

Let's Get Moving

★ **GOAL:** Students learn how much physical activity they need each day and what their body does when they are being active.

OPENING

Today, we will learn why physical activity is important and how you can stay active. We will also see what happens to your heart and breathing when you are active.



How can this help me become a better athlete?

Physical activity helps you to stay strong, fit, and healthy. Kids should get 60 minutes or more of physical activity each day. Adults should get at least 150 minutes a week of physical activity. That's at least 30 minutes of physical activity a day for 5 days per week.

Activity: Let's Get Moving

- Who knows where your heart is? Place your hand over your heart.
- Can you feel it beating? Is it beating fast or slow?
- Now think about your breathing. Are you breathing fast or slow?
- We are going to do some physical activity now. Try to keep moving the entire time if you can.
- *Have the group do 2-3 minutes of moderate-to-high intensity physical activity. For example, jumping jacks, running in place, or dancing.*
- STOP! Now put your hand over your heart. Is it beating fast or slow?
- Now, pay attention to your breathing. Is anyone breathing heavy? Is it harder to talk?
- Having your heart beat fast and breathing heavy are signs you are getting good physical activity! This shows that your heart and lungs are working hard and getting stronger.
- We did just a few quick exercises. What are examples of other physical activities?
- *Sports (like soccer or basketball), playing on the playground, running, jumping, walking, swimming, yoga, stretching, and even doing chores are all good answers.*

CLOSING: Physical activity is important for you to stay healthy. You should try to be active every day. You can be active by playing sports, doing exercises, walking, dancing, playing outside, and even doing chores. A fast heart beat and breathing fast and deep, show that you are working hard!

Healthy Foods

★ **GOAL:** Students learn to identify healthy and unhealthy food choices based on the five food groups.

OPENING

Today, we will learn about healthy food choices by thinking about what you ate yesterday. We will decide which ones are healthy, and put them in different food groups.



How can this help me become a better athlete?

Healthy foods keep your body and mind working at their best. A healthy body works well. It has the energy you need to do what you want to do.

Activity: Healthy Foods

- Look at the picture of this healthy plate. This plate has all of the food groups on it. *Point to the food groups as you ask the following questions.*
- **Raise your hand if you had any fruit or vegetables yesterday?** *Show of hands*
- **Did anyone have five or more fruits or vegetables yesterday?** Raise your hand. Great! That is the recommended amount. Fruit and vegetables help you stay healthy.
- **Who had dairy yesterday?** The dairy group includes milk, cheese, and yogurt. *Show of hands*
 - Dairy helps to build strong bones.
- **Who had protein foods yesterday?** This group includes meat, poultry, eggs, beans and lentils, soy foods, and nuts, so peanut butter counts! *Show of hands*
 - Protein foods help you to have strong muscles.
- **Did you have any grains yesterday?** *Show of hands.* Grains include bread, tortillas, pasta, rice, popcorn, oatmeal, and cereal.
 - Grains give you plenty of energy.
- **Does anyone know if they had any whole grains?** Those are the healthiest kind. They include whole-wheat bread, whole-grain cereal, oatmeal, and brown rice.

CLOSING: You can stay healthy by eating foods from all of the food groups we talked about today. This will help you be healthy, have strong muscles and bones, and have lots of energy.

Stay Balanced

★ **GOAL:** Students define the term calories and learn the importance of balancing what they eat and the activities they do.

OPENING

Today, we will learn why it's important to balance the amount of food that you eat and the physical activity that you do.



How can this help me become a better athlete?

Balancing the food you eat with the activity you do helps you stay at a healthy weight. Being at a healthy weight makes it easier to perform at your best.

Activity: Stay Balanced

- Who has heard of the word calorie? Show of hands.
- The word calorie is another word for energy.
- You take calories, or energy, into your body when you eat.
- You use calories, or energy, even when you are sitting still. You need calories to breathe, think, and keep your body working as it should. Kids need calories to grow. You also use calories when you are physically active.
- To keep a healthy weight, the calories you eat and calories you use should be in balance.
- Draw or write a few examples of foods you like to eat.
- Now draw or write a few examples of physical activities you like to do. You are drawing or writing ways to take calories into the body and ways to use those calories.
- What might happen if you eat a lot of food, but don't do any physical activity?
- Over time, you might gain more weight than you need to be healthy.
- What might happen if you do a lot of physical activity, but don't eat a lot of food?
- You might feel tired and over time you might not weigh enough to be healthy.

