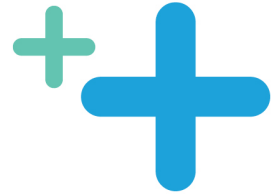




## EMPOWERMENT MODULE 'CONTACT'

9-13yrs online sessions



# CONTACT 3 - Build Confidence

<b>SESSION:</b>	40min (4 x 10 minute)
<b>OUTCOME:</b>	Develop an understanding of our own personal value
<b>RESOURCES</b>	ONLINE Conferencing platform - CONTACT Players Resources worksheets (resources available at <a href="http://teamgem.com.au">teamgem.com.au</a> )

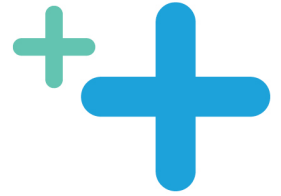
### THE WARM UP!

<b>Unpack your kit bag</b>	Check in with your team and your team mates. What did you learn about your self and/or your family this week? RUOK?
<b>Gratefulness</b>	What are you grateful for this week
<b>Mindfulness</b>	Review the mindfulness technique on your Mindful Moment Worksheet. Swap images or stories of where and when you were mindful

### TRAINING (Session review - Discuss activities from last weeks training)

<b>Activity</b>	<b>I AM SPECIAL</b> - Read the I Am Special poem together as a team. Have each team member hold up and show their decorated poem page.  Go around to each team member and get them to read out their favourite line from the poem and why that line was special to them.
<b>Netball Skills Training Random Generator</b>	Review your 'Skills Training Random Generator' training session. Have each team member name 1 skill they did, are there any videos or photos to show?





## CONTACT 3 - Build Confidence

### GAME PLAN (Session plan - Discuss activities to do before next weeks training)

#### Activity

**Self Esteem** - What do you love most about yourself. Use the picture on the Self Esteem worksheet to express how a positive you would look. Select and write down some strength words from your personality animal. This worksheet can be downloaded from the CONTACT Player Resources

#### Power Up

**Power Up** - THE WRAP x 10 times each way

**Power Up Plus** - Once you master The Wrap, challenge yourself by seeing how many wraps you can do in 1 minute. Keep a record of your results and see if you can beat it over the net week.

Remember to keep good form. Open your hands as wide as you can around the ball, bend your knees, keep your chin up!

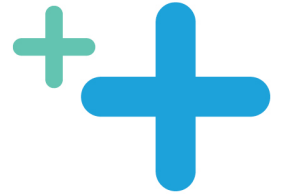
This worksheet can be downloaded from the CONTACT Player Resources

### THE COOL DOWN

#### Affirmation

Come up with a team affirmation and power pose that you can use during the week ahead to flip your mood.





## Discussion Points

### The Warm Up

- This is all about checking in with each other, asking the question; Are you OK?
- Letting them know that this is a safe space for them to share with their team mates
- Have each team mate say something they are grateful for at the moment
- Make sure every team mate gets an opportunity to share
- Mindfulness. Encourage them to practice the technique on the Mindful Moment worksheet, as the more they practice the better they will get

### Training

- Discuss how the words in the poem made you feel
- Highlight the need to be grateful for who we are and appreciate our differences

### Game Plan

All the activities that the team can do before your next CONTACT session.

- Run through what each activity is and where they can find it on [teamgem.com.au](http://teamgem.com.au) in CONTACT Players Resources.
- Remind them that they can get someone at home to help them
- Get creative doing your Self Esteem worksheet, use your strength words, draw different shapes and colours.

