MY journal of KINDNESS

EMPOWER PLAY

Building **confidence** and **empowering** young people



EMPOWERPLAY

is brought to you by

team GEM

netball
NEW SOUTH WALES

This
journal belongs to:

.....

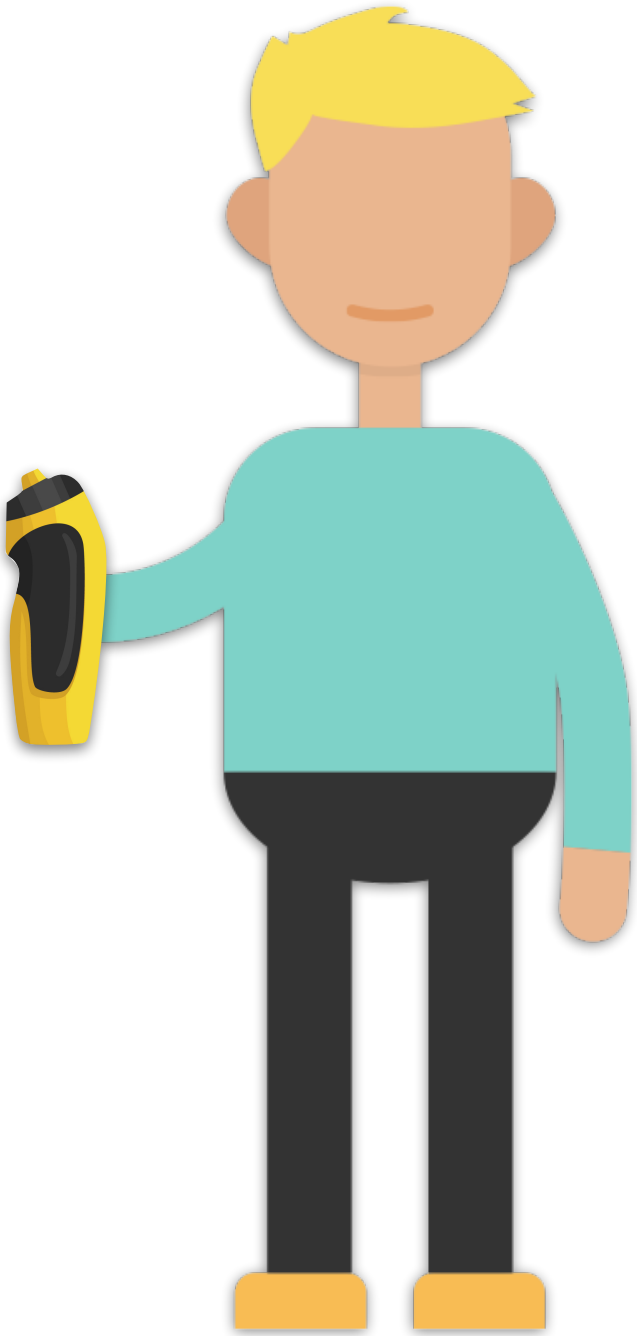
My Club:

.....

EMPOWERPLAY

Welcome to your **KINDNESS** journal.

This journal is a guide to help **you** learn to be kind to yourself and kind to others through giving, kind communication and showing compassion.



Discovering

STRENGTHS

Kind

COMMUNICATION

Be

KIND TO ME & U

Unpack your kit bag

Unpacking your kit bag is how we show compassion and gratefulness to our team mates. By taking the time before each session or game, we are creating a moment in time to be grateful and clear our mind before we take on the task ahead.

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 do that was kind for yourself 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?

Unpack your kit bag

Mindfulness

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'.

Break the tension

- 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

PERSONALITY TEST

Take the quiz below to find out your personality animal.
Use the word meanings on the next page to help you.

Below are 10 horizontal lines with four words on each line - one in each column.
In each line rate each word from 1 - 4, with 1 being "least like you"
and 4 being "most like you".

For Example: One choice for the first line of words could be as follows

[4] *Likes Authority* [2] *Enthusiastic* [3] *Sensitive Feelings* [1] *Likes Feelings*

L		O		G		B	
☐	Likes Authority	☐	Enthusiastic	☐	Sensitive Feelings	☐	Likes instruction
☐	Takes Charge	☐	Takes Risks	☐	Loyal	☐	Accurate
☐	Determined	☐	Visionary	☐	Calm, Even Keel	☐	Consistent
☐	Enterprising	☐	Very Verbal	☐	Enjoys Routine	☐	Predictable
☐	Competitive	☐	Promoter	☐	Dislikes Change	☐	Practical
☐	Problem Solver	☐	Enjoys Popularity	☐	Gives in to others	☐	Factual
☐	Productive	☐	Fun-Loving	☐	Avoids Confrontation	☐	Conscientious
☐	Bold	☐	Likes Variety	☐	Sympathetic	☐	Perfectionist
☐	Decision Maker	☐	Spontaneous	☐	Nurturing	☐	Detail-Orientated
☐	Persistent	☐	Inspirational	☐	Peacemaker	☐	Analytical

Total up the numbers for each vertical column (L, O, G, B)

☐ "L" TOTAL ☐ "O" TOTAL ☐ "G" TOTAL ☐ "B" TOTAL

L = LION O = OTTER G = GOLDEN RETRIEVER B = BEAVER

PERSONALITY ANIMAL

WORD MEANINGS

Use the word meanings below to help you complete your personality test.

Authority -	likes to give orders
Loyal -	a true hearted person
Determined -	is strong minded
Visionary -	is able to see how something will turn out
Consistent -	is very ordered
Enterprising -	likes to do new projects
Verbal -	the spoken word/talking
Predictable -	a sure thing
Promotor -	good at spreading the news
Practical -	can do things and gets things done
Popularity -	everybody likes you
Productive -	gets things done
Confrontation -	always likes a fight or to argue
Conscientious -	likes to follow the rules
Sympathetic -	similar feelings with others and likes to show them
Perfectionist -	always wanting to be right
Spontaneous -	happily doing unplanned things
Nurturing -	encourages
Detail orientated	looks at all the little things
Persistent -	continues until the end
Inspirational -	someone you look up to
Peacemaker -	makes peace with those around them
Analytical -	looks at the details to find the answers



Lion

Lions are **leaders**, they like to take charge. They are very **confident** and are very **competitive**. Lions can also be **loud** and **impatient.**



Lion

Lions are **leaders**. They are usually the bosses at work...or at least they think they are! They are **decisive**, bottom line folks who are **observers**, not watchers or listeners. They love to solve problems. They are usually individualists who love to seek **new adventures** and opportunities.

Lions are very **confident** and self-reliant. In a group setting, if no one else instantly **takes charge,** the Lion will. Unfortunately, if they don't learn how to tone down their **aggressiveness,** their natural **dominating** traits can cause problems with others. Most entrepreneurs are strong lions, or at least have a lot of lion in them.

Natural **Strengths**

Decisive
Goal-oriented
Achievement driven
Gets results
Independent
Risk-taker
Takes charge
Takes initiative
Self-starter
Persistent
Efficient
Competitive
Enjoys challenges, variety and change
Driven to complete projects quickly and effectively

Natural **Weaknesses**

Impatient
Blunt
Poor listener
Impulsive
Demanding
May view projects more important than people
Can be insensitive to the feelings of others
May "run over" others who are slower to act or speak
Fears inactivity, relaxation
Quickly bored by routine or mechanics

Basic trait - Fast-paced, task oriented.
Motivated by - results; challenge, action, power, and credit for achievement.
Time management - Lions focus on NOW instead of distant future. They get a lot more done in a lot less time than their peers. Hate wasting time; and like to get right to the point.
Communication style - Great at initiating communication; not good at listening (one way communicator).
Decision making - Impulsive; makes quick decisions with goal or end result in mind. Results-focused. Needs very few facts to make a decision.
Under Pressure - The lion takes command and becomes autocratic.
Greatest needs - The lion needs to see results, experience variety, and face new challenges. He needs to solve problems and wants direct answers.
Desires - Freedom, authority, variety, difficult assignments, opportunity for advancement.

