EMPOWERPLAY

RESILIENCE MODULE

Presenter Manual

2022 EDITION

Your comprehensive guide for successful implementation of the EmpowerPlay program.

Our program delivers a platform of self-worth

The Resilience Module provides the individual with learnings to bounce back when things don't go their way and taking proactive steps to turn their negatives into positives through problem solving together, using their strengths

The Resilience module is about having the ability to deal with whatever is 'thrown at you'. The activities below look at opening new areas of the game up to players; learning a new position and problem solving.

OUTCOMES

Bouncing Back	Awareness of how to use a participant's strengths to overcome obstacles
Pro-Active Steps	Learning to take proactive steps to turn negative thoughts into positive ones
Problem Solving	Becoming aware of what they can control as individuals and as a team.

BOUNCING

BACK



RESILIENCE MODULE

9-13yrs

Session 1 - Bouncing Back

SESSION:	30min POWER
TIMING:	40min PLAY
OUTCOME:	Awareness of how to use a participant's strengths to overcome obstacles

POWER		
Unpack your kit bag	Check In	(5min)
Activity 1	Who Am I?	(10min)
Activity 2	Gratitude	(10min)
Activity 3	Pass the Parcel	(10min)
PLAY		
Activity 4	Clear your mind	(2min)
Activity 5	Show & Tell	(20min)
Activity 6	Human Knot	(15min)

What You Will Need

POWER

- Pre-Survey
- Resilience Journal
- Animal Badges printout
- Coaches Handout
- Parent Handout

PLAY

- Mentors
- Cones
- Netball

PRE ACTIVITY :

Pre-Survey and Personality test

POWER ACTIVITY

Personality Test and Pre Survey

- Email/Handout the Personality Test and Pre-Survey at least one week prior to the first session. Have each participant complete the Personality Test and Pre-Survey before they arrive and ask them to bring it to the session

RESOURCES

- Pre-Survey
- Personality test PRINTOUT or ONLINE
- Word Meanings for Personality Test

DISCUSSON POINTS

- Parents/Carers should help out with this using the word meanings sheet.

UNPACK YOUR KIT BAG:
Check In

POWER ACTIVITY

Unpack your Kit Bag

Unpacking your kit bag is how we show compassion and gratefulness as leaders and team mates. By taking the time before each session, be that coaching, umpiring mentoring, we are creating a moment in time to debrief, be grateful and clear our mind before we take on the task ahead. Start each session with the following:

Check In

A great way to begin each session is to check in with your coach and your team mates. It doesn't take long and is a great opportunity for you to show your team mates that you are "Here if you need". Here are some Check In's you could try:

- RUOK?
- What did you learn about your self and/or your family this week?

Gratefulness

This is about showing gratitude for our teammates and their differences. Remembering what we are grateful for can build us up when times are tough.
What are you grateful for this week?

Mindfulness & Breaking the tension

An awesome way to prepare yourself for training or a game is to take some time to relax your mind and allow yourself to focus on the task ahead. Being mindful allows us to hear our inner bestie telling us, 'I can, I am enough and I have hope'.

- Find yourself some space where you can sit or lay down.
- Close your eyes
- As you take in a deep breath, squish your toes, tighten the muscles in your legs, suck in your tummy, make fists with your hands, tighten the muscles in your arms, raise your shoulders to your ears. Hold the tension for a few seconds.
- Now slowly breath out and release all your tight muscles, relax your shoulders and open up your hands
- Take one more breath in and out

ACTIVITY 1:
Who Am I?

POWER ACTIVITY

Who Am I?

