Courage

Student Workbook

athletes for hope

www.athletesforhope.org
contact@athletesforhope.org

Welcome!

athletes for hope

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!

Courage

Word of the Month

Definition

Making good choices in the face of fear or obstacles

You can be courageous by recognizing and handling tough emotions, asking someone for help, or talking to someone who isn't like you. You can also be courageous by standing up for what's right in difficult moments, and continuing to try something even when you fail.

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WHAT DOES IT LOOK LIKE?

Draw a picture of COURAGE in action. "Courage is...."

Courage

IN ACTION

Courage is all around us in different forms!
Does this courage look anything like your drawing?

Katie Ledecky, the most decorated female swimmer in Olympic history, admits that nerves still grip her before every race. So how does she find the courage to compete under the intense pressure of the world stage, with billions watching?

Ledecky believes that her nerves are a sign of how much she cares about the sport and her love for competition. By embracing these feelings, she channels them into focus and determination. For her, courage isn't the absence of fear but the ability to prepare thoroughly, trust in her training, and use that nervous energy to fuel her pursuit of excellence in the pool.

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EXERCISE CHALLENGE

Exercises

- 10 Squats
- 10 Pushups
- 20 Toe Touches
- 30 Mountain Climbers

Keep up with the Pros!

Your goal is to complete all 4 exercises below everyday this month! Track your progress of how you felt by filling in the boxes with the number that best represents how you feel 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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EXERCISE CHALLENGE

Face Your Fears

Have the courage to sweat by holding a plank...for as long as you can! 1 minute is the goal but see how long you can go without breaking! Record your best time each week for the month of October.

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. It takes courage to notice your feelings without running from them and to ask for help managing them when you need it.

Courage

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

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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 strong

I am funny

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

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In Mental Health

WHAT WOULD YOU DO?

You're struggling with a math unit and have a test on Thursday. Normally, you get math, but this unit feels tough, and you're anxious about asking for help. **How can you find the courage to ask for help and boost your confidence for the exam?**

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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!

L**eadership:** 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.

Courage

In Leadership

WHAT WOULD YOU DO?

You're playing basketball, and you notice that no one has passed the ball to Carson, the new student. Now you have the ball—your friend is calling for it, but Carson is wide open. **How can you show courage and inspire others to do the same?**

Courage

In Leadership

HOW DO YOU PRACTICE COURAGE IN YOUR LIFE?

Share 3 examples of how you showed courage this month in your mental health, physical fitness, and leadership.

Physical Fitness

Example: I learned a new exercise!

Mental Health

Example: I asked for help when I needed it.

Leadership

Example: I made friends with a new classmate.

Get Involved.
Be Inspired.

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