I AM STRONG





OTTER

Otters are **excitable,** they are the **cheerleaders** of the team who love to **talk a lot**. Otters are very **passionate** and **outgoing.**



OTTER

Otters are **excitable**, **fun** seeking, **cheerleader** types who love to talk! They're great at motivating others and need to be in an environment where they can talk and have a vote on major decisions. The otters' **outgoing** nature makes them **great networkers**–they usually know a lot of people who know a lot of people. They can be very **loving** and **encouraging** unless under pressure, when they tend to use their verbal skills to attack. They have a strong desire to be liked and enjoy being the **centre of attention**. They are often very attentive to style, clothes, and flash. **Otters** are the life of any party; and most people really enjoy being around them.

Natural **Strengths**

Enthusiastic
Optimistic
Good Communicator
Emotional and Passionate
Motivational and Inspirational
Outgoing
Personal
Dramatic
Fun-loving

Natural **Weaknesses**

Unrealistic
Not detail-oriented
Disorganised Impulsive
Listens to feelings above logic
Reactive
Can be too talkative
Excitable

Basic trait - Fast-paced. People-oriented.
Motivated by - Recognition and approval of others.
Time management - Otters focus on the future and have a tendency to rush to the next exciting thing.
Communication style - Enthusiastic and stimulating, often one-way; but can inspire and motivate others.
Decision making - Intuitive and fast. Makes lots of "right calls" and lots of wrong ones.
Under Pressure - The otter ATTACKS. Can be more concerned about their popularity than about achieving tangible results.
Greatest needs - The otter needs social activities and recognition; activities that are fun, and freedom from details.
Desires - Prestige, friendly relationships, opportunity to help and motivate others, and opportunities to verbally share their ideas.

LET'S GO





GOLDEN RETRIEVER

The Golden Retriever is very **loyal** and **caring**. They are **patient** and **reliable**. Golden Retrievers can be **slow to change** but are great **team players.**



GOLDEN RETRIEVER

One word describes the **Golden Retriever**: LOYAL. They're so loyal, in fact, that they can absorb the most emotional pain and punishment in a relationship and still stay **committed**. They are **great listeners**, incredibly **empathetic** and warm **encouragers**. However, they tend to be such pleasers that they can have great **difficulty being assertive** in a situation or relationship when it's needed.

Natural **Strengths**

Patient
Easy-going
Team player
Stable
Empathetic
Compassionate
Sensitive to feelings of others
Tremendously loyal
Puts people above projects
Dependable
Reliable
Supportive
Agreeable

Natural **Weaknesses**

Indecisive
Over-accommodating
May sacrifice results for the sake of harmony
Slow to initiate
Avoids confrontation even when needed
Tends to hold grudges
Remembers hurts inflicted by others
Fears change

Basic trait - Slow-paced. People-oriented.
Motivated by - Desire for good relationships and appreciation of others.
Time management - Golden Retrievers focus on the present and devote lots of time to helping others and building relationships.
Communication style - Two-way communicator; great listener and provides empathetic response.
Decision making - Makes decisions more slowly, wants input from others, and often yields to the input.
Under Pressure - The Golden Retriever gives in to the opinions, ideas, and wishes of others. Often too tolerant.
Greatest needs - The Golden Retriever needs security; gradual change and time to adjust to it; an environment free of conflict.
Desires - Quality relationships; security; consistent known environment; a relaxed and friendly environment; freedom to work at own pace.

We've got this





BEAVER

Beavers like to **be right** and must **play by the rules**. They love to **ask questions** and are **good problem solvers**. Beavers can sometimes be **a bit picky**.



BEAVER

Beavers have a strong need to **do things right** and by the book. In fact, they are the kind of people who actually read instruction manuals. They are great at providing **quality control** in an office, and will provide quality control in any situation or field that demands **accuracy**, such as accounting, engineering, etc. Because **rules**, **consistency** and high standards are so important to **beavers**, they are often frustrated with others who do not share these same characteristics. Their strong need for maintaining **high (and oftentimes unrealistic) standards** can short-circuit their ability to express warmth in a relationship.

Natural **Strengths**

Accurate
Analytical
Detail-oriented
Thoroughness
Industrious
Orderly
Methodical and exhaustive
High standards
Intuitive
Controlled

Natural **Weaknesses**

Too hard on self
Too critical of others
Perfectionist
Overly cautious
Won't make decisions without "all" the facts
Too picky
Overly sensitive

Basic trait - Slow-paced. Task-oriented.
Motivated by - The desire to be right and maintain quality.
Time management - Beavers tend to work slowly to make sure they are accurate.
Communication style - Beavers are good listeners, communicate details, and are usually diplomatic.
Decision making - Avoids making decisions; needs lots of information before they will make a decision.
Under Pressure - The beaver tries to avoid pressure or tense situations. They can ignore deadlines.
Greatest needs - The beaver needs security, gradual change and time to adjust to it.
Desires - Clearly defined tasks, stability, security, low risk, and tasks that require precision and planning.

