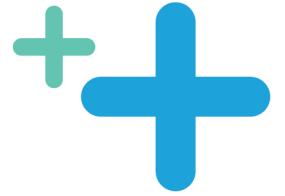




# TEAM CONTACT WORKSHEET



SESSION DATE:

SESSION TIME:

20 minutes

PLATORM:

## 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 in your journals. Swap images or stories of where and when you were mindful

## TRAINING (Send this to your team so they can prepare for the TEAM CONTACT session)

**Activity**

**Keeping up your Netball skills**



## THE COOL DOWN

**Affirmation**