- Ask each participant to look at their personality and their perceived strength and weaknesses
- Give each participant the animal badge of their personality. (Lion, Otter, Beaver, Golden Retriever)
- Each participant writes their animal personality down onto their people cut out

RESOURCES

- Personality type descriptions
- Animal Badges printout
- Choosing Strength cards/printouts
- People paper cut outs

DISCUSSON POINTS

- As you show animal videos from powerpoint presentation, briefly discuss the traits of each of the four types
- Using the Choosing Strength cards/printouts discuss how they felt about being that animal and allow them to choose other words from different animals if they wish
- They don't need to be boxed in, this test is just an observation of how they responded to the questions right now. Be mindful that the results of the test could be different each time they do it
- Note - The weakness list is just how people might see them. It is not a bad thing that needs to be changed
- Note - This test is at the beginning of every module to reinforce differences and to observe if changes are occurring. I can change the culture of your club in a positive way if reinforced every year

ACTIVITY 2:
Gratitude

POWER ACTIVITY

Gratitude

- This is about showing gratitude for our teammates and their differences
- Have each participant write on paper cut-outs what they are grateful for with regards to each of their teammates (use choosing strength cards or personality strengths to assist).
- Remembering what we are grateful for can build us up when times are tough.

RESOURCES

- Paper People Cut Outs Online Purchase or DYI
- Animal Badges
- Choosing Strength cards/printouts

DISCUSSON POINTS

- How could this help our team when it goes through a tough time or experience (think of the different personalities)
- Encourage participants to write both physical skills and personality strengths for each of their team mates.

ACTIVITY 3:
Pass the Parcel

PLAY ACTIVITY

Pass the Parcel

- Play a game of pass the parcel in groups
  One parcel, passed around a circle or specific direction. When the music stops, one layer is unwrapped. Continue until all layers are gone and there is only one winner.
- A parcel wrapped in the old style version of pass the parcel.
- E.g. as many layers as you like, with only one prize in the final layer – no consolation prizes. This can be a prize that could be shared amongst the group, or a prize for the individual (such as bag of chocolates – will they share it or keep it?)
- It is a game you have no control over (just like sometimes in netball and life). You don't know when the music will stop or know what is in the parcel.

RESOURCES

- Parcel for each team or age group
- Prize/s
- Newspaper/Butchers Paper and sticky tape
- A music player or speakers
- Thick markers

DISCUSSON POINTS

- Ask the participants how it made them feel when the music stopped and they didn't have a parcel? Or when they opened the parcel and there was no prize?
- The game of pass the parcel is just like a netball game – there are always many elements you can't control, like the weather, the umpire, or other team. The only thing they can control is their reactions and their feelings.
- Have each participant write one negative word on the wrapping that describes how they felt when there was no prize/didn't get to unwrap.

- **Keep these papers for session 2**
  Might be worth labelling with participant names to help identify in session 2
- Introduce the idea of 'Flip It' - How each negative has a positive. They can "flip" how they react and feel, if they are aware of it.
- At the next session they have to come up with a positive word for the negative word they wrote on the paper.

ACTIVITY 4:
Clear your mind

PLAY ACTIVITY

Clear your mind - The Human Camera

- Have the participants get into pairs. One participant is the camera; the other is the photographer.
- The photographer walks behind the "camera" with their hands on the camera's shoulders and carefully guides their partner, who keeps their eyes closed.
- The photographer takes a 'picture' by gently squeezing their partner's shoulders. 'Camera' opens their eyes momentarily, to "take the picture" and then closes them again right away.
- In these roles, participants take three 'photos'. After the third snapshot, have the camera reiterate the three 'images' to the photographer. (i.e. a fence, grass and a netball)
- Switch roles so both partners have a turn

RESOURCES

- none

DISCUSSIONS

- It is important to be mindful, when the camera opens their eyes, they should take what they see and be mindful of that particular setting, object, etc and nothing else
- Keeps the participant on track to that single task
- Builds Trust between team members

ACTIVITY 5:
Show and Tell

PLAY ACTIVITY

Show and Tell

- Split your session into small groups of 5-10 participants in each.
- Give the participants a coaching problem! (see link below)
  Eg. My players aren't breaking; what drill could we do to help them break?
- The group then has to create a drill, they will need to select a "coach" to explain/lead and select those who are the "players" to demonstrate..
- Groups have 10 mins to create and practice their drill, before presenting to the other groups.

