

Session 3: Practice Day

Value of the Day: Mental Toughness

ACTIVITY 1: How to be Mentally Tough

Time: 10-15 minutes

Materials: Paper and something to write with

Directions: Think through the below responses and write down your answers. If possible, talk through your responses with a partner.

1. What does it mean to be mentally tough?
2. Can you think of a time when you had to be mentally tough? How did you get through it?
3. What are some things you can say to yourself in times when you need to be mentally tough? **Write these down.**



Coach Tip for Parents:

Talk through this activity with your child, especially if they are completing the activity alone.

- a. Use these phrases while you complete the next activity. Say them in your head, or better, out loud!
- b. Examples: "I can do it."
"Everything is okay."
"Almost done!"

ACTIVITY 2: 1-Minute Exercises Challenge.

Time: 15-20 minutes

Directions: Do as many of each activity as you can in ONE minute. After each minute, take one minute to rest before the next activity. Halfway through, **there will be a 3 minute break.** If it feels hard, take a longer rest! If it feels easy, shorten the rest, or jog in place during the resting minute!

- 1 minute of jumping jacks
- 1 minute rest
- 1 minute high knees
- 1 minute rest
- 1 minute mountain climbers
- 1 minute rest
- 1 minute squats
- 3 minute rest
- 1 minute burpees
- 1 minute rest
- 1 minute plank
- 1 minute rest
- 1 minute push-ups (modified- with knees on the ground)
- 1 minute rest
- 1 minute wall sit



Coach Tip for Parents:

Help your child time if possible!

FINISHED!! Amazing job!!