Make a plan

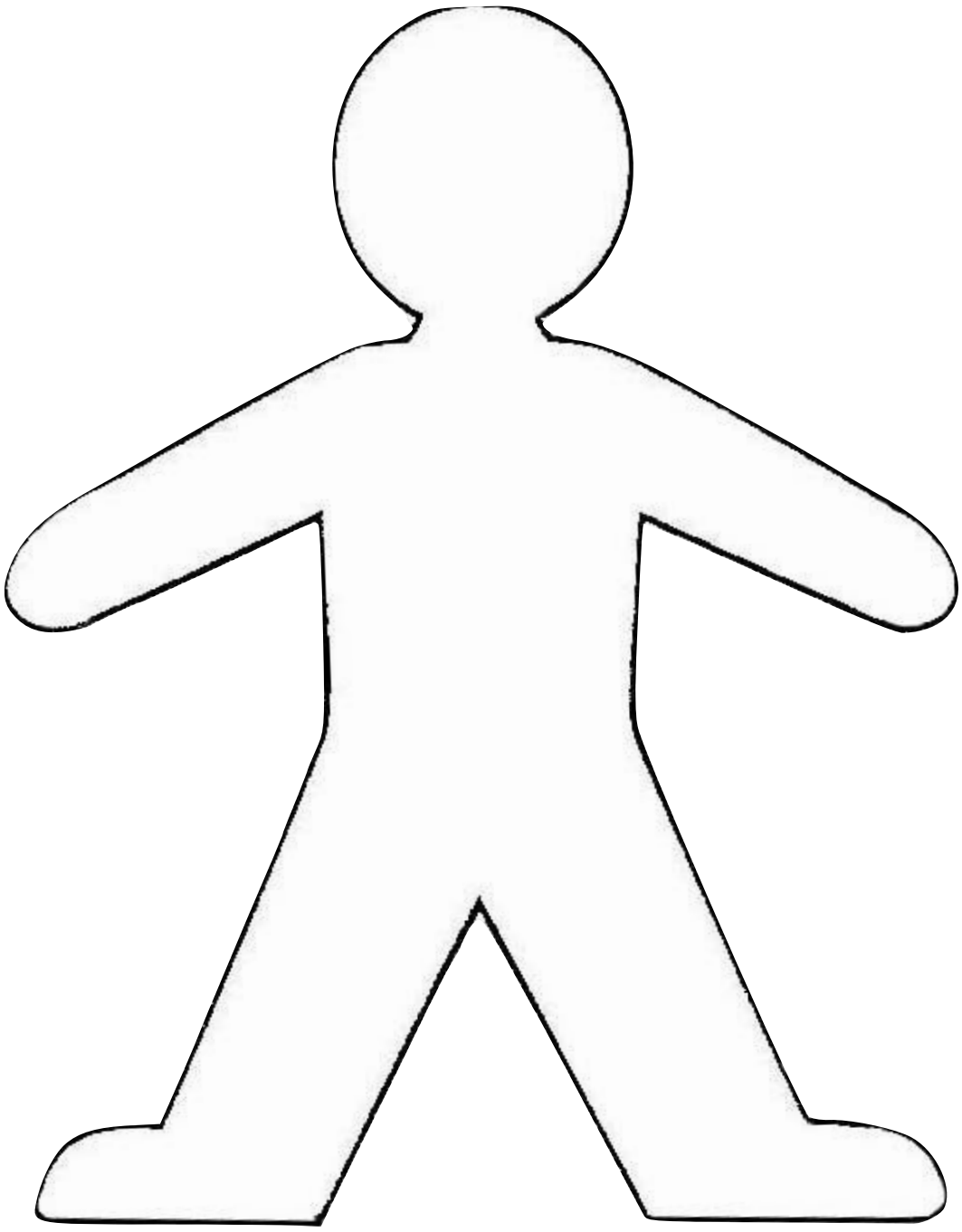


WHO AM I ?

STRENGTH WORDS

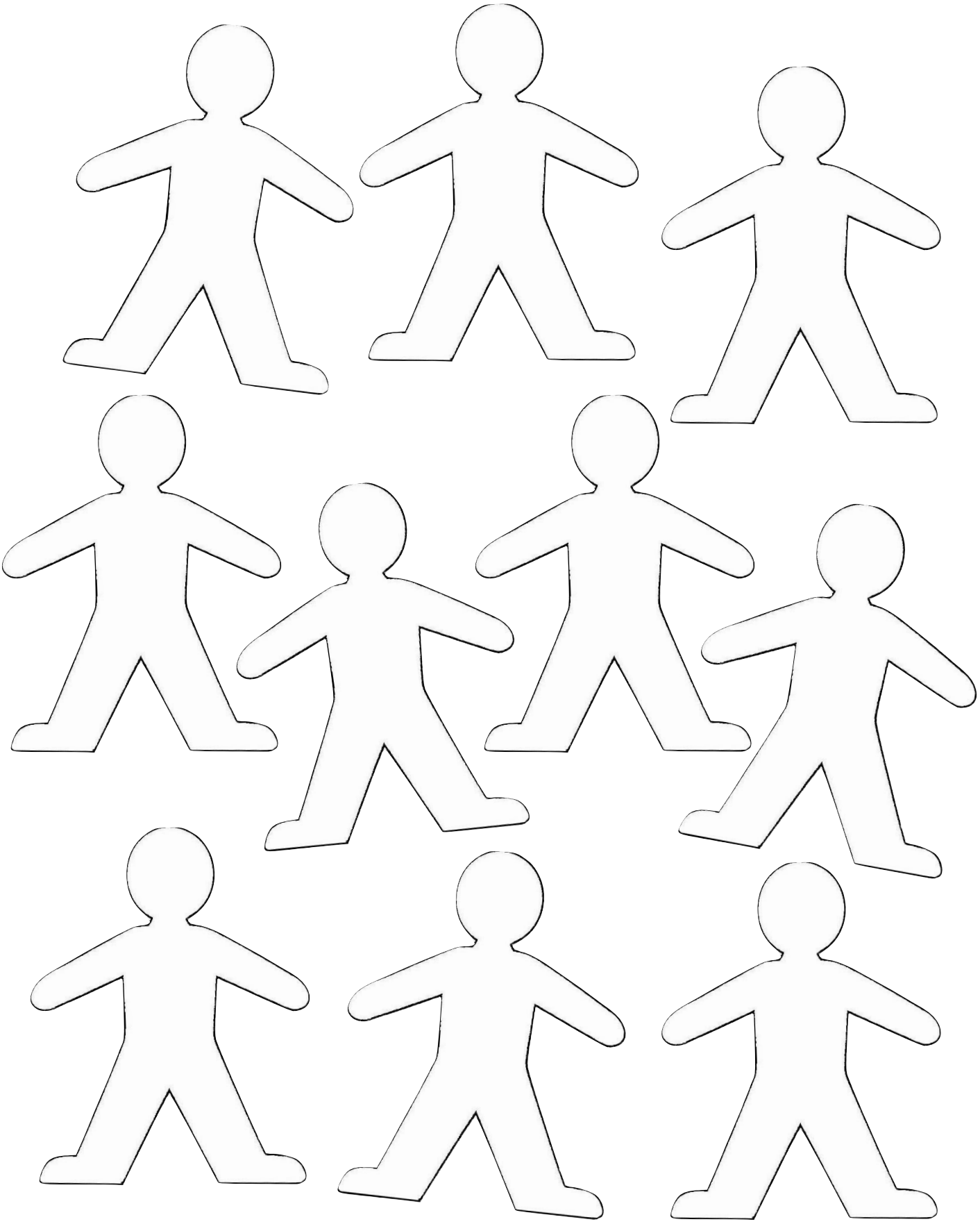
Now that you know your personality animal, write down inside the paper person, some of the strength words that describe you best.

I am a .....



My kind of team!

Write all your team mates names, personality animal and one their strengths on the paper people below. This is a great way to remember and be grateful for your team mates and what they bring to your team.



team BONDING

Team **Tik Tok** challenge

Take some time and make a date to get to know your team mates away from the netball court. Check out these awesome team bonding ideas.