RESOURCES

- Cones
- Netballs

DISCUSSIONS

- This session is about helping the participants create the tools and knowledge they can use for different game scenarios. Simply by them asking and you showing and then they can try to.

- Allow the group to decide, who is the coach and who the players are. See which personality types are taking the lead. i.e. who did they choose as their leader? Why?

ACTIVITY 6:
Human knot

PLAY ACTIVITY

Human Knot

- Create small groups of 5 to 10 and have each group stand in a circle
- Each participant puts their right arm towards the centre and grabs someone else's hand
  Make sure no one grabs the hand of the person next to them.
- Then do the same with their left hands.
- The groups then work together to untangle the human knot. This can be done by going over
  or under each other's arms, through legs if needed, just DON'T break the chain!

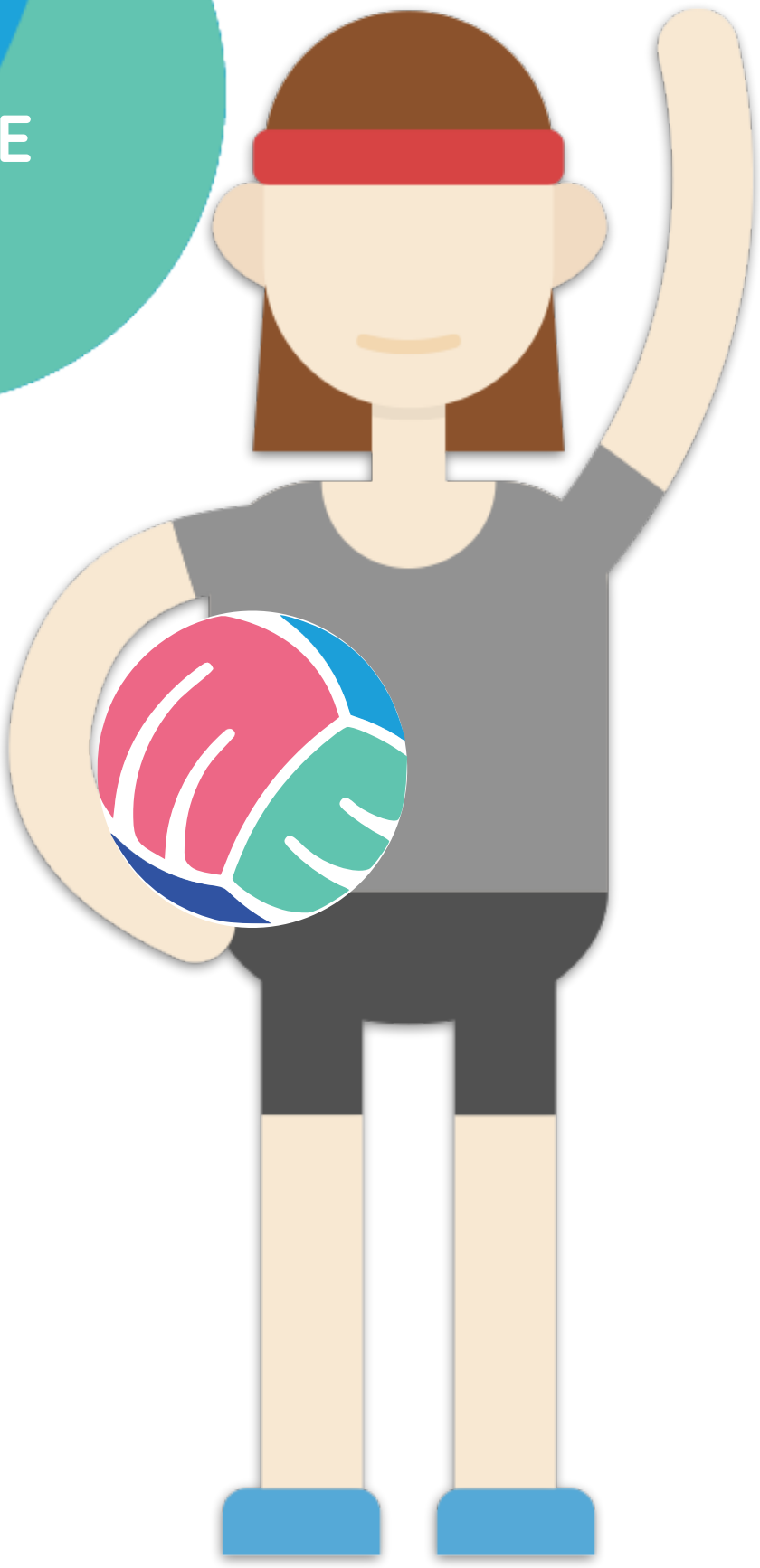
RESOURCES

- None

DISCUSSIONS

- This activity fosters communication, cooperation and team problem solving whilst having lots of fun.

TAKING
PRO-ACTIVE STEPS



Session 2 - Pro-Active Stes

SESSION:	30min POWER
TIMING:	40min PLAY
OUTCOME:	Learning to take proactive steps to turn negative thoughts into positive ones

POWER		
Unpack your kit bag	Check in	(5min)
Activity 1	Flip it	(15min)
Activity 2	Inner Bestie v Inner Bully	(10min)

PLAY		
Activity 3	Clear your mind	(2min)
Activity 4	Position Clinics	(28min)
Activity 5	Turnover	(10min)

What You Will Need

POWER

- Resilience Journal
- Newspaper's from previous session (1 per person)
- Thick Marker
- Rubbish Bin
- Coaches Handout
- Parent Handout

PLAY

- Cones
- Netballs

ACTIVITY 1:
Flip it

POWER ACTIVITY

Flip it

- 'Flipping It' is turning negative feelings or thoughts into positive ones.
- Revise the pass the parcel from Session 1. Ask the participants to call out the negative words they wrote on the wrapping.
- Have a discussion, then have the participants do both actions below

o Start with 'flip it' - Have each participant write a positive word on the other side of the newspaper.
