



CHAMPS



Positivity Student Workbook



www.athletesforhope.org
contact@athletesforhope.org



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

Positivity

Word of the Month

Definition: Having a mental attitude that looks at things in a productive and constructive way.

It is easy to spend our time thinking about the negative things in our lives, including the things that have gone wrong. Positive thinking is important because it teaches us how to appreciate the good things in our lives. It helps keep things in perspective, which in turn promotes happiness and well-being.



Positivity

What Does it Look Like?

Gratitude

Draw a picture of someone or something in your life that you are thankful for:

Positivity

In Action



NBA basketball star Stephen Curry has made a positive impact on and off the court. Among many accomplishments on the court, Stephen holds nine NBA all-star selections and four NBA Championships. He even holds the record for most 3-pointers made in NBA history! He prioritizes giving back to the community by helping underrepresented youth increase access for sports across the country.

Whether he is leading his team to basketball championships or helping youth in the community, Stephen's positive energy is contagious.

Positivity

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

- how long you can jump rope for
- giving 2 people a compliment per day

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			

Positivity

Weekly Practice

Awe Journal

Write down moments each week that you find beautiful or extraordinary. Maybe it's seeing a double rainbow or doing a kind act. Record them below or in a journal using words or drawings. This Awe Journal will help you recognize what is beautiful in your life, which helps you form a more positive outlook on the world.

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

Write out ten positive affirmation(s) that best describe you!

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

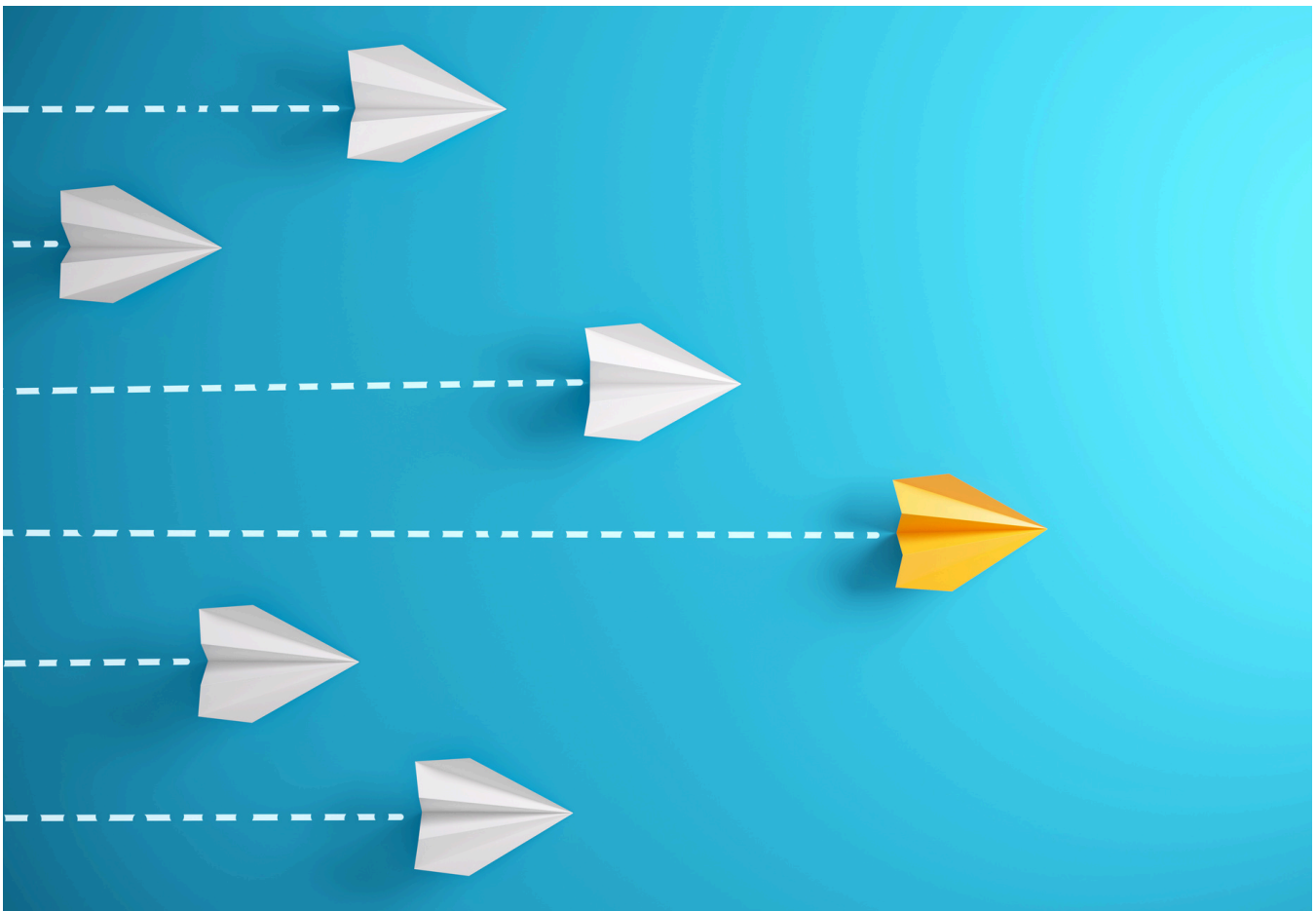
10. _____

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: You're frustrated that you can't dribble well with your left hand, but last year you couldn't dribble with it at all. You have made real progress this year—how can you stay positive?

Leadership

Is positivity contagious?

Scenario #2: Your basketball team is losing in the fourth quarter, and everyone is frustrated. It's been a tough game, but your team still believes in a win. How can you be a leader and bring positive energy to your teammates?

Accountability

CHAMPS Challenge

How do you practice accountability in your life?

Share 3 examples of how you showed positivity this month in your mental health, physical fitness, and leadership.

Physical Fitness

Example: I am enjoying exercising and trying new sports.

Mental Health

Example: I have been reading my positive affirmations everyday.

Leadership

Example: I gave high fives and encouraged my teammates during practice.

Get Involved. Be Inspired.

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