



# Mindfulness

## Student Workbook



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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!



# Mindfulness

## Word of the Month

### **i** 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**. We'll discuss why it is important in leadership and mental health.

Ready to get started?

# Mindfulness

## ***WHAT DOES IT LOOK LIKE?***

**Draw a picture of MINDFULNESS in action. "MINDFULNESS is..."**

A large, empty rectangular box with a thin black border, intended for a student to draw a picture of mindfulness in action. The box occupies most of the lower half of the page.

# 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.



# Mindfulness

## 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.

# Mindfulness

## 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

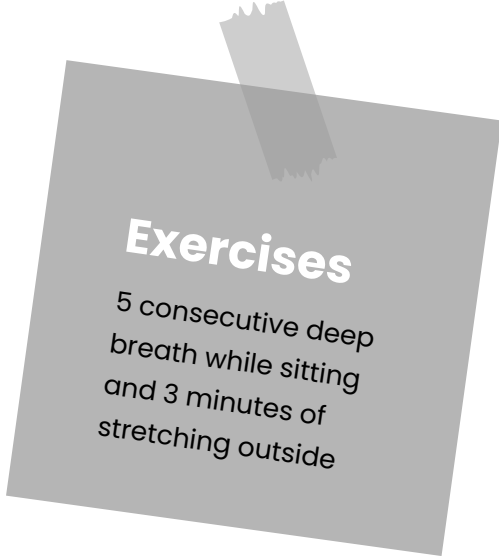


# Mindfulness

## EXERCISE 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!



**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		

# Mindfulness

## **EXERCISE CHALLENGE**

### **Mindfulness Journal**

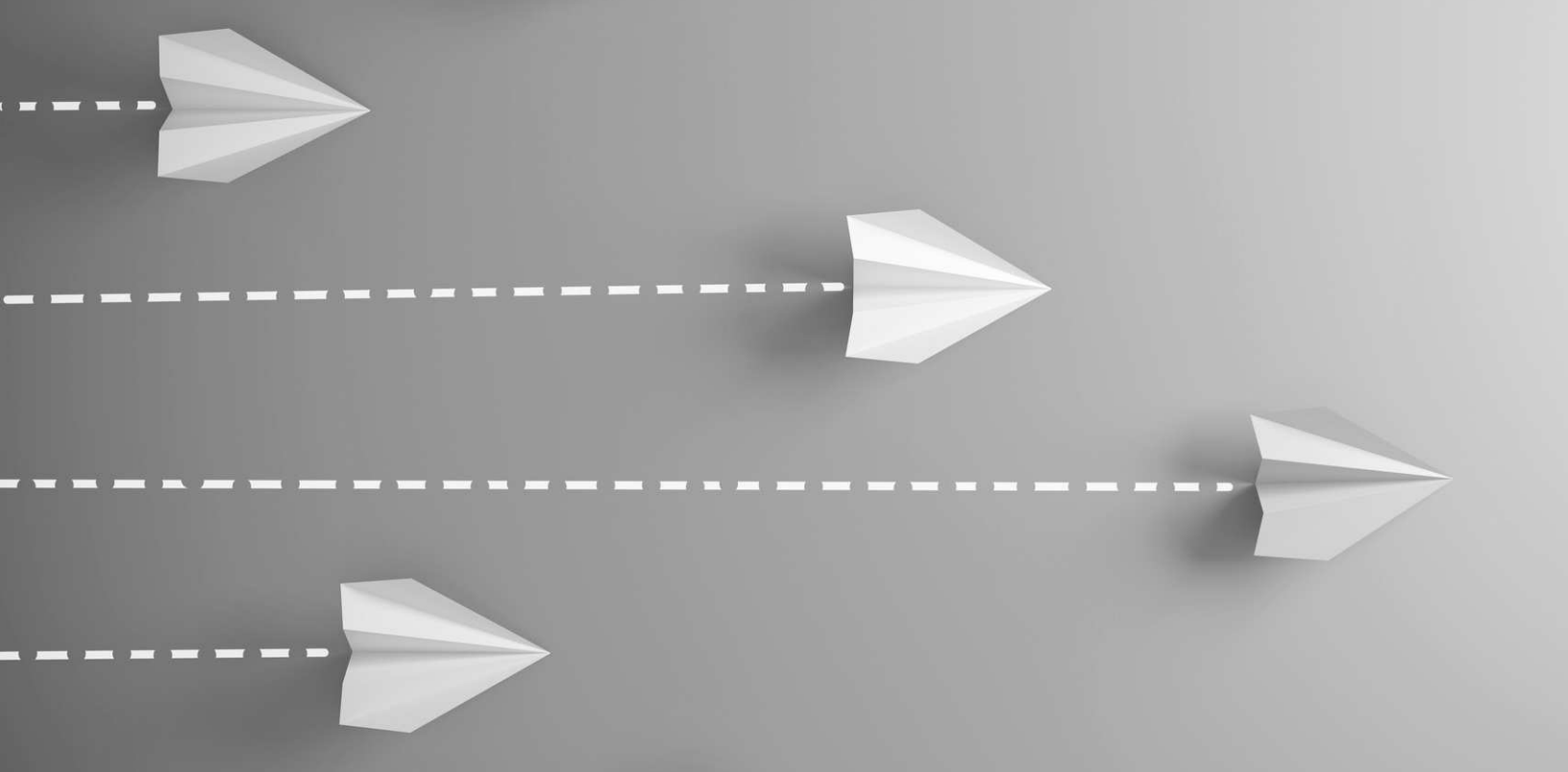
Reflect on your week and write or draw things you are grateful for. We encourage you to start each day thinking of three things you are grateful for and write it down.

**Week 1**

**Week 2**

**Week 3**

**Week 4**



# Mindfulness

## 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.

# Mindfulness

## In Leadership

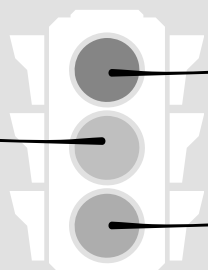
### **WHAT WOULD YOU DO?**

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

How can I resolve this?

Ex: Deep breaths, a walk,  
talking to a friend



Recognize what's making  
you angry or frustrated

Resume whatever activity it  
was and have fun!

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# Mindfulness

## In Leadership

### ***WHAT WOULD YOU DO?***

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

## In Leadership

### **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: During a run I was intentional about noticing my breathing.

#### **Mental Health**

Example: I sat quietly at the end of the day to check in with my emotions.

#### **Leadership**

Example: I noticed my friend needed some encouragement.



# Get Involved. Be Inspired.



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champs

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