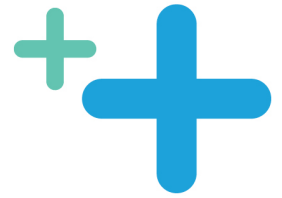




EMPOWERMENT MODULE 'CONTACT'

9-13yrs online sessions



CONTACT 4 - My Passion

SESSION:	40min (4 x 10 minute)
OUTCOME:	Develop an understanding of our own personal value
RESOURCES	ONLINE Conferencing platform - CONTACT Players Resources worksheets (resources available at teamgem.com.au)

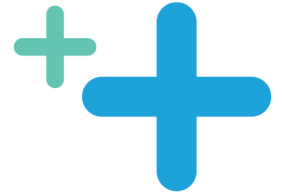
THE WARM UP!

Unpack your kit bag	Check in with your team and your team mates. What did you learn about your self and/or your family this week? RUOK?
Gratefulness	What are you grateful for this week
Mindfulness	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)

Activity	Self Esteem - Show and tell. Have each team member show their Self Esteem poster. Notice how everyone's poster is different and unique.
Netball Skills Training Random Generator	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 4 - My Passion

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

Activity

My Passion - What are you passionate about and how can you show others and let them know? Create a Passion Poster using images and inspiring quotes or words to reflect who you are and what you love. You can use the My Passions worksheet or go big and use a big sheet of paper that you can stick up in your room. This worksheet can be downloaded from the CONTACT Player Resources

Power Up

Power Up - FIGURE 8 x 10 times each way

Power Up Plus - Once you master The Figure 8, 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 next week.

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

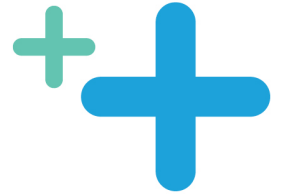
The Power Up session can be downloaded from the CONTACT Player Resources

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 their favourite shapes, colours and words
- Acknowledge how different each persons Self Esteem poster is and that is what makes the unique and special

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. in CONTACT Players Resources.
- Remind them that they can get someone at home to help them
- Get creative doing your Passions poster, think of the message you want to send
- Who are you and what do you love?