Insert your team name in the hashtag

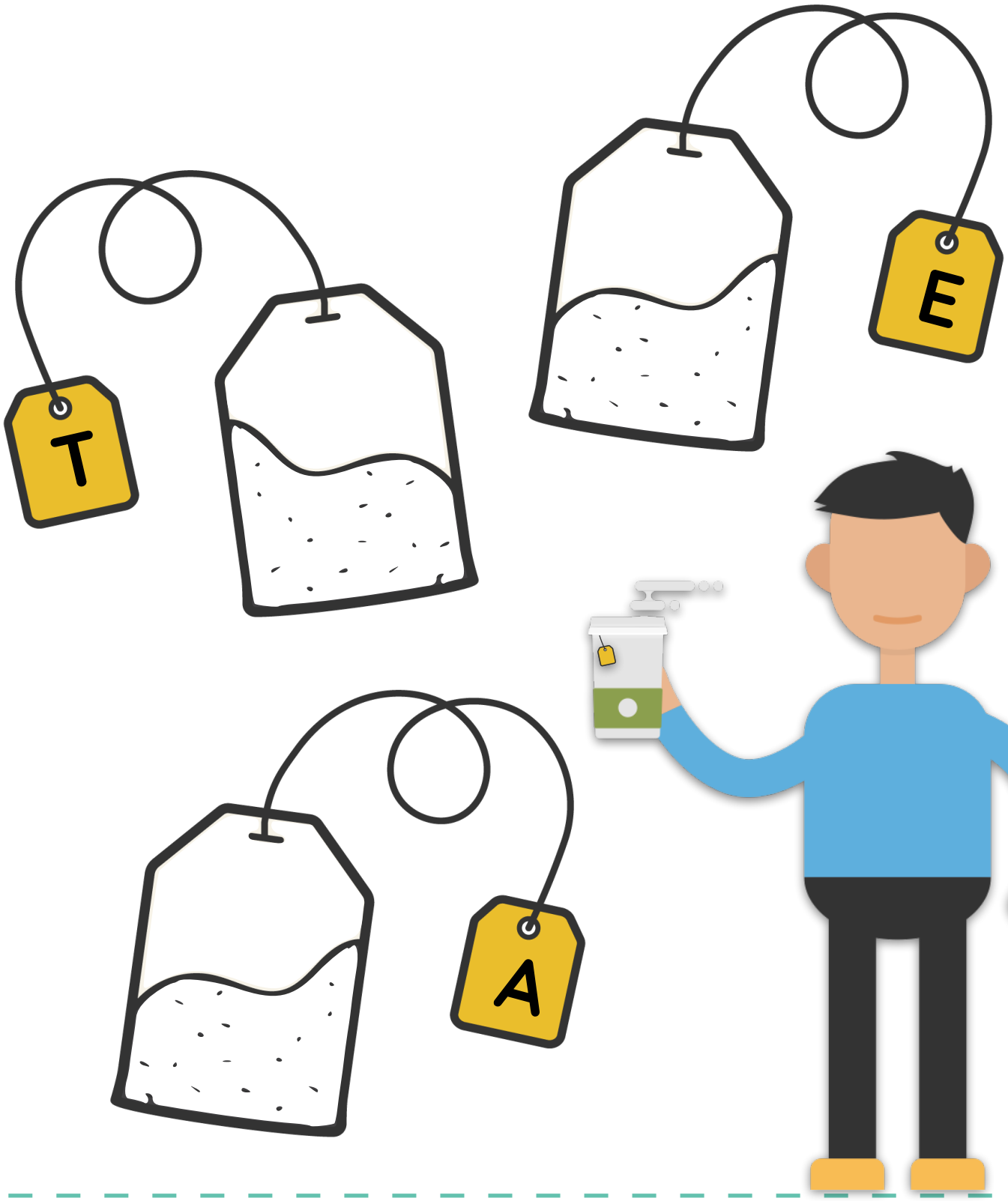
#teamnameKINDNESSEMPOWERPLAY

pick a motivational song
THEN MAKE YOUR MOVES

Always time for TEA

How can we show what it means to be part of TEAm using acts of kindness? At the heart of kindness is a THOUGHT, an EMOTION and an ACTION that moves us to give to others.

List 3 ways you can be kind to yourself and others at netball using a **T**hought, **E**motion and an **A**ction.



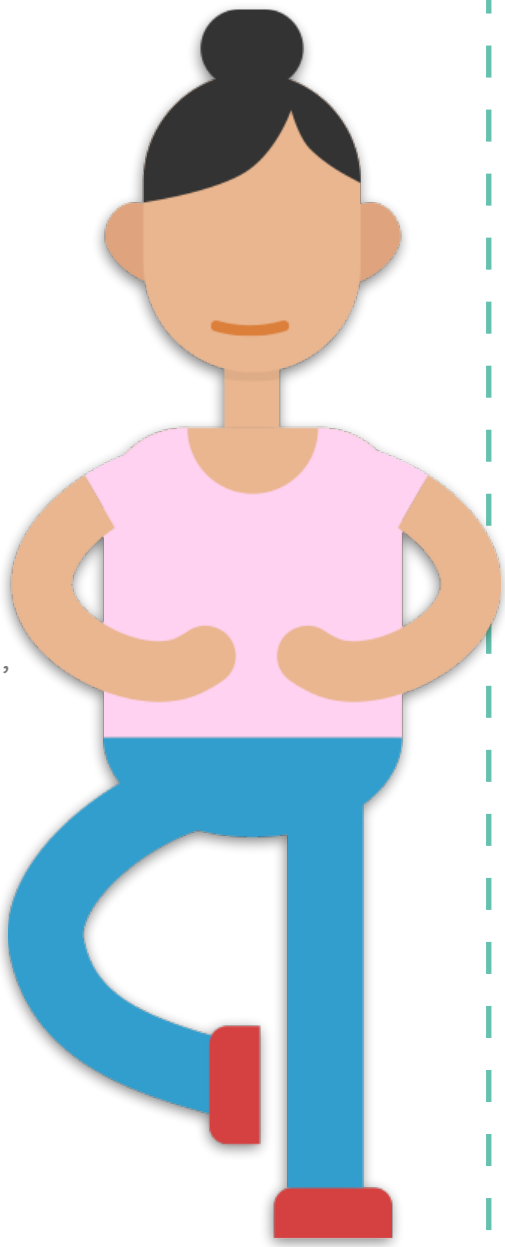
CLEAR YOUR MIND

KINDFULNESS MINDFULNESS

Mindfulness is the art of paying attention to something on purpose, being aware of your thoughts and feelings. It's about being in the moment. Try this activity to help you clear your mind and be ready for your next netball game.

1. 'Sit in a comfortable position'
2. 'Breathe normally and close your eyes'
3. 'Think of a person your care about, anyone, someone who is special to you'
4. 'Now keep them in your mind and think these thoughts of kindness'

- 'May you be safe & protected
- 'May you be happy & healthy'
- 'May you be peaceful & feel loved'
- 'Now make these wishes to yourself'
- 'May I be safe & protected
- 'May I be happy & healthy'
- 'May I be peaceful & feel loved'
- 'Now make these wishes for those around you'
- 'May they be safe & protected
- 'May they be happy & healthy'
- 'May they be peaceful & feel loved'
- 'Smile and open your eyes'