o Throw it away – Have each participant acknowledge the negative word out loud that is written on the paper and then screw it up and toss it into the bin you have placed out the front.
▪ This can also be a fun shooting game into the bin if time allows. i.e. get the participant who's turn it is stand behind a line to get it in (cap the number of attempts to control time)

RESOURCES

- Wrapping from pass the parcel used in previous session
- Thick Markers
- Large bin or bucket

DISCUSSON POINTS

• Discuss how you can acknowledge the negative words, recognise the type of feeling it brings up in you, then change it into something positive or just throw it away.
o I.e.preventing unnecessary reactions or feelings that you cannot control.

ACTIVITY 2:

Inner Bestie v Inner Bully

POWER ACTIVITY

Inner Bestie v Inner Bully

- Choose a netball scenario from the link below for each team.
  - Teams can all use the same scenario or can use different ones.
- Have each participant write down what the things they are saying inside their head in this situation without discussing it with anyone else. (give them 3-5mins in silence to do this)
- When everyone is finished, ask them to read what they said out loud to their team.

RESOURCES

- Netball Scenario
- Paper and Pens

DISCUSSON POINTS

During the silence period, keep an eye out for any cheeky 'otters' perhaps getting bored and trying to distract others and observe how other personalities might react.

- Manage the silence as best as you can, but be sure you are still have the chance to observe first.

- Discuss within your team (make sure there is an adult present) what your inner voice was saying.
  - Was it your inner bully saying you're hopeless and you can't win?
  - Or was it your inner bestie saying you've got this?
    - Who would you prefer to hear from?
    - When you heard what your teammates were saying about themselves, how did it make you feel?
  - Would they say that out loud to each other? Why would they say it to themselves?

