

# Honesty

## 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!



# Honesty

## Word of the Month

### Definition

Being truthful in what you say and what you do. It is the absence of lying, cheating, and stealing.

An honest person is trustworthy, meaning their words and actions match. Practicing consistent honesty builds trust amongst you and your peers. Honesty is important because lying can dismantle trust you have built with family, friends, and coaches.

All of this unit's activities will focus on the word **honesty**. We'll discuss why it is important in leadership and mental health.

Ready to get started?

# Honesty

## *WHAT DOES IT MEAN TO BE HONEST?*

**Draw a picture of HONESTY in action. "Honesty is...."**

# Honesty

## *IN ACTION*

**Honesty is all around us in different forms!**
Does this honesty look anything like your drawing?



**Deja Young, a gold medalist for the USA Paralympic track and field team, practices honesty by regularly checking in on her mental and physical well-being.**

When she feels stressed or overwhelmed, she takes breaks to rest and shares her feelings with others, which helps her stay strong both on and off the track. By being truthful with herself and those around her, Deja is able to overcome challenges and perform at her best. Her journey shows that taking care of our minds and bodies is key to achieving success. Through her example, Deja reminds us that it's okay to talk about how we feel and that self-care is an important part of reaching our goals.

# Honesty

## *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 by filling in the boxes with the number that best represents how you feel after completing all four exercises that day!

**Exercises**

- 10 Sit-ups
- 20 Skater Jumps
- 10 Burpees
- 20 Jumping Jacks

**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 | | |

# Honesty

## *EXERCISE CHALLENGE*

### Honesty Journal

Time how long you can jump rope and track it honestly for a month. Keep an 'Honesty Journal' to record how long you can jump rope without stopping. 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**



# Honesty

## 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.

# Honesty

## 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

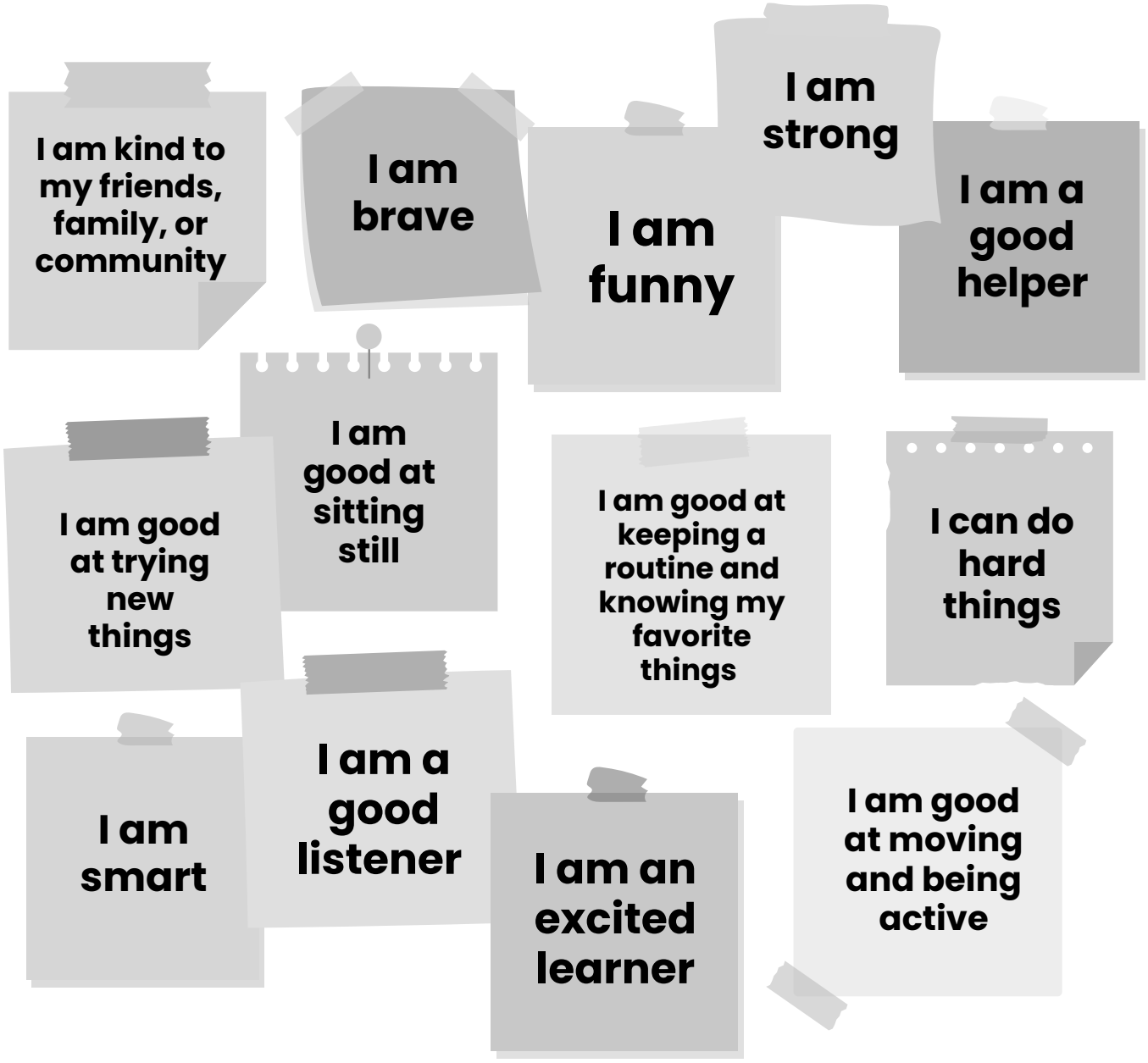
| | | |
|---|---|---|
| 5 SEE | Notice five things you can see in your surroundings. |  |
| 4 FEEL | Identify four things you can touch. |  |
| 3 HEAR | Listen for three sounds you can hear. |  |
| 2 SMELL | Notice two things you can smell. |  |
| 1 TASTE | What is something you can taste |  |

