



HOMEPLAY: Supporting Yourself and Others

Positive messages help us relieve stress and spread kindness to ourselves and to those around us. Kindness has health benefits that makes the world a less stressful place. Take time to think about who makes you feel happy and ways you can show kindness to others.

With a family member or caregiver, discuss the following:

Who makes you feel happy and strong?

Family Member: _____

Friend: _____

Coach: _____

Teammate: _____

Who else? _____

Positive and strong messages can help motivate athletes to work hard and try their best, such as:



What is a positive message you could say to:

Family Member: _____

Friend: _____

Coach: _____

Teammate: _____

Who else? _____



MAKE IT A HABIT

My Plan to Share Positive Messages:

I will practice using Positive Messages towards myself at least once a day in
the _____ .
(morning, afternoon or evening)

The message I will use is:

**If this habit is important to you, be sure to add it to your Habit Tracker!
This will help you schedule it into your week.**