Check-in/In-take:

1. Is this your first time going through Strong Minds?
   - O Yes  O No  O Unsure

2. How are you feeling right now?

3. I’d like to tell you a story about an athlete named ____.  He/she is a Special Olympics athlete in Athletics.  He/she made it to the National Games for the 400 meter race (1 lap around the track) and was so excited!  But, on the day of the big event, he/she didn’t have his/her best day on the track.  Nothing seemed to be going well.  He/she came in last and didn’t advance to the finals and is feeling stressed/overwhelmed.

What do you think ______can do to feel better in the situation?

(Note for Volunteer: Ask the above question open ended and check any of the responses the athlete states below. You may give a few examples, but please don’t list the items below to the athlete. If an athlete says something not on the list, add check yes next to "Other" and write in the response. If the athlete indicates that there’s nothing that can be done or they aren’t sure, select “Nothing/Don’t Know”.)

<table>
<thead>
<tr>
<th>Think good thoughts</th>
<th>YES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Listen to music</td>
<td></td>
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<tr>
<td>Look at pictures/reminders of good stuff</td>
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<tr>
<td>Talk to someone</td>
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<tr>
<td>Breathe deeply</td>
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<tr>
<td>Stretch or tense/relax muscles</td>
<td></td>
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<tr>
<td>Take a walk</td>
<td></td>
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<tr>
<td>Use a stress ball</td>
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<tr>
<td>Exercise or play sports</td>
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<tr>
<td>Try not to think about it</td>
<td></td>
</tr>
<tr>
<td>Watch TV/Play video games</td>
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<tr>
<td>Go home and go to sleep</td>
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</tbody>
</table>

Other:

Nothing/Don’t Know

No response/Unable to answer
Check-out:

Instructions to Volunteer: Please copy the information from the Strong Minds handout into this chart to record which stations the athlete completed during Strong Minds and how they felt about each station. When you are finished, please ask the athlete the series of questions below the chart.

<table>
<thead>
<tr>
<th></th>
<th>Use in the future</th>
<th>Won’t use in the future</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress and you</td>
<td></td>
<td></td>
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<tr>
<td>Strong Messages</td>
<td></td>
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<tr>
<td>Strong Breathing</td>
<td></td>
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<tr>
<td>Strong Stretching</td>
<td></td>
<td></td>
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<tr>
<td>Strong Supporting</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4. How are you feeling right now?

5. Do you think you will use any of the strategies you learned today in competition or everyday life?
   - O Yes
   - O No
   - O Unsure

6. Would you tell a friend, family member, or teammate about any of the strategies you learned today?
   - O Yes
   - O No
   - O Unsure

7. Use one strategy you learned today to set your Strong Minds Goal:

   Select one strategy you will use in the future:
   - Use a stressball
   - Think positive thoughts
   - Do deep breathing
   - Stretch
   - Support others
   - Other______________________

   When do you think you could use this strategy?
   - Before competition
   - During competition
   - After competition
   - In the morning
   - Before bed
   - In a crowd
   - At school
   - During work
   - At the doctor or dentist
   - When I am teased/bullied
   - When I feel stressed/overwhelmed
   - Other

Who will support you?

This person is a:
   - O Friend
   - O Family Member
   - O Coach
   - O Teammate
   - O Other:_______