POWER UP

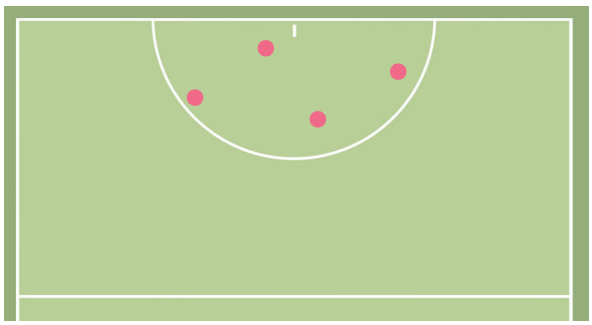
TRAINING TIPS

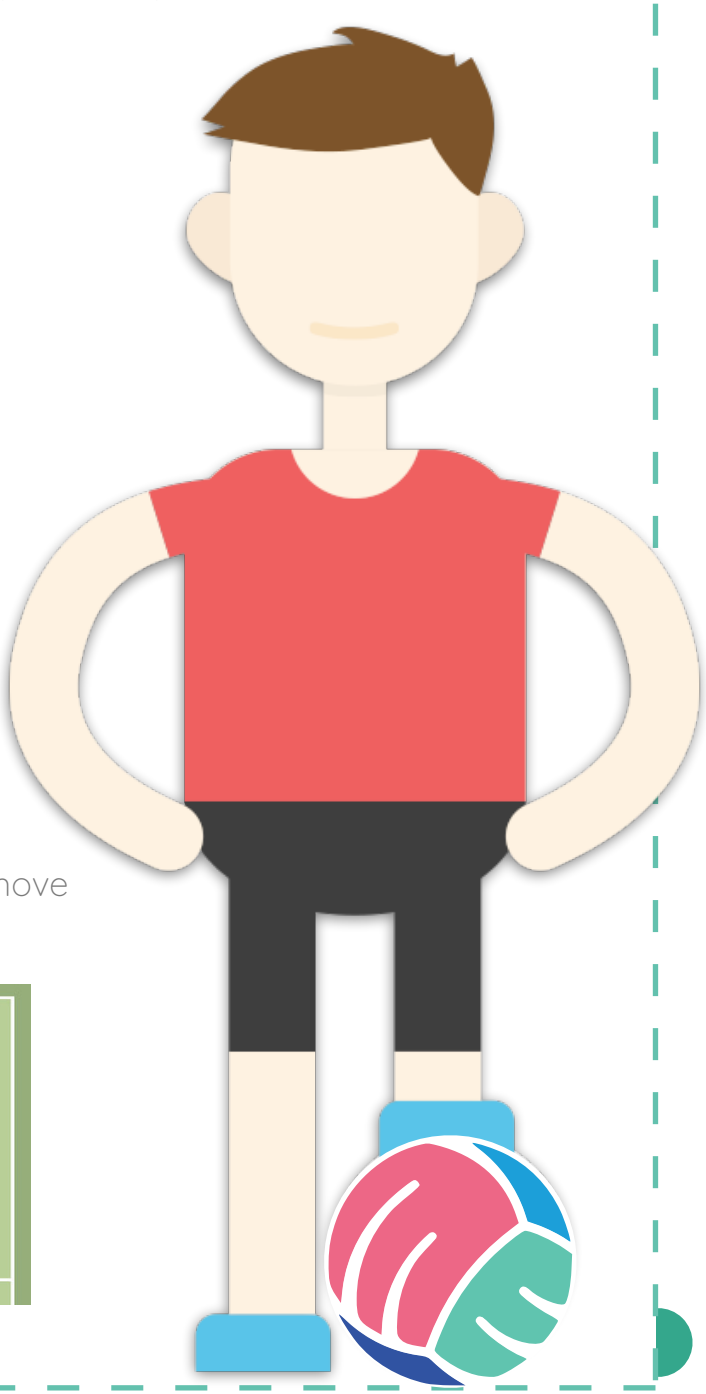
Feeling more EMPOWERED? Understanding a new position is a great way to improve your game. Try out these skills.

SHOOTING SKILLS

Radial Shot

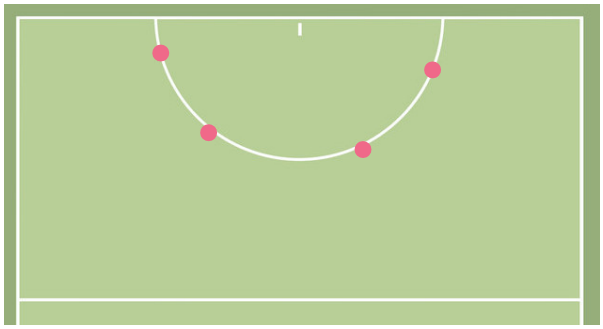
- Mark circle at various distances from the post using dots or cones. e.g 1 meter and 2 meters
- Stand and shoot from each dot. Only moving when a goal is scored
- Focus on your technique





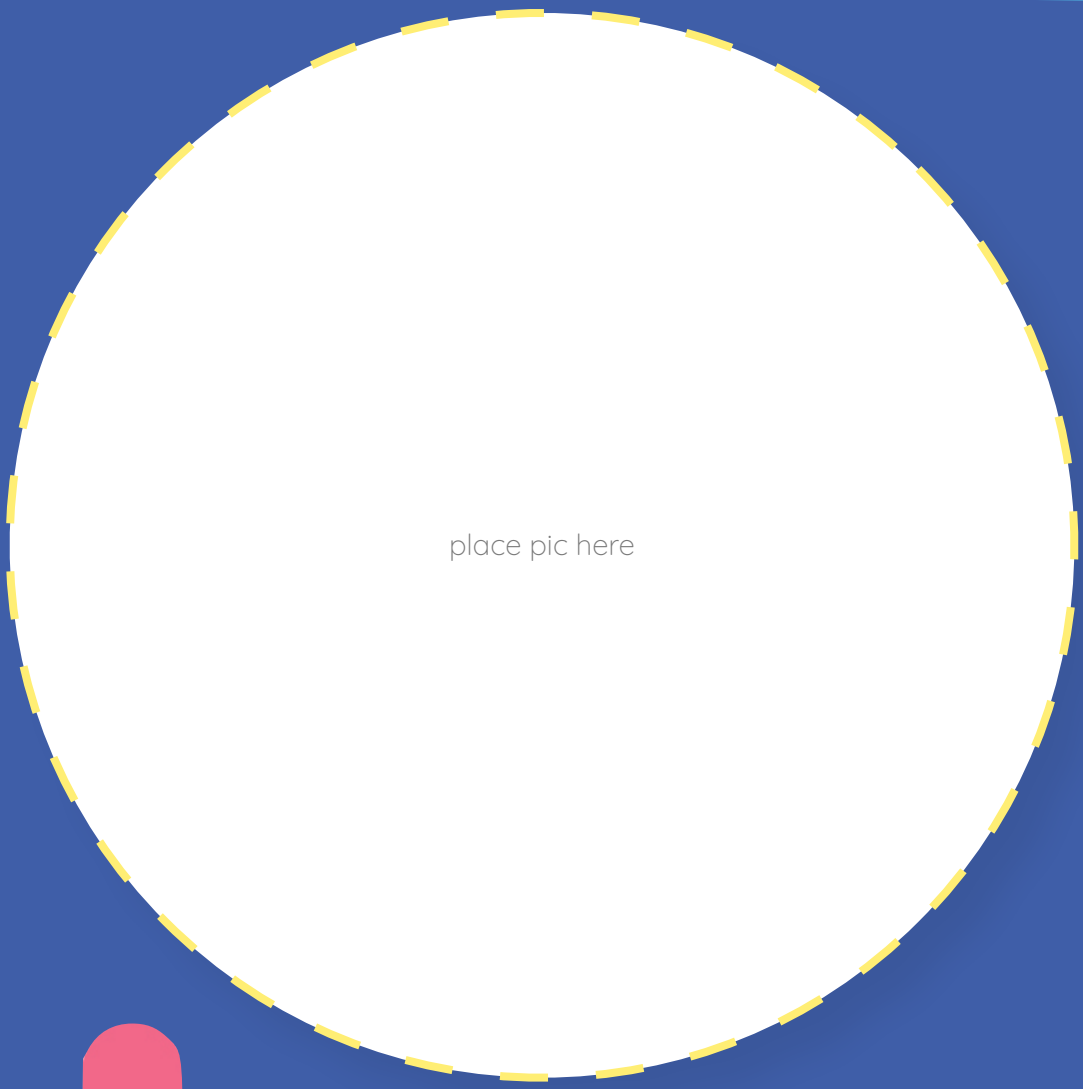
Movement

- Place dots at various points on the circle edge
- Start at the post, run to a dot on the circle edge
- Push off on outside foot to receive ball on the move



my COACH

Take a picture of your coach and stick it in your journal. Write all the things you like about your coach. Do you know what their Personality Animal is?



MY weekly PLAN

KINDFUL & MINDFUL

Be safe & protected

Be happy & healthy'

Be peaceful & feel loved'



THERE IS ALWAYS TIME FOR TEA

HOW WERE YOU KIND TO YOURSELF and OTHERS THIS WEEK?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NETBALL STATS

V's _____

SCORE _____

HOW DID I BRING KINDNESS TO MY GAME?

_____

_____

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KIND Communication

What is kind communication? It is being mindful of how we talk or gesture when we are trying to communicate with others. How can we show and use kind communication with our team mates?

