



CHAMPS



Honesty | Teacher Guide



www.athletesforhope.org
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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.

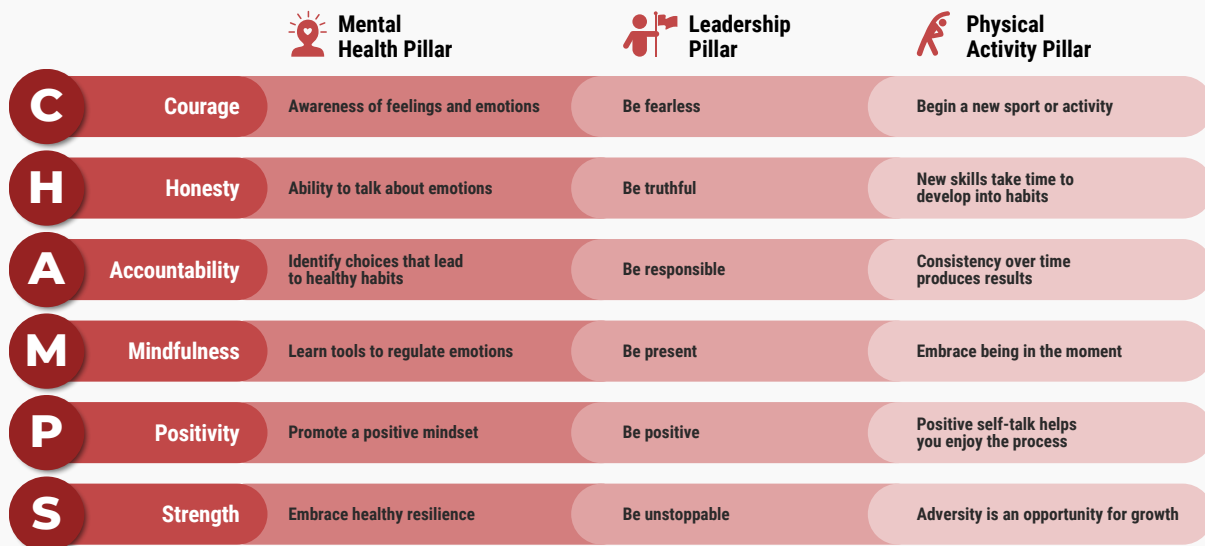
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CHAMPS

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: 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.

Honesty

Word of the Month

Definition

Being truthful in what you say and do.

Goals

- Create a safe place for students to be able to talk about all emotions, and help process negative feelings
- Teach students what it means to be truthful in all aspects of life
- When trying a new sport or activity, encourage students that new skills take time to develop into habits

Objectives

- Understand how to be truthful with how you are feeling and learning to share important information with trusted adults
- Understand how to be truthful in what you say and do in your interactions with others

Core Honesty Questions

- What is honesty?
- Why is being honest sometimes difficult?
- How do you show honesty with your mental health?
- When was the last time you tried something new? How did you feel?
- How do you show honesty in your class?
- How does honesty help you lead?



Program Structure

Week 1

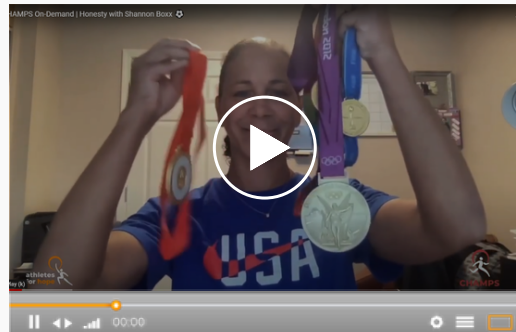
- ✓ Watch Honesty Video #1
Featuring Josh Kelley,
National Football League



- ✓ Distribute Student Workbook

Week 3

- ✓ Watch Honesty Video #2
Featuring Shannon Boxx,
USA Women's Soccer Team



Week 2

- ✓ Mental Health Lesson plan



Week 4

- ✓ Leadership Lesson plan



Mental Health

CHAMPS Lesson Plan



Definition

Being truthful in what you say and do (INTEGRITY)

Objective

Understanding how to be truthful with how you are feeling and learning to share important information with trusted adults

Warm Up Activity: Two Truths and a Lie

(5 Minutes)

Break the students up in groups of 3-4 or whatever is appropriate for the classroom.

Rules of the game:

- Each student will take turns sharing three statements, two truth and one lie
- Then the other students will try and guess which one is the lie
- The student will reveal which one is the lie
- Then the others will take turns doing the same

Follow Up Questions:

- How did it feel to lie to your friends?
- Was it easier to lie or be truthful?
- If you got tricked by your classmate how did that make you feel?

