



# Strength

## Teacher Guide



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**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.**

**Welcome!**



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.

**LEARN MORE**



# Curriculum Overview



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Our program is designed around the

**CHAMPS**

curriculum

**C** OURAGE

**H** ONESTY

**A** CCOUNTABILITY

**M** INDFULNESS

**P** OSITIVITY

**S** TRENGTH

	<b>Mental Health Objective</b>	<b>Leadership Objective</b>
<b>Courage</b> UNIT 1	Recognize courage is needed to understand and manage emotions	Recognize the benefits of overcoming fear
<b>Honesty</b> UNIT 2	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
<b>Accountability</b> UNIT 3	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
<b>Mindfulness</b> UNIT 4	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
<b>Positivity</b> UNIT 5	Foster a healthy mindset that looks at things in a productive way	Encourage the uplifting of others
<b>Strength</b> UNIT 6	Foster an understanding of resilience	Learn to lead despite adversity



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**Mental Health  
Pillar**

**Leadership  
Pillar**

**Physical Activity  
Pillar**

<b>C</b>	<b>OURAGE</b>	Awareness of feelings and emotions	Be fearless	Begin a new sport or activity
<b>H</b>	<b>ONESTY</b>	Ability to talk about emotions	Be truthful	New skills take time to develop into habits
<b>A</b>	<b>CCOUNTABILITY</b>	Identify choices that lead to healthy habits	Be responsible	Consistency over time produces results
<b>M</b>	<b>INDFULNESS</b>	Learn tools to regulate emotions	Be present	Embrace being in the moment
<b>P</b>	<b>OSITIVITY</b>	Promote a positive mindset	Be positive	Positive self-talk helps you enjoy the process
<b>S</b>	<b>TRENGTH</b>	Embrace healthy resilience	Be unstoppable	Adversity is an opportunity for growth
		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.	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.	Any activity that involves moving your body. It includes everyday activities, physically active play, and organized sports and exercise.



# Strength

## Word of the Month

### Definition

Celebrating an individual's strengths and fostering an understanding of resilience.

### Goals

- Embrace healthy resilience
- Be unstoppable
- Adversity is an opportunity to show strength and growth

### Objectives

- Foster an understanding of resilience
- Learn to lead despite adversity

### Core Questions

- What does strength mean to you?
- Why is it sometimes difficult to practice strength?
- How do you practice or use strength to improve your mental health?
- How does strength help you become a better leader?

# Program Structure

## Week 1

### Watch Strength Video #1

Featuring Sierra Enge,  
Soccer Player

→ Distribute Student Workbook



## Week 2

### Mental Health Lesson plan



## Week 3

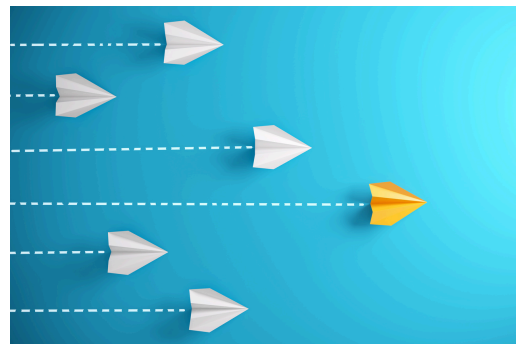
### Watch Strength Video #2

Featuring Matthew Boling,  
Track & Field Athlete



## Week 4

### Leadership Lesson plan





# Strength

**Mental Health Lesson Plan**

# Strength

## Mental Health Objective

### Definition

Having the ability to overcome adversity

### Objective

Foster an understanding of resilience



## Warm Up Activity: Strength in all Shapes

**5 MINUTES**

### How to Play

Either as one big group or in smaller groups of 3-4 the facilitator will name a person and the students will identify what makes that person strong. Examples of people:

- Athletes
- Superheros
- Mom/Dad
- Brother/Sister
- Significant Historical Figures
- A scientist or intelligent role model

Try to cover people with a wide range of qualities so that they understand strength comes from the mind as well as the physical body.

Come back as a class unless you did it as one group hand have the students reflect on what makes people strong

## Physical Activity: Fitness Fun-Off: Exercise & Stretch Challenge

**5 MINUTES**

The goal is to encourage physical activity and flexibility while fostering teamwork and boosting confidence.

**Objective:** Encourage kids to show their physical and mental strength while improving fitness and flexibility in a supportive environment.

