



# CHAMPS



## Accountability Student Workbook



[www.athletesforhope.org](http://www.athletesforhope.org)  
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# Welcome

*Welcome to the Athletes for Hope CHAMPS Program!*

CHAMPS is all about having fun while getting stronger, smarter, and better at leading in school, sports, and life. We believe that when we exercise and play together, our minds become happier and healthier too! So let's get moving and show that we are champions of our own lives!



**C**

Courage

**H**

Honesty

**A**

Accountability

**M**

Mindfulness

**P**

Positivity

**S**

Strength

# Accountability

## Word of the Month

**Definition:** Taking responsibility for your words and actions

*A person who practices accountability takes responsibility for their actions, treats others with respect, and always tries to do the right thing.*

*This unit's activities will focus on the word accountability and at the end of the day, we'll discuss why it is important in leadership and mental health. Ready to get started?*



# Accountability

## What Does Accountability Mean?

Draw a picture of ACCOUNTABILITY in action.

"Accountability is...."

# Accountability

## In Action



Matthew Boling demonstrates accountability in his preparation for competition by taking full responsibility for his training and ensuring that every aspect of his routine is executed with purpose. He holds himself to rigorous standards, whether it's in meeting the demanding workouts set by his coach or by staying focused on his long-term goals, such as earning a spot on the U.S. Olympic team. Boling's commitment to improvement is evident in his approach to training across multiple events—from the 100 meters to the 400 meters—pushing himself to excel without becoming complacent in any single discipline.

# Accountability

## Exercise Challenge

### Keep up with the Pros!

Your goal is to complete all 4 exercises below everyday this month! Track your progress of how you felt after by filling in the boxes with what emoji you felt after completing all four exercises that day!

### Exercises

- 10 V-Ups
- 20 Squats
- 10 High Knees
- 20 Side Lunge

**Emoji Rating Scale:** 1 = 🏋️ 2 = 🏃 3 = 🤪 4 = 🏊 5 = 🤖

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

# Accountability

## Exercise Challenge

### Accountability Journal

Time how many Push-Ups you can do in a minute and track it honestly for a month. Keep an 'Accountability Journal' to record how many crunches you can do in a minute. Adjust as needed to stay true to your goals! Record your best time each week for the month of November.

#### Week 1

#### Week 2

#### Week 3

#### Week 4

# Mental Health

## What is it?

**Great job taking care of your body and growing stronger with these exercises – now it's time to give your brain some workouts!**

Your brain is a muscle too, which means you need to take care of it on and off the field just like you would with the rest of your body!

**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.





# Mental Health

**“I can do it...I just need a minute.”**

Facing your fears can be hard! The next time you prepare to tackle one of your fears, practice this grounding technique to prep your mind and your body for action!

## FIVE SENSES EXERCISE



5 THINGS YOU CAN  
**SEE**



4 THINGS YOU CAN  
**FEEL**



3 THINGS YOU CAN  
**HEAR**



2 THINGS YOU CAN  
**SMELL**



1 THING YOU CAN  
**TASTE**

# Mental Health

## Affirmations

**Stand in front of a mirror and practice your best super hero / heroine poses while saying the following:**

- I am strong
- I am brave
- I can do hard things
- I am smart
- I am funny
- I am a good listener
- I am good at moving and being active
- I am good at sitting still
- I am good at trying new things
- I am good at keeping a routine and knowing my favorite things
- I am kind to my friends, family, or community
- I am a good helper
- I am an excited learner

