

MINDFUL ME

MINDFULNESS IN SPORTS

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. An important goal of teaching SEL skills is to provide students with the skills to process and regulate their emotions, learn problem-solving skills, and make good decisions. Playing sports requires many of these same skills.

BEFORE READING

Talk to the reader about how sports can make him or her feel.

Discuss: Do you like playing sports? Do you ever get worried or nervous when you play? How does your mind feel when you play sports?

AFTER READING

Talk to the reader about mindfulness and sports.

Discuss: What does it mean to be mindful when you play sports? What are some ways you can practice mindfulness to help you enjoy sports more?

SEL GOAL

Students are likely to be motivated to learn mindfulness techniques if they can see how they will benefit their performance in sports. For example, when students learn ways to use breathing to calm down, it can positively impact high-pressure situations during sporting events. This technique can also be used in the classroom. Use this motivation to encourage kids to practice different mindfulness techniques.

GOALS AND TOOLS

GROW WITH GOALS

There are many ways to practice mindfulness in sports.

Goal: Show your teammates how to practice mindfulness! Being mindful can help your whole team stay focused on the same goal.

Goal: Talk to your coach! Maybe the whole team can do a mindfulness practice together before each game.

Goal: Practice mindfulness during the school day! Being mindful can help you perform better on the field and in the classroom.

Goal: Try different ways to practice mindfulness! Ask your librarian to help you research or find a book.

MINDFULNESS EXERCISE

Try to focus on your senses before and after practice or a game. Find a quiet place to close your eyes. Inhale through your nose. Exhale through your mouth. Focus on everything your senses are feeling.

1. How does your body feel? Does anything feel sore or tired?
2. How does your mind feel? What did you achieve today?
3. What do you feel grateful for? What is something positive that happened today?



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