ACTIVITY 3:
Clear your Mind

PLAY ACTIVITY

Clear your mind - The Human Camera

- Have the participants get into pairs. One participant is the camera; the other is the photographer.
- The photographer walks behind the "camera" with their hands on the camera's shoulders and carefully guides their partner, who keeps their eyes closed.
- The photographer takes a 'picture' by gently squeezing their partner's shoulders. 'Camera' opens their eyes momentarily, to "take the picture" and then closes them again right away.
- In these roles, participants take three 'photos'. After the third snapshot, have the camera reiterate the three 'images' to the photographer. (i.e. a fence, grass and a netball)
- Switch roles so both partners have a turn

RESOURCES

- none

DISCUSSIONS

- It is important to be mindful, when the camera opens their eyes, they should take what they see and be mindful of that particular setting, object, etc and nothing else
- Keeps the participant on track to that single task
- Builds Trust between team members

ACTIVITY 4:

Position Clinic

PLAY ACTIVITY

Position Clinics

• Set up 2 skills stations for; Shooters, Circle defenders and Mid courts. o Use your coaches to mentor at each station.
• Split the group into their specialist areas
o Each participant should do the 2 stations for their specialist area
o Each station should run for approximately 10 minutes before changing activities

RESOURCES

- Cones
- Netballs

DISCUSSON POINTS

- Shooters session should focus on shooting techniques, and work with the attacking mid court – working the ball into the circle.
- Defensive session should focus on the different circle defence techniques and work with the defensive mid court – blocking and tracking techniques.

ACTIVITY 5:
Turnover

PLAY ACTIVITY

Turnover

- Create teams/groups of 5-10 participants
  - Assign each team to a different colour set of cones
    - Ensure each team has an equal number of cones in their colour.
      - Using one third of a netball court as the playing area, scatter the marker cones around evenly and placed upside-down.
      - Participants start in opposing corners and on call, the teams have 2 minutes, to flip as many of their coloured cones up the right way. The team with the most cones up wins.

  - You can increase the challenge of the game by getting the opposing team to flip the cones back over. (as a defensive move)
  - You can add rules such as 'one person, per team at a time' or 'only one cone can be moved at a time' or even both of those together.

