by the end of October 2026 and will be available in six languages: English, Estonian, Finnish, Polish, Portuguese, and Turkish. The paper will provide recommendations for governments and policymakers, highlighting the need for an approach that reduces discrimination and fosters children's sense of joy and belonging in sport.

Stay up to date and follow the [Instagram](#) and [Facebook](#) posts and Joy in Sports [website](#)



Summary

The JOY in Sports Project

The project **deliverables** have been published in English, **while the WP4 Educational Pack 2.0 is available in all project partner languages**. They are freely accessible, ensuring broad visibility and transparency. All public outputs and results are available on our official [website](#).

We also invite you to visit our [blog](#) and share your feedback and suggestions with us.



Partners

Project's leading partner: [INNOCAMP PL](#)

Partners:

[Turun ammattikorkeakoulu;](#)

[Cister Sport de Alcobaça;](#)

[Yalova Ortopedikler Spor Kulübü](#)

[Turun Toverit RY](#)

[Spordikoolituse ja -Teabe SA](#)

Associated Partners:

[Akademia Wychowania Fizycznego I](#)

[Sportu Im Jed PI](#)

[Lounais-suomen Liikunta Ja Urheilu Ry.](#)

[Suomen Olympiakomitea Ry.](#)

The final project deliverable will be the White Paper. It will provide governments and policymakers with recommendations that:

- highlight the need for an approach that reduces discrimination and fosters greater enjoyment of sport among children;
- explain how this approach can be implemented.

[Türkiye Bedensel Engelliler Spor Federasyonu](#)
[Yalova University](#)



JOY IN SPORTS
OFFERS **INNOVATIVE TOOLS** COMBINING
CREATIVE MOVEMENT
WITH MOTOR SKILLS!



Olympic Day in Helsinki!



JOY IN SPORTS Exercise Map

Introductory exercises Creating safety & starting sessions	
Trust-building exercises Strengthening relationships	
Team-building exercises Co-operation & group cohesion	
Communication exercises Expressing & listening	
Inclusion exercises Belonging & equality	
Resilience exercises Regulation, self-talk & recovery	

Short videos and instructions for many JOY exercises are available on **Instagram**



Project: ERASMUS + Sport - 2023 EU-s: 101134472/JOY - 21/08/2023

Duration 36 month (January 2024-December 2026)



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