- Be **open** to different ideas and new ways of thinking

- Learn to **understand** your team mates and how they receive information

- Be **present** in your conversations. Make eye contact, ask questions

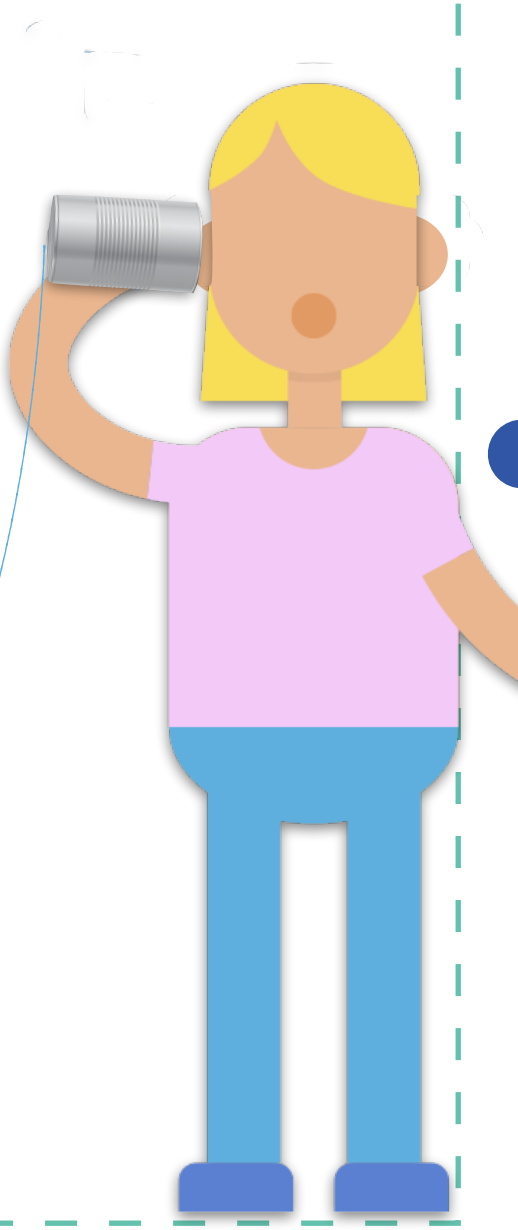
Use **K . I . N . D** to remind you of how you can keep your communication kind.

K Is it kind?

I What are the impact of my

N Do I need to say or write it?

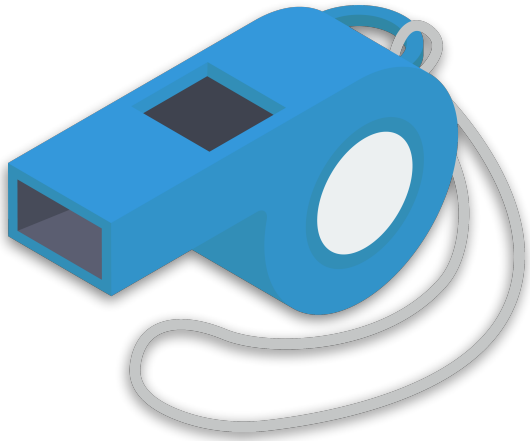
D Is it a definite fact?



Umpires Rule

Umpires have great communication skills. They use verbal and non-verbal communication. The International Netball Federation uses these tips for how to communicate effectively. You might want to try them when you umpire your next game.

- Use your whistle tone, change the length or volume
- Deliver with a calm but firm voice
- Use effective body language
- Make eye contact with the player



Do you know the rules of the game? Find out the Netball hand signals and list or draw them below.

Start or Restart of the game

Hold Time

Held Ball

Obstruction of player with ball

We Are TEAM AWESOME



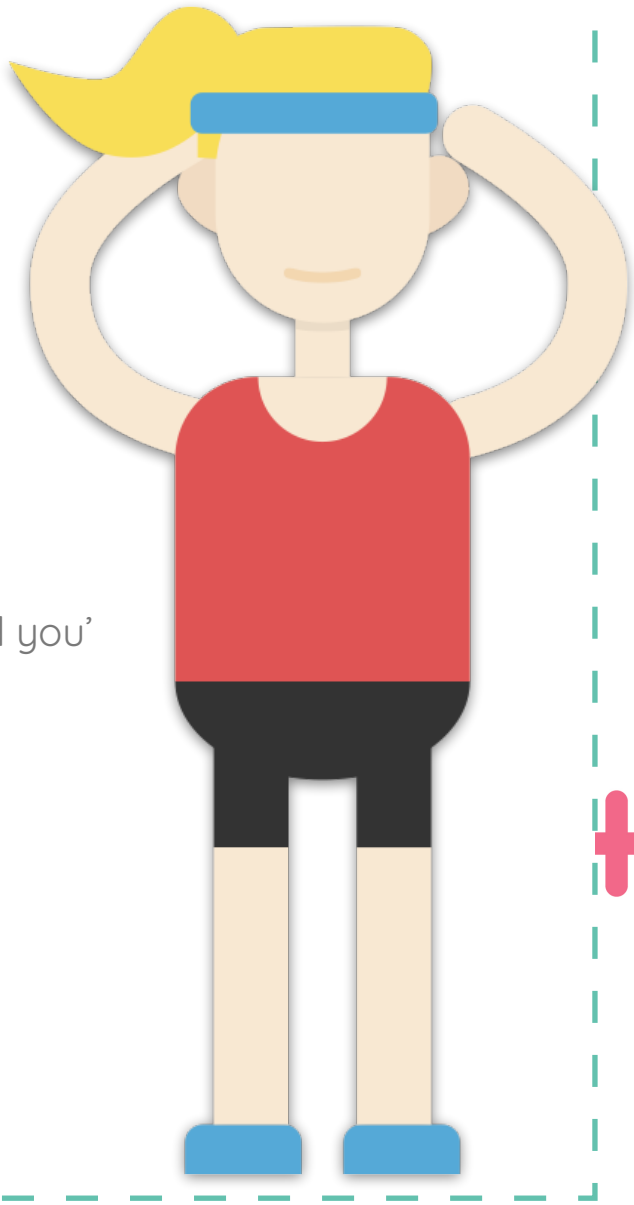
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- 'Smile and open your eyes'



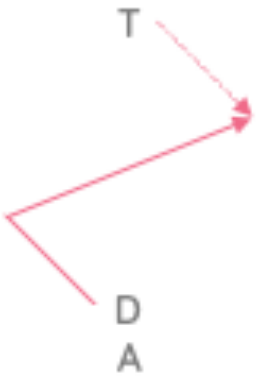
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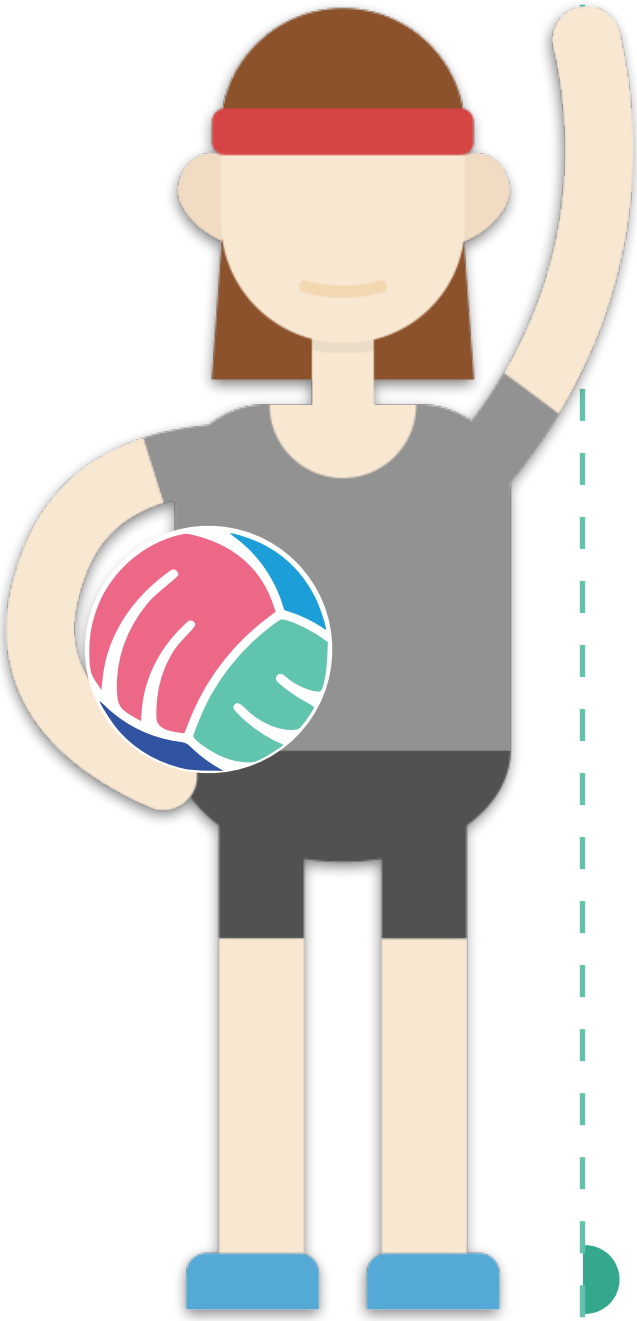
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Mid court skills