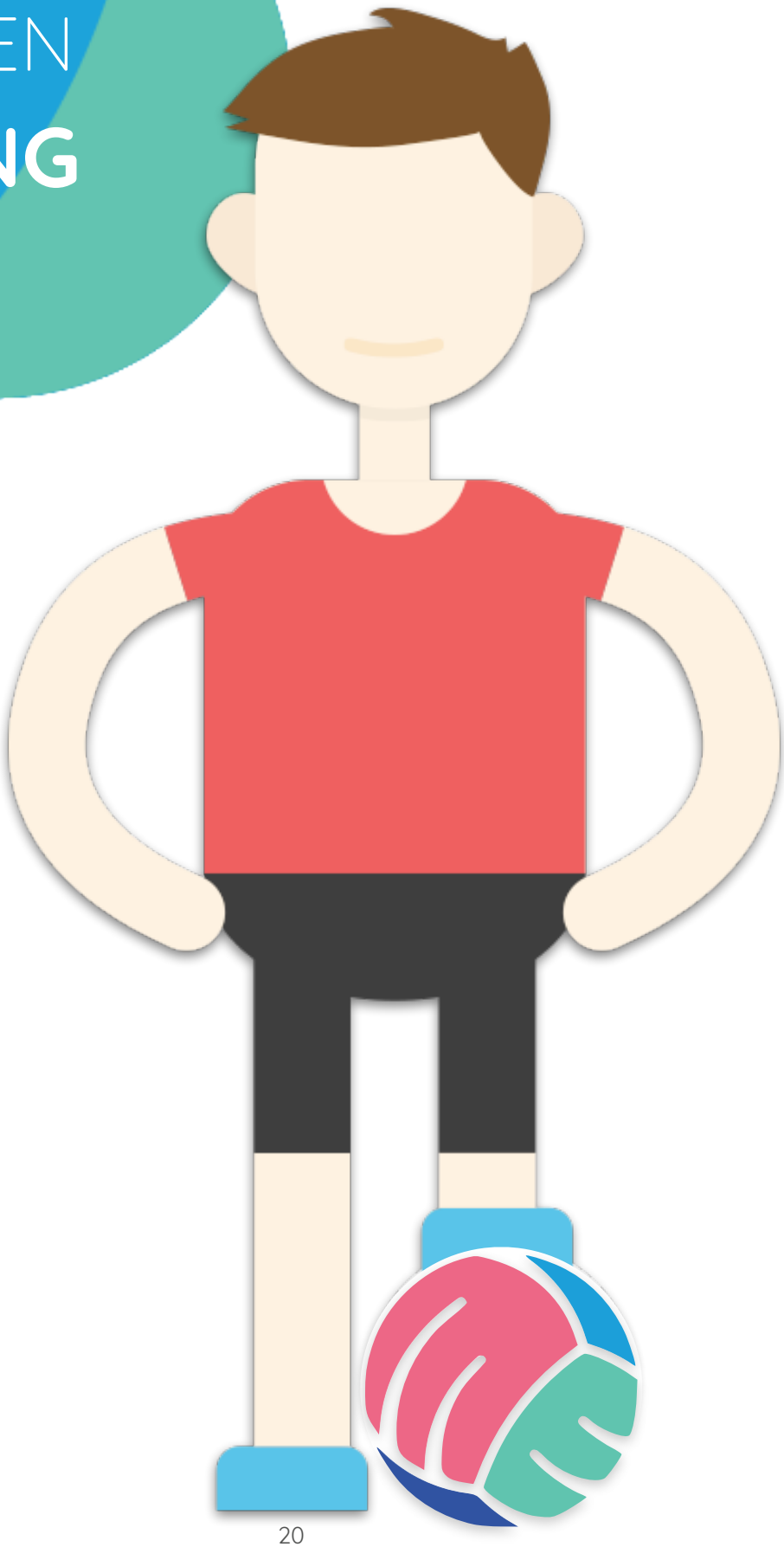
RESOURCES

- Coloured Cones
- Coloured bibs or wristbands (optional – to determine teams)

DISCUSSON POINTS

- Remind the participants of the game's relevance - to turn a negative into a positive all you have to do is 'Flip It'

PROBLEN
SOLVING



RESILIENCE MODULE
9-13yrs

Session 3 - Problem Solving

SESSION:	30min POWER
TIMING:	40min PLAY
OUTCOME:	Becoming aware of what you can control as individuals and as a team.

POWER

Unpack your kit bag	Check in	(5min)
Activity 1	In or out of control	(10min)
Activity 2	Team problem Solving	(15min)

PLAY

Activity 3	Clear your mind	(2min)
Activity 4	Change It up	(28min)
Activity 5	it's a photo finish	(10min)

What You Will Need

POWER

- Whiteboard/butchers paper
- Markers
- Old queen size flat bed sheet
- Coaches Handout
- Parent Handout

PLAY

- Netball
- Bibs
- Cones
- A camera phone

UNPACK YOUR KIT BAG:
Check In

POWER ACTIVITY

Unpack your Kit Bag

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- What did you learn about your self and/or your family this week?

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- As you take in a deep breath, squish your toes, tighten the muscles in your legs, suck in your tummy, make fists with your hands, tighten the muscles in your arms, raise your shoulders to your ears. Hold the tension for a few seconds.
- Now slowly breath out and release all your tight muscles, relax your shoulders and open up your hands
- Take one more breath in and out

ACTIVITY 1:
In or Out of Control

POWER ACTIVITY

In or Our of Control

• Ask the participants to identify a recent problem, issue or concern that they may have had, or anticipate they may have. The problems can be at home, school or netball.
• Write a list of suggested problems on the whiteboard/butchers paper.
• Then ask the participants to identify if any of these problems are out of their control.
• Circle these with one colour – these are things we don't want to waste time worrying about because we can't do anything to change them.
• The remaining problems should be problems that they have control of
• Discuss who they can ask for help with these things (coaches, parents, teachers).