# Honesty

## In Mental Health

### *AFFIRMATIONS*

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

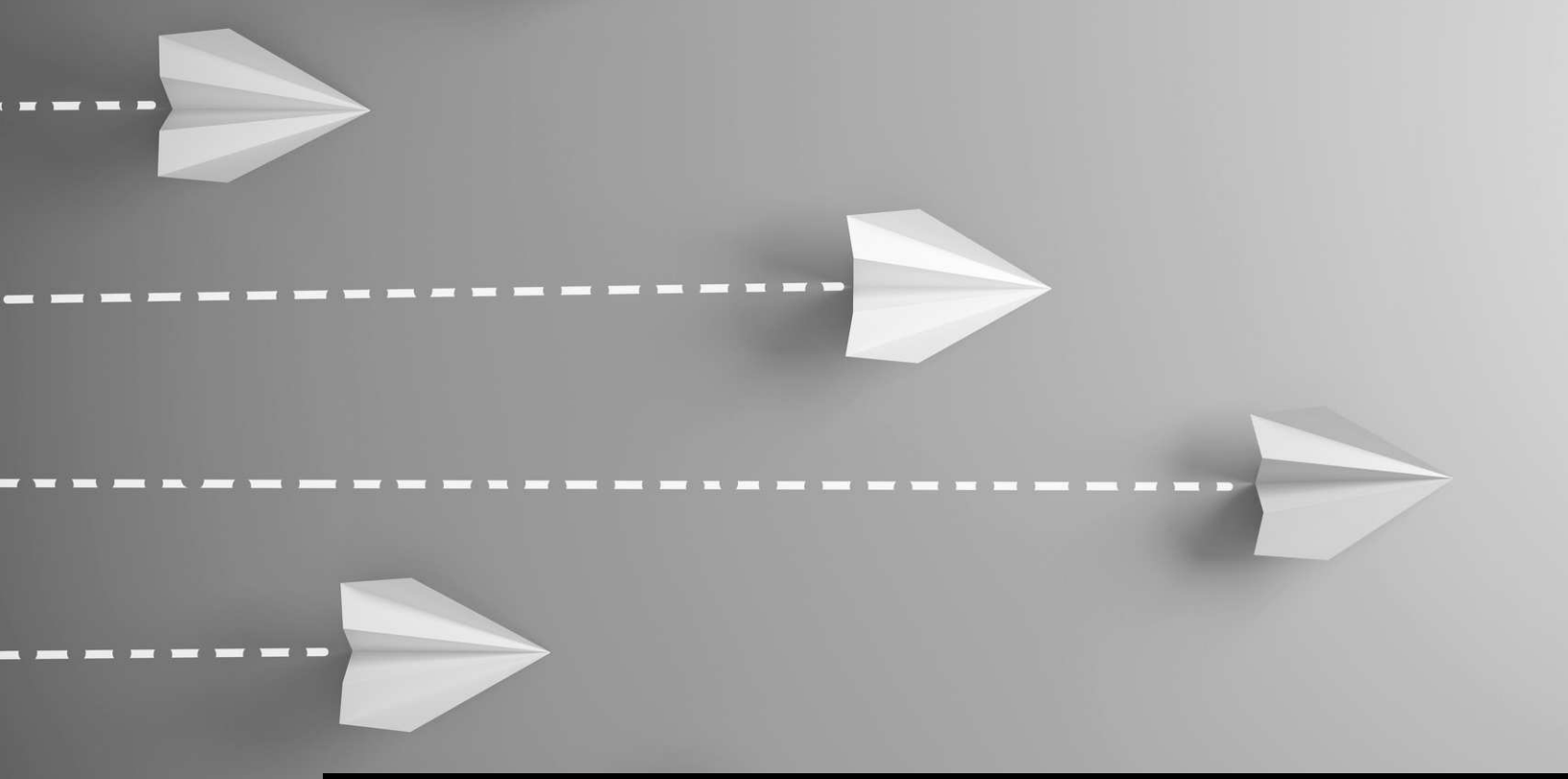


# Honesty

## In Mental Health

### *WHAT WOULD YOU DO?*

Imagine you had a tough morning at home and are feeling down, making it hard to focus at school. Your teacher notices and asks how you're doing. **What should you say?**



# Honesty

## 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.

# Honesty

## In Leadership

### *WHAT WOULD YOU DO?*

You're in a group project at school and realize you've made a mistake in your section. Feeling nervous and unsure about admitting it to your classmates, **how can you be a leader and demonstrate honesty in this situation?**

# Honesty

## In Leadership

### *HOW DO YOU PRACTICE HONESTY IN YOUR LIFE?*

Share 3 examples of how you practiced honesty 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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