



CHAMPS



Positivity 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.

Positivity

Word of the Month

Definition

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

Goals

- Promote a positive mindset
- Be positive
- Positive self-talk helps you enjoy the process

Objectives

- Foster a healthy mindset that looks at things in a productive way
- Encourage the uplifting of others

Core Questions

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



Program Structure

Week 1

- ✓ Watch Positivity Video #1
Featuring...



- ✓ Distribute Student Workbook

Week 3

- ✓ Watch Positivity Video #2
Featuring...



Week 2

- ✓ Mental Health Lesson plan



Week 4

- ✓ Leadership Lesson plan



Mental Health

Positivity Lesson Plan

Definition

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

Objective

Foster a healthy mindset that looks at things in a productive way



Mental Health

Positivity Lesson Plan

Warm Up Activity: Positivity Toss

(5 Minutes)

How to Play:

- 1. Gather Supplies:** Use a soft ball, stuffed animal or beanbag that can be safely tossed.
- 2. Create a Rule for Movement:** Have the group spread out across the room or gym.
- 3. Toss and Share:**
 - o The person with the ball shouts one positive thing about themselves (e.g., "I'm great at drawing!") and then tosses the ball to someone else.
 - o When the ball is caught, the next person says a positive thing about themselves before tossing it again.
- 4. Add a Twist:** After a few rounds, introduce a new rule: Before tossing, they say one kind thing about the person they're throwing the ball to.
- 5. Keep Everyone Moving:** Encourage students to move around the space after tossing or catching to make it more dynamic.

This keeps them active while spreading positivity and practicing both self-affirmation and compliments!

Mental Health

Positivity Lesson Plan (Continued)

Physical Activity: Duck Duck Goose

(5 Minutes)

Rules:

- 1. Form a Circle:** Everyone sits in a big circle on the ground, facing each other.
- 2. Choose the "Picker":** One person is chosen to start as the Picker.
- 3. The Picker Walks:** The Picker walks around the outside of the circle, gently tapping each person on the head and saying "Duck" each time.
- 4. Say "Goose":** At any moment, the Picker can tap someone on the head and say "Goose!"
- 5. The Chase:**
 - When "Goose" is said, the person tapped must jump up and chase the Picker around the circle.
 - The Picker tries to run all the way around and sit in the "Goose's" spot before being tagged.
- 6. What Happens Next:**
 - If the Picker makes it to the spot safely, the Goose becomes the new Picker.
 - If the Goose tags the Picker, the Picker stays the Picker for the next round.

7. Keep it Fun:

Remind everyone to play gently, stay safe, and have fun!

It's a great game for encouraging movement and laughter while teaching kids patience and turn-taking.

Mental Health

Accountability Lesson Plan (Continued)

Scenario Discussion

(10 Minutes)

"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?"

Takeaway: Focus and build on the progress you've made. Having a good attitude can help you achieve the next hard task.

Follow Up Questions:

- How does it feel to know you've improved so much from last year?
- How can you celebrate the progress you've already made?
- What would you tell a teammate who's feeling frustrated about their progress?

Leadership

Positivity Lesson Plan

Definition

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

Objective

Encourage the uplifting of others



Leadership

Positivity Lesson Plan

Warm up activity: Affirmation Mirror Relay

(5 Minutes)

- 1. Divide the Group:** Split the kids into small teams of 4–6.
- 2. Set Up a Relay Course:** Create a simple relay course with cones, hula hoops, or markers.
- 3. Affirmation Stop:** At the halfway point of the relay, place a small mirror or an imaginary affirmation station.
- 4. How to Play:**
 - One by one, each player runs or walks to the mirror.
 - When they reach it, they must look into the mirror (or imagine doing so) and say a self-affirmation aloud (e.g., “I am a good friend!” or “I can do hard things!”).
 - After saying the affirmation, they finish the relay and tag the next teammate.
- 5. Celebrate Effort:** Once all teams finish, come together and have everyone share their favorite affirmation from the game.

This activity encourages movement, builds self-confidence, and gets kids thinking about positive traits in a fun and interactive way!

Leadership

Positivity Lesson Plan (Continued)

Physical Activity: Photo Finish

(5 Minutes)

Photo finish is a positive attitude team activity that helps improve collaboration and communication. To play this photo finish game:

- Separate your students into groups of 8 to 12.
- Mark out a straight line with tape, a rope, or cones.
- Have each group start at the opposite end of the room from the line.
- The goal of this game is for the entire group to cross the line at the exact same time before any of the other teams. As simple as this sounds, it can be quite a challenge to achieve. For the group to accomplish this task, they'll need a lot of planning, communication, and accurate timing.

Note: This activity can also help you recognize leadership qualities in some of your students, as these will usually be the ones thinking strategically, organizing the group, and leading the communication.

Scenario Discussion

(10 Minutes)

"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?"

Takeaway: Being a leader means you try to keep a positive attitude so others around you can do the same.

Follow Up Questions:

- What are some positive things you can say to your teammates to keep them motivated?
- How can your body language, like smiling or staying upbeat, help bring energy to the team?
- How can you help your teammates focus on the effort instead of just the score?
- How can staying positive during tough games help your team in the long run?

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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