



Accountability

Student Workbook



**athletes
for hope**
champs

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Welcome!



Welcome to the Athletes for Hope CHAMPS Program!

C OURAGE

H ONESTY

A CCOUNTABILITY

M INDFULNESS

P OSITIVITY

S TRENGTH

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!



Accountability

Word of the Month

i 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.

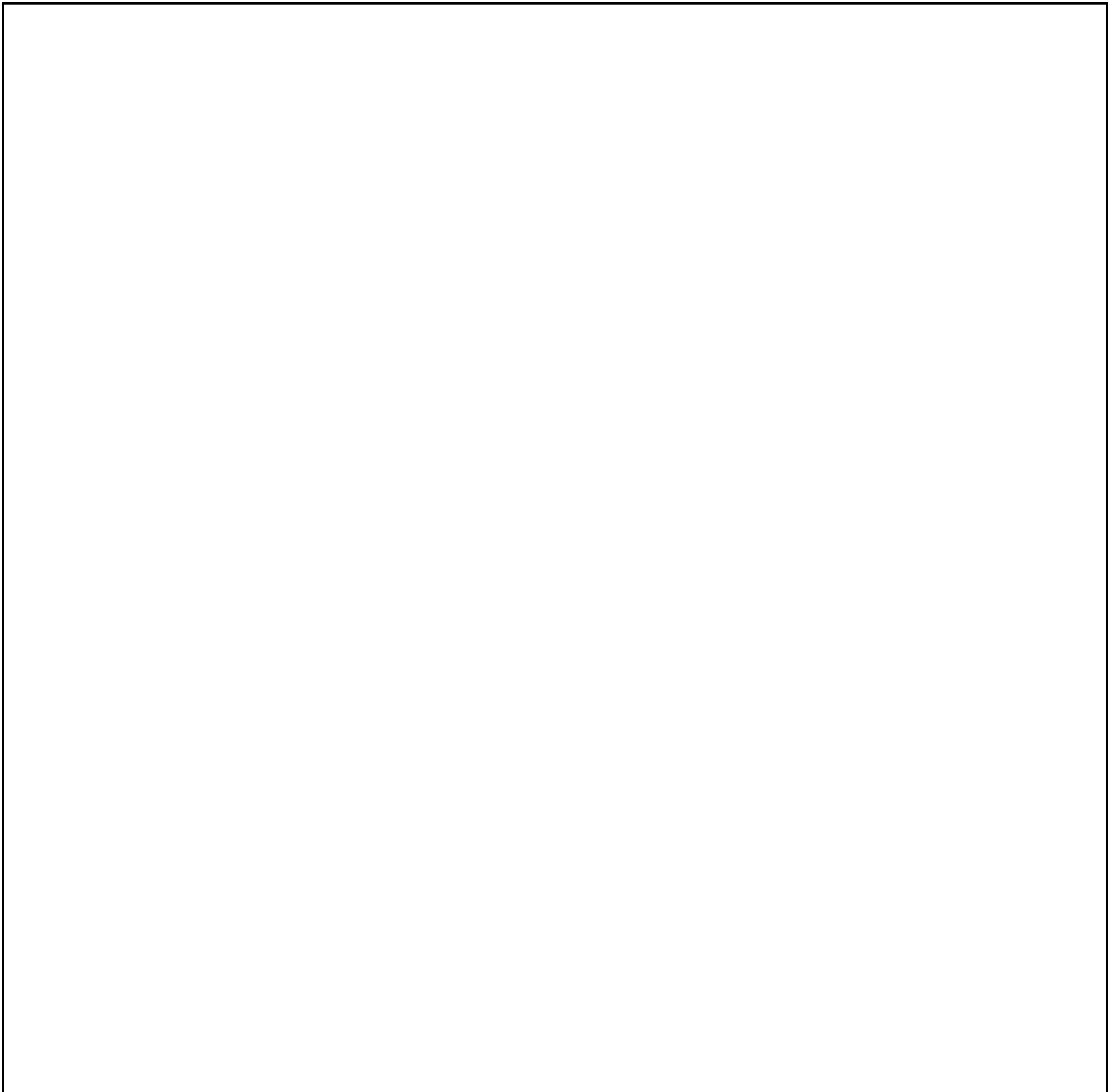
This unit's activities will focus on the word **accountability** and at the end of the day, we'll discuss why it is important in leadership and mental health.

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.

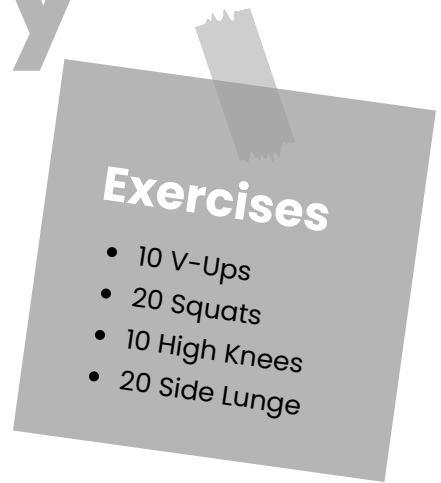
He holds himself to rigorous standards, whether it's in meeting the demanding workouts set by his coach or by staying focused on his long-term goals, such as earning a spot on the U.S. Olympic team. Boling's commitment to improvement is evident in his approach to training across multiple events—from 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!