Single dodge with defender

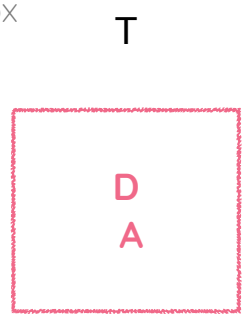
- You will need some friends for this one.
- A **T**hrower, **A**ttacker and **D**efender
- **T** throws ball to self (for timing), then passes to attacker (**A**) who uses a dodge to free themselves from the defender (**D**)





Single dodge boxes

- Grab some team mates. A **T**hrower, **A**ttacker and **D**efender
- Create a box for the playing area as shown below using chalk.
- The bigger the area the easier it will be for the attacker
- The **A**ttacker and **D**efender must remain in the box
- **A**ttacker uses dodges within the box to get free from **D**efender and receive a pass from the **T**hrower outside the box



Helpful

DIRECT

Generous

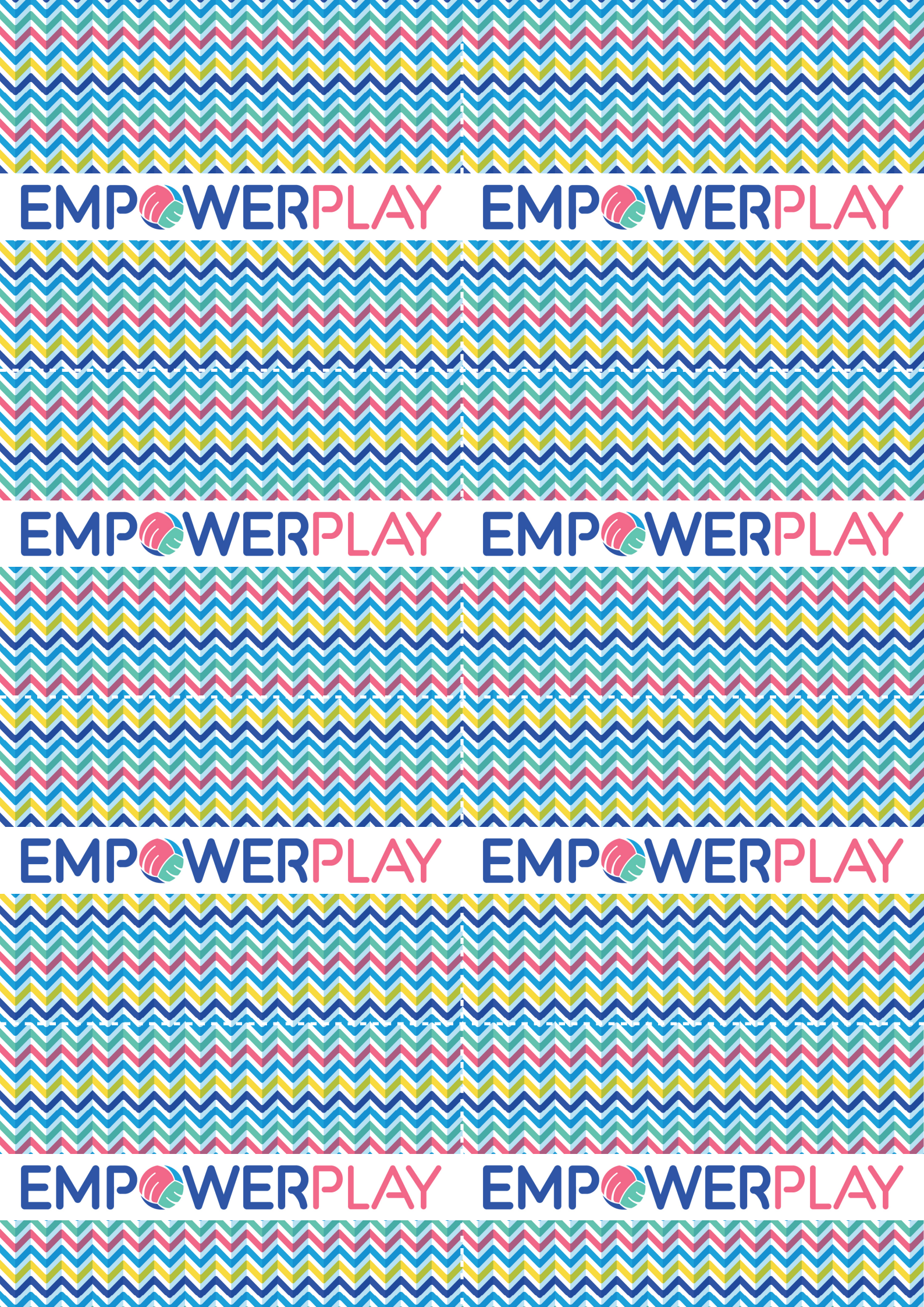
Honest

reliable

LOVING

COMPASSIONATE

Confident


EMPOWERPLAY EMPOWERPLAY
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SUNDAY

NETBALL STATS

V's _____

SCORE _____

WHAT STRENGTH DID I BRING TO THE GAME?

_____

_____

KIND TO ME

Which way do you like to receive kindness or like to be shown the you are valued. Take the quiz below to find out.

Simply circle the option you like the most from each of the 10 questions in the table below.

1	**A** I like to receive happy messages	2	**D** I like it when you help me out with my homework
	C I really like it when I get presents		**B** I like to hang out with you
3	**E** I like it when I get a hug	4	**C** Gifts are always special to me
	A I like when kind words are said to me		**B** I like to go places with you
5	**E** I love high fives from my coach	6	**A** I like it when you tell me I played well
	D I like when you show me a drill more than when you explain it to me		**B** I like to be with someone when I do things
7	**E** I like a hug when I lose a game	8	**D** I appreciate when you stay back after training to help me
	C I know you are thinking of me when you give me a gift.		**A** I like it when I'm told that you liked how hard I trained
9	**D** I like it when you do things to help me	10	**E** I like a pat on the back when I have done something well
	C I feel loved when you celebrate my wins with a gift		**B** I like it when you take time to understand how I am feeling

Add how many times you circled each letter and put the number in the boxes below

A	B	C	D	E

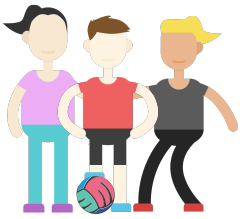
KIND TO ME

How do you like to receive kindness? There are 5 types of ways we all like to receive value or kindness; Words of affirmation, Quality time, Receiving gifts, Acts of service and Physical contact. So which one are you?



