

Affirmation Wall

be nice. action plan focus: notice, empower

time: 15 minutes

materials:

- Paper or index cards
- Writing utensils

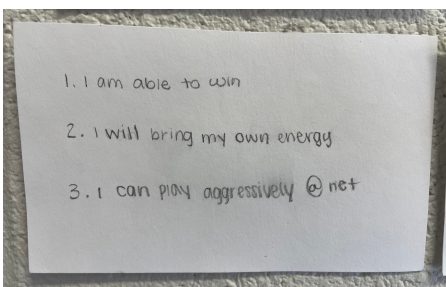
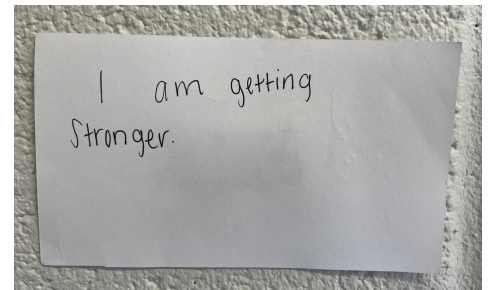
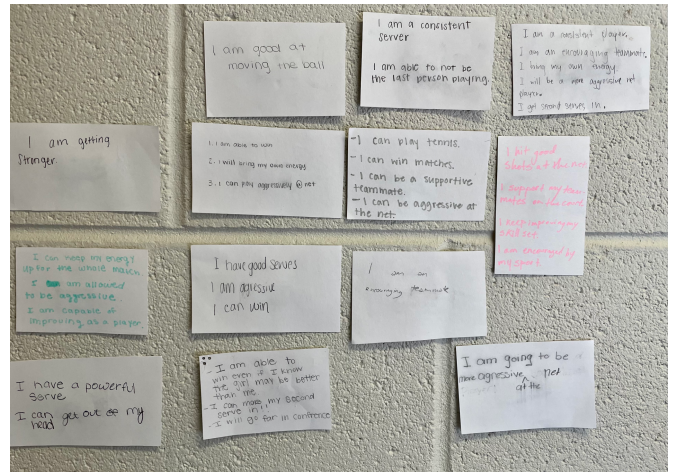
directions:

This activity is all about empowering athletes to notice the good things they bring to the team, field, court, pool, arena, locker room, etc.. This is also a great confidence builder!

1. Hand out paper / notecards & instruct everyone to write affirming statements on their card about how they are as an athlete in that particular sport. These are not things that you “want” but rather things you will do or currently do.

- I am _____
- I can _____
- I am able to _____
- I will _____

2. Have everyone read one of their statements aloud. Encourage them to sit/stand straight up, and to speak clearly and confidently.



discuss:

- What's the importance of confidence?
- What's the importance of body language when practicing/competing?

