

COMPRA DO SPORTS

WHAT TO SAY

► It's important to practice relaxation in moments of calm that you are well prepared to use it in real-time during situations when you feel scared, anxious, angry or frustrated.

► Once you learn to recognize your own body's experience of these feelings (e.g. you feel your heart beat faster), you can control them with a "quick calm." A Mindful Minute for relaxation enables us to manage stress in a positive and healthy ways.

C= Close your eyes

A= Attend to your breath

L= Let go of your thoughts

M= Muscles relax

WHAT TO DO

► Separate the group into two teams for any sport (such as basketball, soccer or flag football).

► The referee makes intentional bad calls (e.g. fouls when there are none, missing fouls when they happen, off sides, etc.).

WHAT TO ASK

► How did you feel when the referee made bad calls (e.g., angry, frustrated)? How did your body feel when you were frustrated (e.g., did your heart rate speed up)? How did other kids on your team know you were frustrated (what might they have observed or heard?)

► Did you observe other kids become frustrated? How did you know – what did you see?

► What were you thinking when the referee made bad calls (e.g., "this ref sucks")?

► Who felt like arguing with the referee? Who felt like their frustration was leading them to become more physically aggressive on the field (e.g., pushing, shoving, fouling more)?

► What happens in professional sports when a

player becomes too aggressive (e.g., yellow/red cards in soccer, penalty box in hockey) or when a coach argues too long with a referee (e.g. can be thrown out of the game)?

► How did your emotions and thinking influence your game (your performance on the field, interaction with teammates and opponents)?

► What could you do during the game, despite the bad refereeing, to shake it off, remain calm and do your best? Introduce YES (Your peaceful place, Ease your muscles, Slow your breathing).

► Let's talk about other places where quick calm may be a useful tool – pull for examples from home, school, or neighborhood. What would make it difficult to use quick calm in those situations? What can we do to make it easier?

Requires Resources? Yes
Grade Level: 3-5; 6-8; 9-12
Indoor/Outdoor: Outdoor
Group Size: 6+

EMOTION LITERACY