# Mental Health

## What would you do?

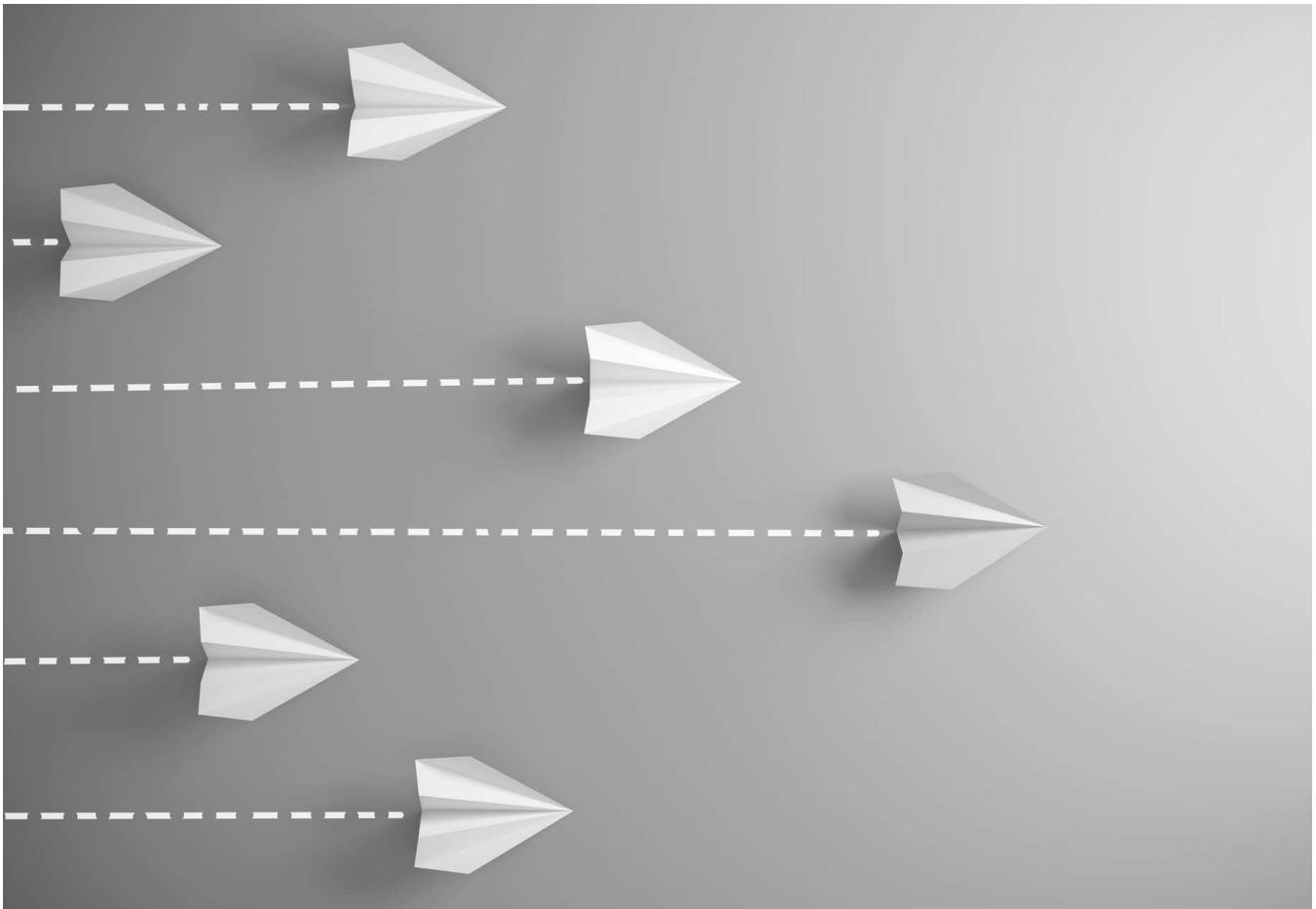
**Scenario #1:** You're frustrated because your soccer team lost, and you didn't play well after staying up late playing video games. When your friend asks about the game, how can you show accountability? What choices can you make to perform better next time?

# Leadership

## What is it?

**Great job learning all about mental health! So far, you've exercised your body and brain – that's awesome!**

**Leadership:** The ability of an individual or multiple people to influence, guide and inspire others in groups like their community, classroom, or sports team. Leaders set a good example and help others when they are in need.



# Leadership

## What would you do?

**Scenario #2:** While running sprints with your team, you notice a teammate cutting corners. How can you be a leader and demonstrate accountability in this situation?

# Accountability

## CHAMPS Challenge

### How do you practice accountability in your life?

Share 3 examples of how you practiced accountability in your physical health, mental health and leadership this month.

#### Physical Fitness

Example: I identified an exercise I want to get stronger in.

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#### Mental Health

Example: I noticed when I was saying mean things to myself.

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#### Leadership

Example: I took responsibility for a mistake I made.

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# Get Involved. Be Inspired.

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