RESOURCES

- Whiteboard/butcher paper
- Two different colours markers for the whole group
- Journal

DISCUSSON POINTS

- If a problem is out of our control, we shouldn't waste our time and energy worrying about it.
- Identify who they can go to if they have a problem in their control and are needing some help to resolve it.

ACTIVITY 2:

Team Problem Solving - Flip it

POWER ACTIVITY

Team Problem Solving: Flip It

• Play the Flip It game to see how different personalities work together

Instructions:

- Split the participants into even teams/groups of 7-10 participants
- Spread the bed sheets on the ground.
- Each team stands on a sheet.
- Without stepping off the sheet they have to completely flip it over and then spread it back out.

• Three games are to be played for 5 minutes each. With a further 5 mins after each game to go over discussion points for that game.

- GAME ONE – keep all the players in their teams, each team gets 1 sheet.
- GAME TWO – form new teams based on their animal types,
  Lions, Beavers, Otters, and Golden Retrievers.
- GAME THREE – go back to the original teams from game one to show them the difference.

RESOURCES

- Old Queen size bed sheets min 4

DISCUSSON POINTS

• GAME ONE – Did one person take control? Did everyone get their say?

• GAME TWO – Revise animal traits (leaders, thinkers, supporters, watchers) and discuss that to make a successful team everyone should be heard.

• GAME THREE –Encourage the teams to be aware of their team mates and use each other's strengths. Did being aware of each other's strengths assist the game and solve the problem faster?

• Discuss how the participant learnings can benefit them as a team during the netball season.

ACTIVITY 3:
Clear your Mind

PLAY ACTIVITY

Clear your mind - The Human Camera

- Have the participants get into pairs. One participant is the camera; the other is the photographer.
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- Switch roles so both partners have a turn

RESOURCES

- none

DISCUSSIONS

- It is important to be mindful, when the camera opens their eyes, they should take what they see and be mindful of that particular setting, object, etc and nothing else
- Keeps the participant on track to that single task
- Builds Trust between team members

ACTIVITY 4:

Change it Up

PLAY ACTIVITY

Change It up

- Set up for a netball game consisting of 2 x 7 minute halves with a 5-minute half time break
- Have 2 coaches or mentors umpire the match. And split the group into teams of 7
- Two teams on a court at one time. You can have multiple games running at the same time if you have the space for it.
  - Team1: Players should mix it up and play an unfamiliar position
- o Team2: Players should play their familiar positions
- Team 2 participants give feedback to Team 1 participants to help each other with how the positions are played. They should use positive criticism to support their teammate.
- Teams should swap roles (familiar vs unfamiliar) for the second half.

RESOURCES

- Netball courts
- Netballs
- Bibs

DISCUSSON POINTS

- This session is about taking active steps, so let the participants communicate and help each other on and off the court.
- Learning a new position will give the participant more court awareness and will take away the fear of the unknown if they ever have to play out of position. This can also help in better understanding their own roles on the court.
- This knowledge fosters flexibility and empathy for one another
- Keep an eye out for the language the familiar participant gives to their unfamiliar counterpart. Are they using their Inner Bestie voice or Inner Bully?

o Ie. Don't run that way = Maybe you should try this way, because..... o You can't do that = the rules state we need to do it this way

ACTIVITY 5:

It’s a photo finish

PLAY ACTIVITY

It’s a photo finish

- Line up all the participants along the sideline and position a mentor/photographer on the corner of the opposite sideline with a camera.
- The whole group has to make its way across the court and cross the sideline at EXACTLY the same time for a photo finish (like an athletics race or horse race, etc)
- To make it harder

o Create some obstacles or set a time limit

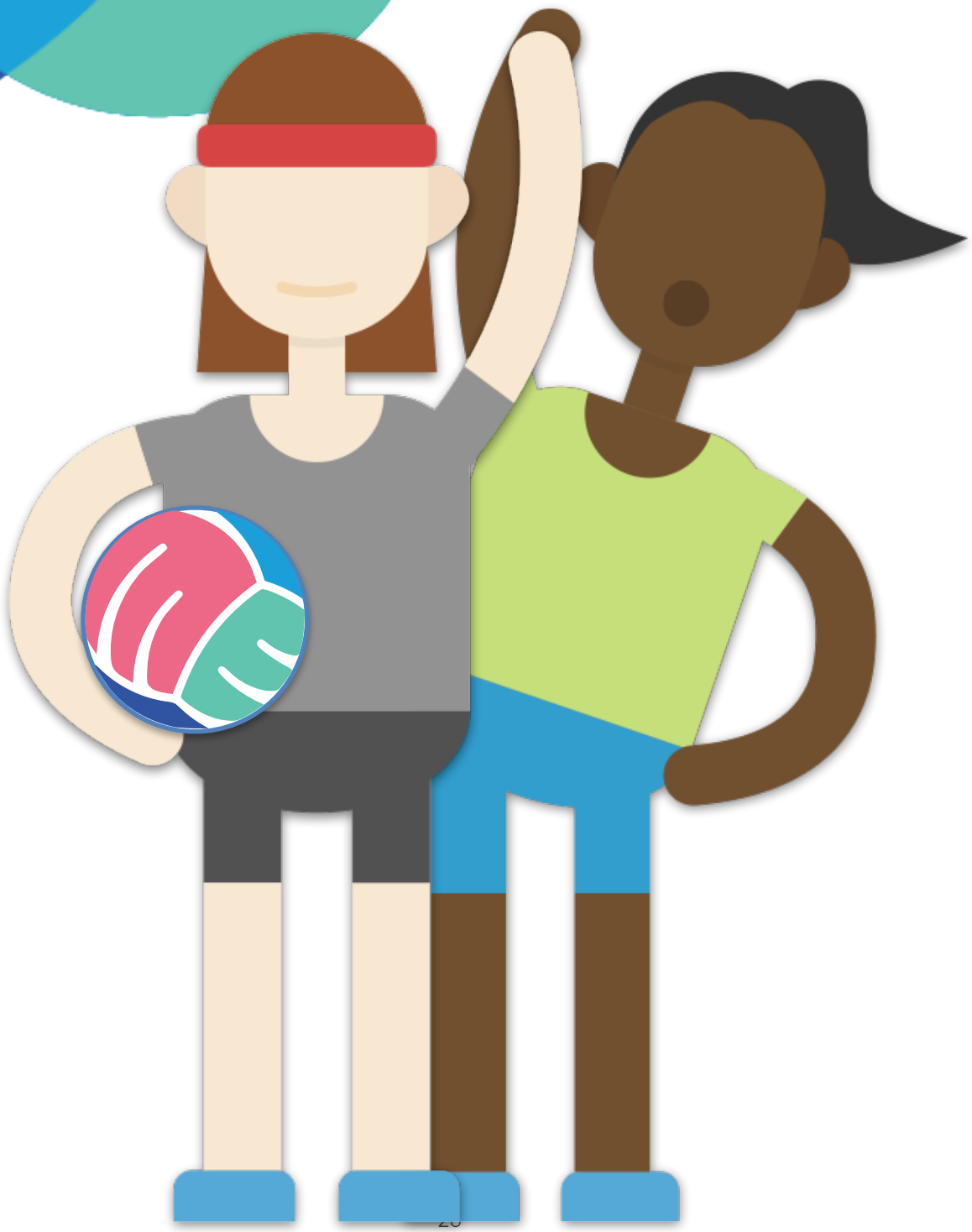
RESOURCES

- 1 Camera/camera phone for the whole group
- Obstacles (I.e. cones, etc)

DISCUSSON POINTS

This activity involves planning, communication, timing and resilience. Oh – and fun!

THIS IS **RESILIENCE**



REFERENCES

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