Mental Health

CHAMPS Lesson Plan (Continued)

Physical Activity: Trashcan Knockout

(5 Minutes)

(Can also play normal Knockout if you have access to a basketball hoop)

Objective:

Eliminate other players by making a "basket" in the trashcan before the person behind you in line.

Materials Needed:

- A trashcan or a large bin
- Two or more paper balls (crumpled paper)
- A group of players (minimum of 3)
- A designated shooting line (you can use tape or a piece of string to mark it)

Setup:

- Place the trashcan or bin at one end of the play area.
- Mark a shooting line several feet away from the trashcan. Adjust the distance based on the age and skill level of the players.
- Have the players line up single file behind the shooting line. The first two players in line each hold a paper ball.

How to Play:

1. The first player in line (Player 1) throws their paper ball at the trashcan, aiming to get it inside. As soon as Player 1 throws, the second player (Player 2) can take their shot.
2. If Player 1 makes the shot before Player 2, Player 1 retrieves their paper ball, passes it to the next person in line, and goes to the back of the line.
3. If Player 1 misses, they must quickly retrieve their paper ball and attempt to make a basket from anywhere in the play area before Player 2 scores.
4. If Player 2 makes their shot before Player 1, then Player 1 is "knocked out" and steps out of the game.
5. Player 2 then passes their ball to the next player in line, and the game continues.
6. The game goes on until there is only one player left, who is declared the winner.

Variations:

- Distance Knockout: Move the shooting line further back as players get more skilled.
- Obstacle Knockout: Add obstacles or rules (like hopping on one foot) to make it more challenging and fun

Mental Health

CHAMPS Lesson Plan (Continued)

Scenario Discussion

(10 Minutes)

"Imagine you had a tough morning at home and are feeling down, making it hard to focus at school. Your teacher notices and asks how you're doing. What should you say?"

Follow Up Questions:

- Does it make you feel better when you talk about your feelings with someone?
- Who else would you be comfortable talking about your feelings with?
- If someone wanted to talk to you about their feelings would you listen?

Takeaway:

It's hard to be honest with yourself when it comes to your feelings. But, recognizing your feelings helps you communicate better with others and helps in all aspects of life.

Leadership

CHAMPS Lesson Plan



Definition

Being truthful in what you say and do (INTEGRITY)

Objective

Understanding how to be truthful in what you say and do in your interactions with others.

Warm Up Activity: Shipwreck

(5 Minutes)

A game where one partner must trust the other to guide him or her through a maze of shipwrecks and rocks. A great ice-breaker and team building exercise! Equipment can be very random, from large items such as chairs to small items like bean bags, whatever you have!

Game Description:

Navigate the shipwreck and rocks blindfolded with the help of your partner.

Game Rules:

Scatter random equipment throughout the playing area. Students need to work with partners, one partner wears a blind fold and the other acting as the guide. The object of the game is for the partner wearing the blind fold to be guided through the 'shipwreck' without walking into any objects, listening only the voice commands of their partner. Guides can only use the words forward, backwards, left, and right, and stop. If the partner with the blind-fold walks into an object the guide performs a quick fitness exercise and then they switch roles and start over. Ask at the end which was harder-leading or listening to instructions?

Leadership

CHAMPS Lesson Plan (Continued)

Physical Activity: Infection Tag

(5 Minutes)

Starting the Game:

One player is chosen to be "It" or the "Infected" at the beginning of the game.

Tagging:

When a player is tagged, they become infected and join the original "It" in tagging the remaining players.

Objective:

The goal of the "It" player is to tag other players, spreading the "infection."

Winning:

The game ends when all players have been tagged and are infected. There's no specific "winner," but the challenge is to see who can last the longest without being tagged.

The excitement comes from the ever-growing number of "It" players, making it harder to avoid being tagged as the game progresses!

Scenario Discussion

(10 Minutes)

"You're in a group project at school and realize you've made a mistake in your section. Feeling nervous and unsure about admitting it to your classmates, how can you be a leader and demonstrate honesty in this situation?"

Follow Up Questions:

- If you were on the other side of this scenario would you want one of your partners to admit to the mistake?
- Would you feel better after you admit to the mistake?
- How can admitting to the mistake help you build confidence to address tough situations in the future?

Takeaway:

Honesty can be difficult sometimes, but good leaders are honest when it comes to what's best for their team.

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 a form by clicking the button below on your phone or computer.

CHAMPS SCHOOL SIGN UP

Any Questions?

Reach out to Kendra Coleman at kcoleman@athletesforhope.org

Get Involved. Be Inspired.

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