



PLAYBOOK FOR SUCCESS FOUNDATION

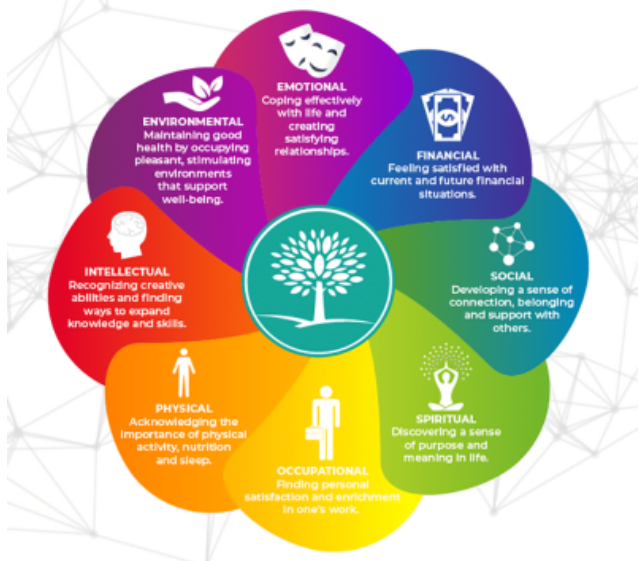
Wellness is the Real Win — On & Off the Field

A Family & Parent Guide to the 8 Dimensions of Wellness

At **Playbook for Success**, we believe total wellness is the foundation for every child's success — in school, in sports, and in life. As a parent or family member, **you are their most important coach**. Here's how you can support your child across all 8 dimensions of wellness.

The 8 Dimensions of Wellness

8 DIMENSIONS OF WELLNESS



Emotional	Express feelings, manage stress, build confidence. Mental health lives here too.
Physical	Movement, nutrition, and rest keep the body strong.
Intellectual	Curiosity, learning, and creativity — including our Fourth & READ program.
Social	Strong relationships, teamwork, and a sense of belonging.
Financial	Smart money habits: budgeting, saving, and real-life skills.
Spiritual	Values, purpose, and knowing who you are and what you stand for.
Occupational	Meaningful roles and activities that create a sense of accomplishment.
Environmental	Safe, clean, supportive spaces at home, school, and in the community.

What We Offer at Playbook for Success

Fourth & READ Literacy & reading comprehension	Mentorship Life skills, accountability & leadership	Financial Wellness Budgeting & real-life money skills	STEM Curiosity & critical thinking	Mental & Emotional Safe space — feelings are valid
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Mental & Emotional Health Matters: It's okay to ask for help • Your child's feelings are valid • You are not alone • *Talking is strength, not weakness.*

Our Mission: Empowering youth through literacy, leadership, and life skills — so every child can win on and off the field.

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