Favorite Foods	Favorite Activities

CLOSING: It is important to be at a weight that is healthy for you so you can perform at your best. To balance what you eat with what you do, pay attention to your body's cues that you are hungry or full and be active every day.

Talking About Feelings

★ **GOAL:** Describe positive and difficult feelings and think of ways you feel in different situations.

OPENING

Today, we'll talk about feelings. There are positive feelings (such as: glad, excited, calm) and difficult feelings (such as: mad, worried, jealous, scared). All feelings are normal, as long as we show them in healthy ways.



How can this help me become a better athlete?

Talking about feelings is good for us. It helps us:

- know ourselves
- get along better
- be close to others
- solve problems

Activity: Talking About Feelings

For each sentence, pick a word that tells how you feel. There's no right or wrong answers, just focus on how you feel.

- When I lose a game, I feel_____.
- When I win a game, I feel_____.
- When someone says mean words, I feel_____.
- When I tell myself, "I can do this," I feel_____.

CLOSING: There are many different feelings — positive ones and difficult ones. They're all normal, as long as we show them in healthy ways.

Strong Breathing

★ **GOAL:** Learn and practice Strong Breathing to help calm your mind.

OPENING

Today, we'll learn a breathing exercise called Strong Breathing. A calm breath is a slow, easy breath that feels relaxing. When you take calm breaths it can help calm your mind. Taking calm breaths is a skill you can practice every day.



How can this help me become a better athlete?

It helps you stay calmer when things go wrong, be steady and ready for challenges, pay attention, and focus better.

Activity: Strong Breathing

Try this sitting down. You can close your eyes or keep them open. Let your breaths be slow, easy, and relaxed.



Pretend you are smelling a flower
by **breathing in through your
nose slowly**



Pretend you are **blowing out a
candle slowly**

CLOSING: Taking four calm breaths can help your body and mind feel calm.
You can use this skill anytime you feel stressed or upset.

Strong Supporting

★ **GOAL:** Identify the positive impact that helping has on us and identify ways we can help others and how others can help us.

OPENING

Helping is good for us. It may even have more benefit for the helper than for the person being helped. What about when you need help? Are you as good at asking for help as you are at giving it?



It's good practice to ask for help whenever you need or want it. Everyone deserves help, including you! The right kind of help makes you feel good about yourself.

How can this help me become a better athlete?

People who help others:

- are happier and more upbeat
- feel capable and strong
- feel calmer

Activity: Strong Supporting

Let's all think of ways that we can be better teammates by helping each other. Think of a way that you can help a teammate or coach by completing this sentence:

I will help _____ by

_____.

Now think of three people you can go to when you need help.

CLOSING: It's good to give help — and it's good to ask for help. Helping others lets you feel happier, more capable, and closer to other people.

Strong Messages

★ **GOAL:** Discuss self-talk and think of a personal example of how positive self-talk helped you.

OPENING

Sometimes, we talk to ourselves out loud. Like this: “Now where did I put my pen?” But mostly, we talk to ourselves without saying the words out loud. We each have a quiet voice in our mind that makes comments — pretty much all the time. A name for this inner voice is “self-talk.” This self-talk is there in the background, and it influences us — even when we’re not paying much attention. If we tune in, and try to listen to our own self-talk, we can start to notice the way we talk to ourselves — what we say, but also how we say it.



How can this help me become a better athlete?

Positive self-talk makes us feel good about ourselves. It helps us try things, believe in ourselves, and work hard to do well.

Activity: Strong Messages

Read the examples below and raise your hand when you hear positive self-talk. This is the way we would talk to a really good friend.

- I'm the only one who doesn't know how to do this.
- Oh, I missed that one. But I'll be ready for the next one.
- Ugh! I can't believe I made that mistake.
- I can do this!
- If I practice, I'll get better at this.
- I can take a calm breath — I'm OK.

CLOSING: We talk to ourselves all the time. That little voice in our mind is called self-talk. It's best to talk to yourself in positive ways. Positive self-talk helps you feel good about yourself. It helps you feel confident, encouraged, hopeful, and ready. Let's each come up with one positive self-talk statement that you can use right now.