



CHAMPS



Courage | Teacher Guide



www.athletesforhope.org
contact@athletesforhope.org



Welcome

CHAMPS is a program created by Athletes for Hope to inspire the next generation of youth to learn the importance of physical activity, mental health, and leadership from athlete role models.

The program's curriculum focuses on social-emotional learning by pairing interactive exercises with leadership lessons to promote physical and mental health. There are six units with each unit of the curriculum containing on-demand videos, a student workbook, and a teacher guide. Depending on availability, we also offer the opportunity for selected schools to have athlete virtual or in-person visits.




[LEARN MORE](#)

CHAMPS

Curriculum Overview

Our program is designed around the CHAMPS Curriculum: Courage, Honesty, Accountability, Mindfulness, Positivity, Strength

| | Mental Health Objective | Leadership Objective |
|-------------------------------|---|---|
| Unit 1: Courage | Recognize courage is needed to understand and manage emotions | Recognize the benefits of overcoming fear |
| Unit 2: Honesty | Understand how to be truthful with how you are feeling and learn to share important information with trusted adults | Understand how to be truthful in what you say and do in your interactions with others |
| Unit 3: Accountability | Learn to take responsibility for the choices you make that can help you be at your best | Learn to take responsibility for how your words and actions affect others |
| Unit 4: Mindfulness | Learn skills and techniques to help you slow down and be present and aware of your thoughts and feelings | Learn to be aware of how others are feeling |
| Unit 5: Positivity | Foster a healthy mindset that looks at things in a productive way | Encourage the uplifting of others |
| Unit 6: Strength | Foster an understanding of resilience | Learn to lead despite adversity |

| |  Mental Health Pillar |  Leadership Pillar |  Physical Activity Pillar |
|--------------------------------|---|--|---|
| C Courage | Awareness of feelings and emotions | Be fearless | Begin a new sport or activity |
| H Honesty | Ability to talk about emotions | Be truthful | New skills take time to develop into habits |
| A Accountability | Identify choices that lead to healthy habits | Be responsible | Consistency over time produces results |
| M Mindfulness | Learn tools to regulate emotions | Be present | Embrace being in the moment |
| P Positivity | Promote a positive mindset | Be positive | Positive self-talk helps you enjoy the process |
| S Strength | Embrace healthy resilience | Be unstoppable | Adversity is an opportunity for growth |

Mental Health: Our emotional, psychological, and social well-being. It refers to how we think, feel, and act and helps determine how we handle stress, relate to others and make healthy choices.

Leadership: The ability of an individual or multiple people to influence, guide and inspire others. Leaders set a good example and help others when they are in need.

Physical Activity: Any activity that involves moving your body. It includes everyday activities, physically active play, and organized sports and exercise.

Courage

Word of the Month

Definition

Making good choices in the face of fear or obstacles; not letting fear hold you back from exploring new opportunities, developing our skills, and doing what is right.

Goals

- Help Students to discover and talk about feelings and emotions
- Help Students be fearless and authentic
- Encourage trying a new sport/physical activity/exercise

Objectives

- Recognizing courage is needed to recognize and manage emotions
- Recognize the benefits of overcoming fear

Core Courage Questions

- What is courage?
- Why is being courageous sometimes difficult?
- How do you show courage with mental health?
- When is a time where you tried something new? How did you feel?
- How do you show courage in your class?
- How does courage help you lead?



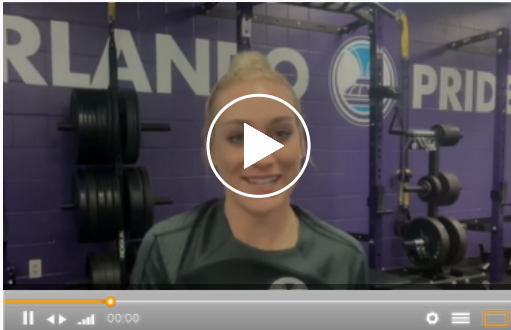
Program Structure

Week 1



Watch Courage Video #1

Featuring Megan Montefusco,
Orlando Pride NWSL



Distribute Student Workbook

Week 3



Watch Courage Video #2

Featuring Kendall Ellis,
USA Track & Field



Week 2



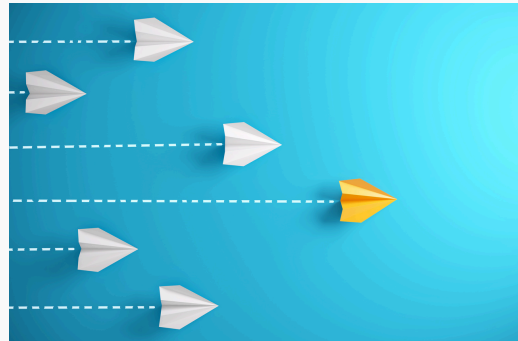
Mental Health Lesson plan



Week 4



Leadership Lesson plan



Mental Health

CHAMPS Lesson Plan



Definition

It takes courage to listen to what your body is telling you. It's good to recognize your feelings so you can learn how to manage them.

Objective

Recognizing courage is needed to understand and manage emotions.

Warm Up Activity: Courage Charades

(5 Minutes)

Preparation: Write down a list of simple, courageous acts on small pieces of paper. Examples might include:

- Standing up for a friend
- Trying something new
- Speaking in front of a group
- Facing a fear (e.g., holding a spider, climbing a tall slide)

Activity:

- Divide the kids into small groups or pairs.
- Have one child from each group pick a piece of paper and act out the scenario without using words, while their group tries to guess the action.
- After the charade is guessed, discuss briefly why the action required courage.