Emoji Rating Scale: 1 = 🤔 2 = 🏃 3 = 🤦 4 = 🧑🏻♀️ 5 = ➡️ 6 = 😬 7 = 🙄

		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	31		

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



Accountability

In Mental Health

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.

Accountability

In 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 5-4-3-2-1

5

SEE

Notice five things you can see in your surroundings.



4

FEEL

Identify four things you can touch.



3

HEAR

Listen for three sounds you can hear.



2

SMELL

Notice two things you can smell.



1

TASTE

What is something you can taste



Accountability

In Mental Health

AFFIRMATIONS

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

I am kind to my friends, family, or community

I am brave

I am funny

I am strong

I am a good helper

I am good at trying new things

I am good at sitting still

I am good at keeping a routine and knowing my favorite things

I can do hard things

I am smart

I am a good listener

I am an excited learner

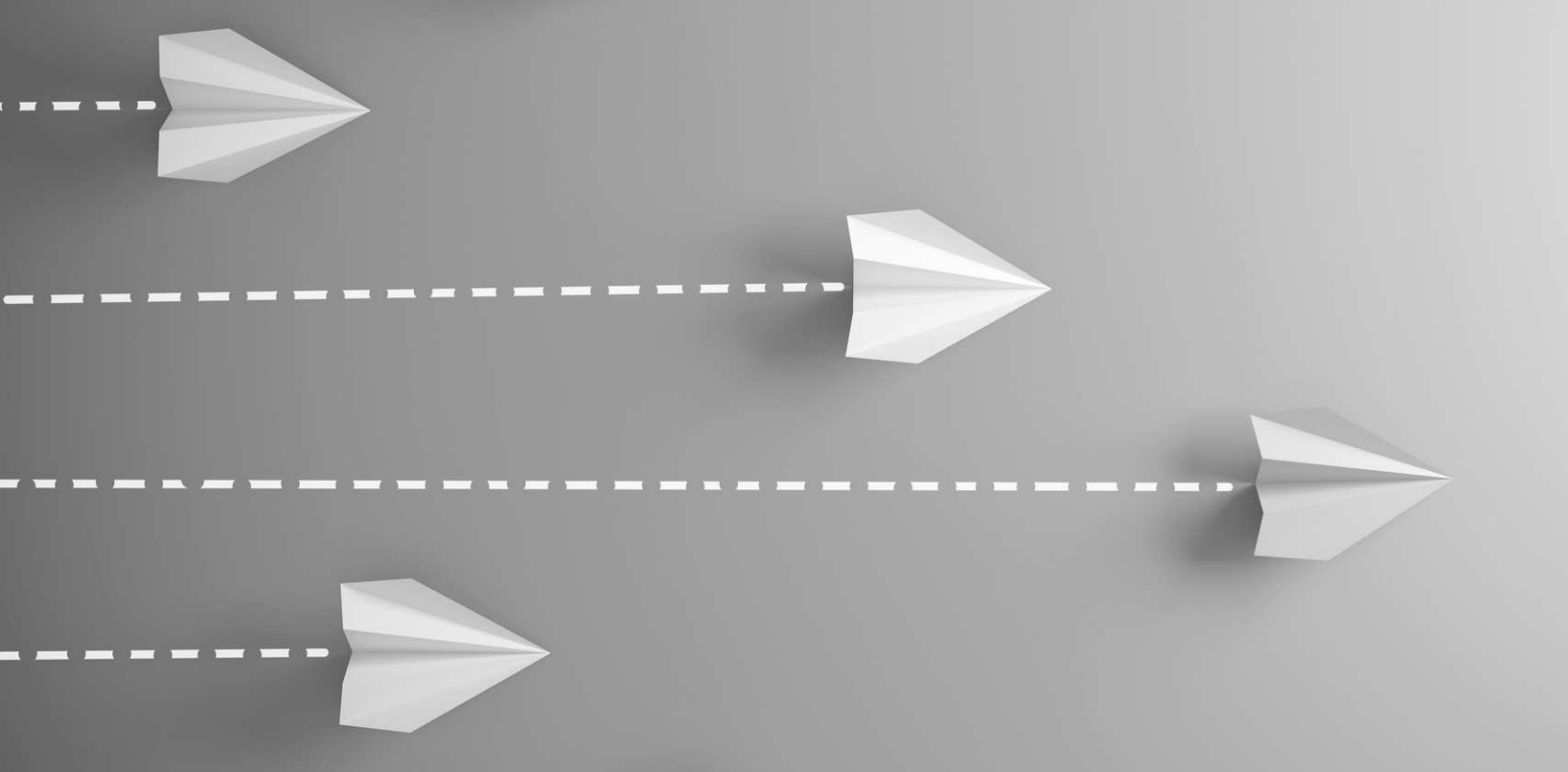
I am good at moving and being active

Accountability

In Mental Health

WHAT WOULD YOU DO?

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?**



Accountability

In Leadership

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.

Accountability

In Leadership

WHAT WOULD YOU DO?

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

In Leadership

HOW DO YOU PRACTICE HONESTY 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.

Mental Health

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

Leadership

Example: I took responsibility for a mistake I made.



Get Involved. Be Inspired.



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