### Materials Needed:

- A stopwatch or timer
- Music (optional, to keep energy high)
- Small cones or markers (to define boundaries, if needed)

### Rules:

- Set Up Teams:
  - Divide the kids into small teams (3–5 kids per team).
  - Each team works together to cheer on their teammates and earn points.
- Two Categories:
  - Exercise Challenge: Focus on strength, stamina, and coordination.
  - Stretch Challenge: Focus on flexibility and balance.
- Scoring System:
  - Each exercise/stretch has a challenge or goal.
  - Points can be awarded for effort, proper form, teamwork, and creativity.
- Time Limit:
  - Each activity is 30–60 seconds to keep it exciting.
- Encourage Participation:
  - Everyone gets to participate at least once.
  - No elimination—celebrate effort over perfection!

### Example Exercise Challenges:

- Jumping Jack Relay:
  - Each teammate does 20 jumping jacks before tagging the next person.
- Balance on One Foot:
  - Kids hold one foot up like a flamingo for as long as they can without wobbling.
  - Bonus point if they can hold their arms out like wings and stay steady!
- Power Push-Up Challenge (Modified for Kids):
  - Count how many push-ups (regular or knee-assisted) a kid can do in 30 seconds.
  - Reward effort and proper form, even if it's just 1 or 2!

### Example Stretch Challenges:

- Butterfly Stretch Hold:
  - Kids sit on the floor, put their feet together, and flap their knees like butterfly wings.
  - See who can hold the stretch for 20 seconds while smiling!
- Reach for the Stars:
  - Have kids stretch as high as they can while standing on tiptoes.
  - Challenge them to hold the position and breathe deeply for 10 seconds.
- Forward Fold Flexibility Test:
  - Ask kids to bend forward and try to touch their toes.
  - Points for effort, even if they only reach their knees!

## Scenario Discussion

**10 MINUTES**

**“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?”**

### Follow Up Questions

- Would it be a good idea to get a good night of sleep after a long day?
- What are some activities that you like to do when you’re stressed out?
- Should you talk to your coach at your next practice about what happened?

### Takeaway

Identify activities that help you reset and/or gain motivation. Feeling strong sometimes requires rest so you can come back better.



# Strength

## Leadership Lesson Plan



# Strength

## Leadership Objective



### **i** Definition

Having the ability to overcome adversity

### **🔄** Objective

Learn to lead despite adversity

## Warm up activity: Compliment Circle

**5 MINUTES**

### How it Works

Shuffle is played with a four-square court or four markers forming a square with an additional cone in the middle. Review rock-paper-scissors with the children before you begin.

The steps of the game are:

- Five players can play at a time, with each player occupying either a corner or the middle. All other children should be in a line, ready to play when their turn comes.
- The game begins when the person in the middle says "Shuffle."
- At this point, all players must find a new corner or cone to occupy, but no one can go to the center cone.
- If two players arrive at a corner at the same time, they must play rock-paper-scissors for the corner. The winner stays in the corner, and the loser is "out."
- The next person in line becomes the person in the middle and begins the next round.

This game helps children learn how to deal with conflict. Meaningful connections are vital to developing strength and resilience, but conflict arises in all relationships at some point. While most conflicts cannot be solved with only "rock-paper-scissors," this teaches children that conflict can be solved. Although they may be disappointed by being "out" of the game, they will quickly learn that, in life as in the game, their turn will come again.

## Physical Activity: Do The Hula

5 MINUTES

**Do The Hula is played in a circle, with all children holding hands.** First, demonstrate how to get your body through a hula hoop without using your hands. Make sure that each child has a space in the circle.

Then, play the game as follows:

- Place the hula hoop over two people's interlocked hands so it cannot escape the circle.
- Tell the children that the goal of the game is to get the hula hoop all the way around the circle without anyone letting go of their neighbors' hands.
- Start the game, and have everyone cheer on the children that are currently trying to move the hula hoop.
- Once the game has been played for one round, discuss the group's successes and challenges and try it again.

This game is a great way to show children that when conflict or challenges arise, there are ways to deal with them. Even if they face seemingly insurmountable challenges, together they can find a way to overcome them.

Variations on this game include challenging the group to beat a chosen time, playing with eyes shut, or dividing the circle into two circles and having them compete against each other

## Scenario Discussion

10 MINUTES

**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?**

Discuss the scenario with the class and decide what the students would do.

### Follow Up Questions

- How does having strength help you talk about your mental health?
- Are you able to identify what are your strengths and your teammates strengths?
- Should you get the whole team involved in offseason training and motivation or just the good players?

### Takeaway

Leadership requires strength. Use your strength to keep working on your courage, honesty, accountability, mindfulness and Strength. You got this!



# Get Involved. Be Inspired.

## 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.

### Any Questions? Want to schedule a visit?

Reach out to Kendra Coleman at [kcoleman@athletesforhope.org](mailto:kcoleman@athletesforhope.org)



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