A

TELL ME I'M AWESOME' Words of Affirmation
If you scored the most points for A, then you love it when people praise you and tell you how good you are. You also like it when people motivate you with words too, like your family cheering you on from the sideline.



B

HANGING OUT IS MY FAVOURITE THING! Quality Time
If you scored the most points for B, then you love to hang out with people. You feel great when your team mates just want to be with you. When you are feeling low it is being around your friends that makes you happy.



C

I LOOOVE GETTING PRESENTS! Receiving Gifts
If you scored the most points for C, then you love it when you are given a gift. Big or small, it doesn't need to be expensive either. You really appreciate that they have thought of you. Like when someone buys you a fruit smoothie after a hard game, it makes you feel appreciated.



D

IT'S GREAT WHEN YOU DO THINGS FOR ME! Acts of Service
If you scored the most points for D, then you really appreciate it when someone lends a helping hand. Like having your team mate carry your bag after a tough game. It makes you feel cared for.



E

I'LL TAKE THAT HUG NOW... GROUP HUG! Physical Contact/Touch
If you scored the most points for E, then you just love a hug, a high five, or a pat on the back. You are the first person to call for a team huddle, after all it is like one big group hug. It makes you feel safe and cared for.

KIND TO OUR TEAM

What are the ways we can be kind to our team? Training, Listening to our coach and each other. What about eating healthy? We know it is important to keep our energy levels up and stay hydrated when playing sport.

Can you come up with 10 healthy snacks? Remember we don't all like the same things. And some people can't eat certain foods.

Create a Netball Gala day Healthy team menu on the next page.



INGREDIENTS FOR A HEALTHY TEAM

Make sure everyone in the team has a healthy option?

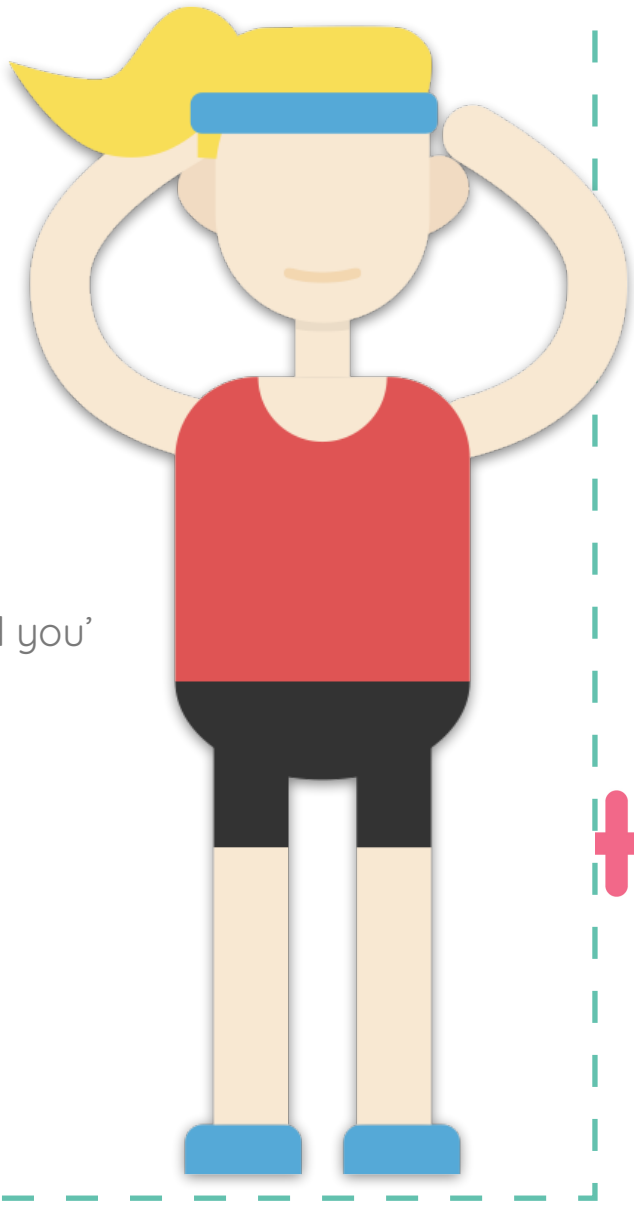
CLEAR YOUR MIND

KINDFULNESS MINDFULNESS

Mindfulness is the art of paying attention to something on purpose, being aware of your thoughts and feelings. It's about being in the moment. Try this activity to help you clear your mind and be ready for your next netball game.

1. 'Sit in a comfortable position'
2. 'Breathe normally and close your eyes'
3. 'Think of a person your care about, anyone, someone who is special to you'
4. 'Now keep them in your mind and think these thoughts of kindness'

- 'May you be safe & protected
- 'May you be happy & healthy'
- 'May you be peaceful & feel loved'
- 'Now make these wishes to yourself'
- 'May I be safe & protected
- 'May I be happy & healthy'
- 'May I be peaceful & feel loved'
- 'Now make these wishes for those around you'
- 'May they be safe & protected
- 'May they be happy & healthy'
- 'May they be peaceful & feel loved'
- 'Smile and open your eyes'



POWER UP
TRAINING TIPS

Feeling more EMPOWERED? Understanding a new position is a great way to improve your game. Try out these skills.

Circle Defender

Shadowing

- Grab some team mates. A **T**hrower, **A**ttacker and **D**efender
- Create a box for the playing area as shown below using chalk.
- The bigger the area the easier it will be for the attacker
- The **A**ttacker and **D**efender must remain in the box
- **A**ttacker uses dodges within the box to get free from **D**efender and receive a pass from the **T**hrower outside the box
- The defender stands in front of opponent with back to attacker. The defenders body should be placed half way across the attackers body
- Defender moves with the attacker using fast small footwork

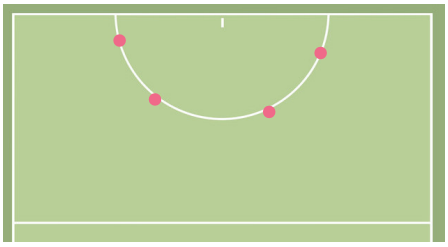


T

D
A

Movement in the circle

- Mark the circle at various points using coloured dots
- The defender starts in front of the post, runs to a dot
- Push off on outside foot driving back towards the post to receive a random pass from the thrower



MY weekly PLAN

KINDFUL & MINDFUL

Be safe & protected

Be happy & healthy'

Be peaceful & feel loved'



THERE IS ALWAYS TIME FOR TEA

HOW WERE YOU KIND TO YOURSELF and OTHERS THIS WEEK?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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You have completed your journal of

KINDNESS

CONGRATULATIONS

You have discovered your STRENGTH, and how to use ACTIVE COMMUNICATION to be KIND to yourself and others



REFERENCES and ACKNOWLEDGEMENTS

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ABOUT TEAM GEM

Team GEM came together out of a passion to create social change using a sport we loved as the vehicle. We are excited and privileged to be sharing our knowledge and passion of how to empower young athletes, so that they develop a deeper understanding of themselves and their teammates. This develops stronger teams, resilient Clubs and a kind and grateful community.

Additional products and programs can be requested by emailing teamgempower@gmail.com

The Kindness Journal is to be used in conjunction with the EmpowerPlay program, created by Team GEM in partnership with Netball NSW. The EmpowerPlay program is available to all Netball NSW members and its affiliated Clubs. For more information on how you can run the EmpowerPlay program at your netball club go to www.empowerplay.com.au and register.

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EMPOWER PLAY

Building **confidence** and **empowering** young people