Post Activity Discussion:

- Once every child has had a turn, gather together and discuss different forms of courage they acted out.
- Ask them questions like, "How did it feel to imagine doing that courageous thing?" or "Can you think of a time when you did something courageous?"

Mental Health

CHAMPS Lesson Plan (Continued)

Physical Activity: Exercise Circle

(5 Minutes)

Students gather in a circle and one at a time go into the middle and do some iteration of physical activity. This can include:

- Stretch
- Exercise
- Dance
- Jumping

This person in the center is the leader for those 30 seconds and uses courage to help the group. Have the whole group count to ten in unison during each physical activity.

Scenario Discussion

(10 Minutes)

"You're struggling with a math unit and have a test on Thursday. Normally, you get math, but this unit feels tough, and you're anxious about asking for help. How can you find the courage to ask for help and boost your confidence for the exam?"

Follow Up Questions:

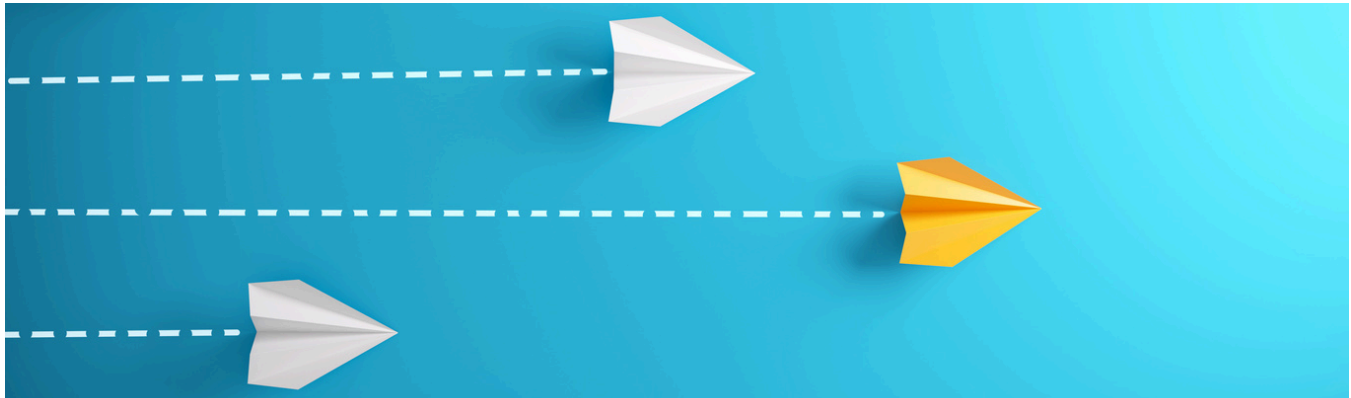
- Has anyone ever been nervous for a test?
 - Emphasize that its okay to feel anxious
- Who are people you could ask for help?
- What's something in sports that could make you nervous like a test?
 - How do you gain confidence in that situation?

Takeaway:

It takes courage to listen to what your body is telling you. It's good to recognize your feelings so you can learn how to manage them.

Leadership

CHAMPS Lesson Plan



Definition

Making good choices in the face of fear or obstacles; not letting fear hold you back from exploring new opportunities, developing our skills, and doing what is right. (BRAVERY)

Objective

Recognizing the benefits of overcoming fear and uncertainty.

Warm Up Activity: Rock Paper Scissors Party

(5 Minutes)

- Start by everyone pairing up, spread out.
- Then they play rock paper scissors
 - The winner will go onto the next round and be the leader for their team
 - Who ever loses becomes a member of the winners team and cheers them on
- The next round is the same find another team with a similar amount of fans and play rock paper scissors
 - Then again the winner will stay the leader of the team
 - The loser will become a member of the winners team along with their team members
- Go until there are two teams and have a showdown where the teams cheer on their leader

Post Activity Discussion:

- "What did you learn about being a leader?"
- "Was it hard to make decisions quickly?"
- "How did your team help you as a leader?"

Leadership

CHAMPS Lesson Plan (Continued)

Physical Activity: Thunderdome

(5 Minutes)

Divide students into teams (#s depend on class size)

Explain the rules: Each team will send one player at a time to compete in each challenge located in the “Thunderdome” (i.e. middle of room, front of room, etc.)

- The players will not know the challenge until each team sends someone to the Thunderdome
- Players cannot go more than once
- The player who best accomplishes the challenge scores a point for their team. The team with the most points wins!
- Start the game. Challenge Examples:
 - Can jump the furthest (standing long jump)
 - Can hold a plank for the longest amount of time
 - Has the best balance (who can stand on one leg the longest; this may get long unless you add some challenging elements – e.g. standing on one leg with eyes closed, standing on one leg while doing ankle circles, etc.)
 - Can do the most jumping jacks in one minute.
 - Can hold a wall squat for the longest amount of time

Scenario Discussion

(10 Minutes)

“You’re playing basketball, and you notice that no one has passed the ball to Carson, the new student. Now you have the ball—your friend is calling for it, but Carson is wide open. How can you show courage and inspire others to do the same?”

Discuss the scenario with the class and decide what the students would do.

Follow Up Questions:

- If your friends ask you why you made your decision after what would you say?
- What are some good things that could happen if you pass to Carson?
- If Carson misses what would you say to him after?

Takeaway:

When you choose to be brave and not let fear hold you back from doing what is right, you can inspire people around you to be courageous too!

We want to hear from you!

About Athletes for Hope

Educating athletes on their potential to make a positive impact on the world, connecting them with the causes they care about & inspiring others to do the same.

Would you like an athlete visit?

Please fill out this form

CHAMPS SCHOOL SIGN UP

Any Questions?

Reach out to Kendra Coleman at
kcoleman@athletesforhope.org.

Get Involved. Be Inspired.

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