



Strength

Student Workbook



www.athletesforhope.org
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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!



Strength

Word of the Month

i Definition

Having the ability to overcome adversity

Strength comes in all shapes and sizes. You never know when obstacles may come your way so it helps to be mentally and physically strong. This unit focuses on giving you the tools to grow stronger mentally and physically everyday!

Strength

IN ACTION



Elena Delle Donne is a WNBA Champion, MVP and Olympic Gold Medalist.

What makes these achievements even more impressive is that Elena has played with Lyme disease since her second year of college basketball. She demonstrates strength by speaking out about it.

“I realized that speaking my truth and expressing my struggles has inspired others to continue to fight and realize they can still attain their dreams.”

She has used her platform to be a role model to young girls and raise money for Lyme disease awareness and differently-abled children.

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EXERCISE CHALLENGE



Keep up with the Pros!

Your goal is to complete the exercises 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		

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WEEKLY PRACTICE

Resilience Journal

Reflecting on the challenges you have already overcome can be a reminder of the moments that made you feel strong and confident. Write down these moments each week and record them below or in a journal using words or drawings.

Week 1

Week 2

Week 3

Week 4



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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.

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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



Strength

In Mental Health

SELF-AWARENESS CHECKLIST

We encourage you to confidently reflect on your strengths & weaknesses.

Filling out a self-awareness checklist allows you to consider:

- How to improve some of your weaker areas
- What some of the causes of your current stressors are
- How being self-aware can contribute to self-improvement

Here are some thoughtful questions you may want to include on your checklist:

I can do things like...

I am most stressed when...

Areas that could use improvement are...

I need the most help with...

I learn best when...

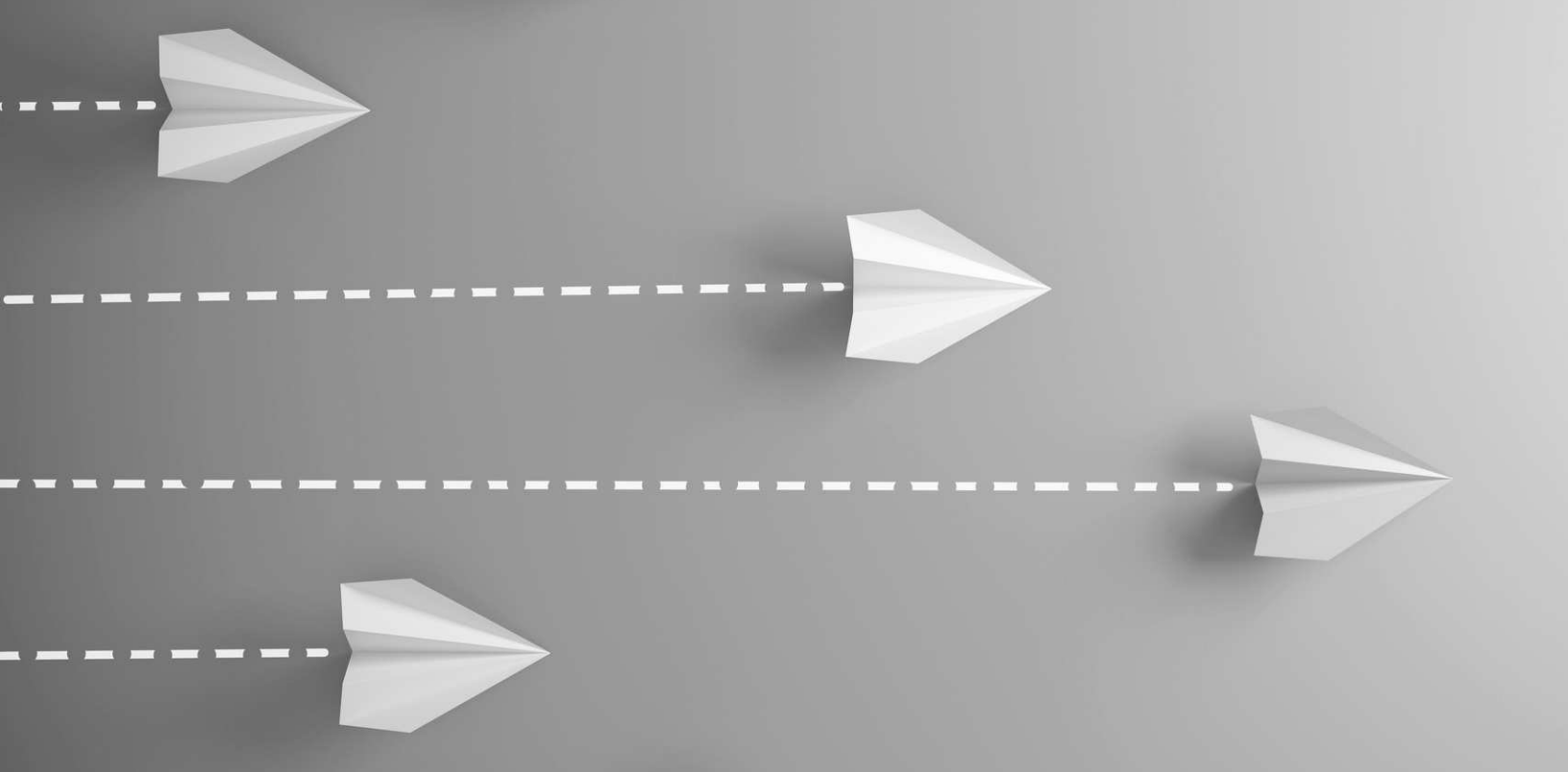
The best ways I can receive help are...

Strength

In Mental Health

WHAT WOULD YOU DO?

Scenario #1: You had a stressful day at school and had a disagreement with your coach at practice. Now you feel tired at home. **What can you do to feel better and feel refreshed for tomorrow?**



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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.

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In Leadership

WHAT WOULD YOU DO?

Scenario #2: Your team is very excited about the upcoming season. You have some good players and you did well last year. The team gets distracted sometimes and doesn't play as well as it could. **What can you do to be a leader and help your team be at its best?**

Strength

In Leadership

HOW DO YOU PRACTICE STRENGTH IN YOUR LIFE?

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

Physical Fitness

Example: I learned to never give up, even when my team is losing.

Mental Health

Example: I have been working on my self-awareness checklist everyday.

Leadership

Example: I am seeing strengths in my classmates and teammates.



Get Involved. Be Inspired.



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