



# CHAMPS



## Mindfulness 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**

# Mindfulness

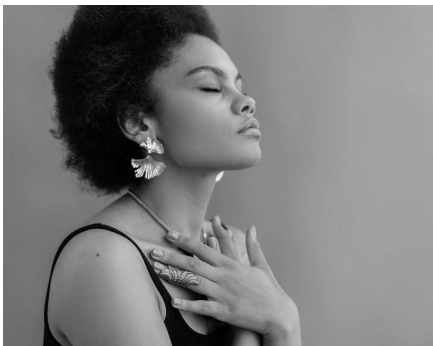
## Word of the Month

**Definition:** Being fully present in the moment and aware of our thoughts, feelings, and experiences

*All of this unit's activities will focus on the word mindfulness and at the end of the day, we'll discuss why it is important in mental health and leadership.*

*Did you know? Athlete Mental Health Week is February 1st- February 9th. Athletes for Hope will uplift the voices and support the wellbeing of all athletes of every sport and competition level. Join us in celebration!*

*Ready to get started?*



# Mindfulness

## What Does it look like?

Draw a picture of MINDFULNESS in action.

"Mindfulness is..."

# Mindfulness

## In Action



Zac Plantz was an athlete and leader who believed in helping others feel included and valued. He used his focus and determination from football and rugby to solve big challenges and bring people together. He was an All-State football player in high school and a rugby standout at University of Notre Dame. Zac taught us that mindfulness, being present and aware, can make us better leaders and teammates. By staying calm, kind, and thoughtful, we can face any problem and help those around us. Zac's story reminds us that with a caring heart and a clear mind, we can make a big difference in the world.

# 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

## Mindful Moment Challenge

### Keep up with the Pros!

Your goal is to complete all 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

5 consecutive deep breath while sitting and 3 minutes of stretching outside

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			



# Mental Health

## Mindfulness Journal

### Journal

Reflect on your week and write or draw things you are grateful for. We encourage you to start each day thinking of three things you are grateful for and write it down.

### Week 1

### Week 2

### Week 3

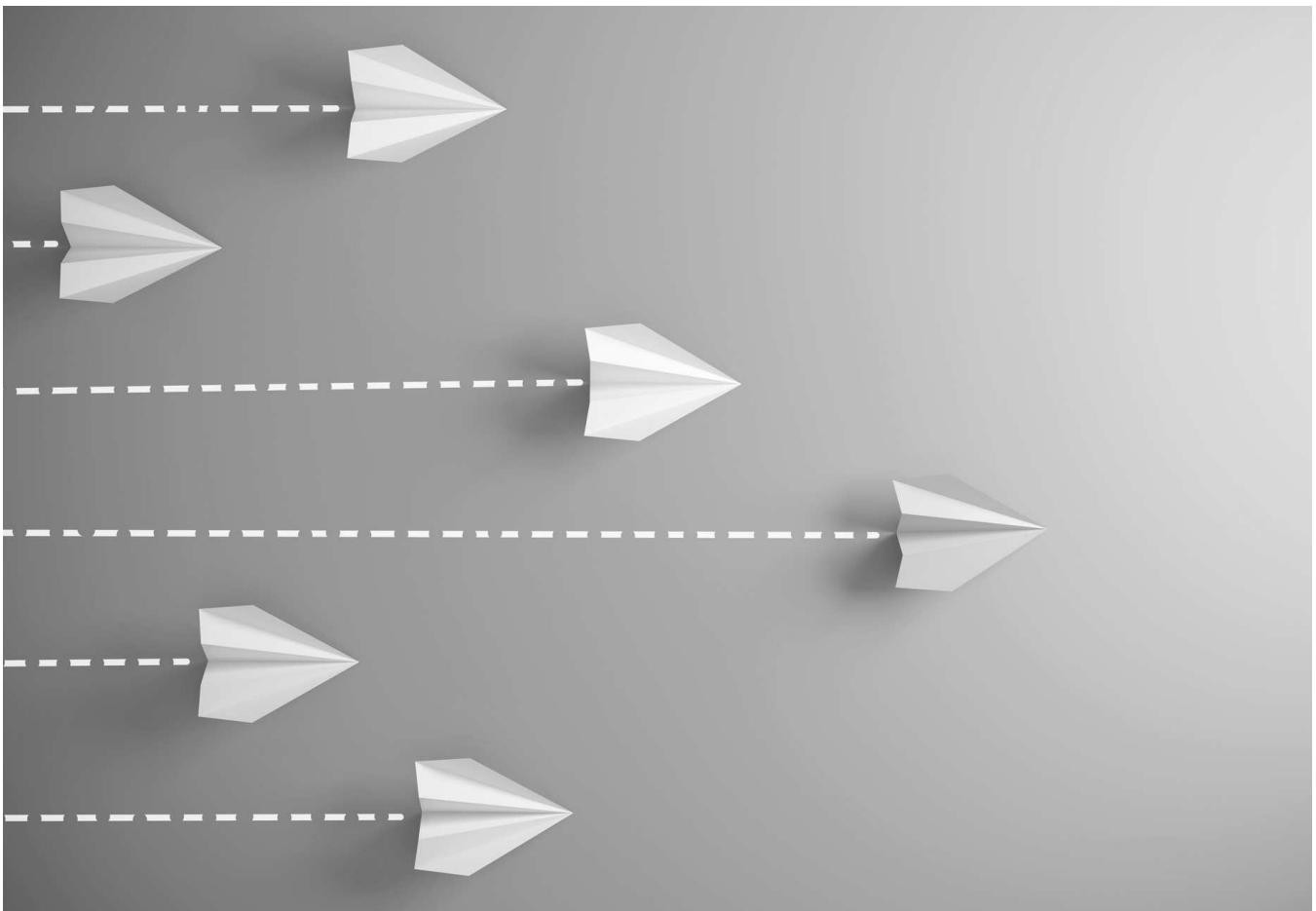
### Week 4

# 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.

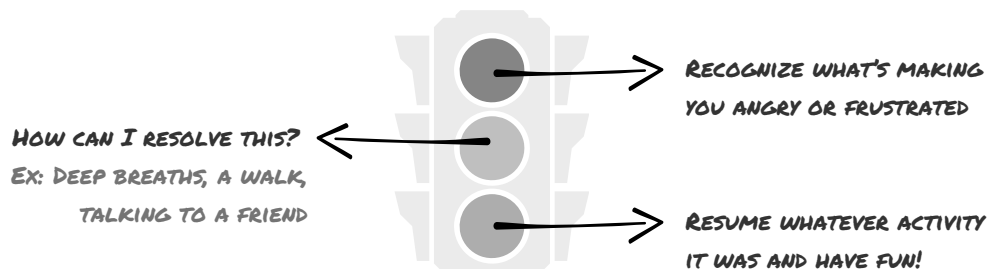


# Leadership

## What would you do?

**Scenario #1:** While playing a game at recess, you notice someone bending the rules, and it feels unfair, making you upset. What can you do to calm yourself down?

### Strategy to Calm Down



# Leadership

## What would you do?

**Scenario #2:** You're having fun at recess, but you notice your friend sitting alone on a bench. Even though you're in the middle of a game, you sense something is wrong. What can you do to help your friend?

# Mindfulness

## CHAMPS Challenge

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

Share 3 examples of how you practiced mindfulness 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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