



The InSideOut Initiative offers the remote lessons below for your team, school, or community program.

[ISO Lesson - Grit](#)

[ISOI Gratitude Week Plan](#)

[Keeping it Fun Lesson](#)





## THE IMPORTANCE OF GRIT

### BAG TAG PROJECT

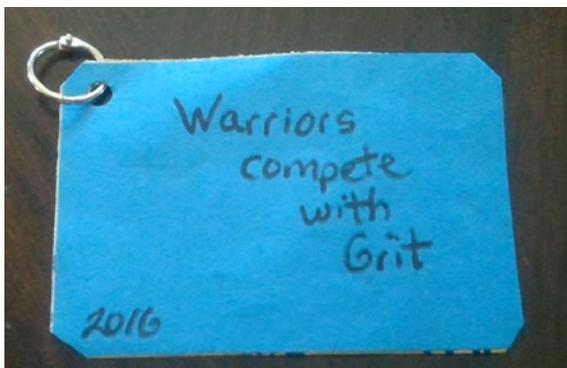
Show your student-athletes you care about them and give them a lesson on grit by sending them a custom-made bag tag for when school's back in session. Perfect for smaller teams, or have your assistant coaches help, too!

### MATERIALS NEEDED

1. Sheets of sandpaper with grit level of your choosing
2. A roll of duct tape of your school color
3. Circular key rings—one for each player

### INSTRUCTIONS

1. Make and mail team “grit” bag tags out of sandpaper and duct tape. Just be sure to stick the duct tape to the smooth side of the sandpaper!
2. In an online meeting with your team, share a personal or real-life story about the concept of grit. Ask kids what types of challenges they have—both in life and in sports. Ask them to reflect on what they can apply from the story to their own challenges.
3. Athletes can write their name and key words or phrases that will help them be “gritty” on the colored side of the bag tag. Then ask them to attach their custom tags to their team bags or school backpacks. See sample pictures below.





## THE GIFT OF GRATITUDE

### HOW TO IMPLEMENT A GRATITUDE WEEK

Expressing thanks and gratitude is a worthy endeavor anytime. Right now—in the midst of social distancing and uncertainty—it just might be the most important thing we can do.

Here is a three-step process to initiate “gratitude week” with your school community.

#### 1. START A GRATITUDE JOURNAL

Coaches and athletes alike start their own personal gratitude journals on Monday. Each day, for five consecutive days, they journal about at least three things that they are grateful for.

#### 2. POST A GRATITUDE VIDEO

On Tuesday, head coaches record a one-minute video that shares one person and one thing that they are grateful for, and posts it to a designated team site or app. On Wednesday, assistant coaches do the same, and post their videos to the head coach’s thread. On Thursday, athletes record and post their own videos in the same fashion, creating a cascade of gratefulness within and across their sport programs.

#### 3. SEND A GRATITUDE CARD

On Friday, each coach and athlete writes a hand-written gratitude card to one person they are grateful for. They address an envelope, and mail the card to their attention. No emails or texts allowed. In our digital age a personal, genuine, hand-written card is a gift in itself.

Get started next week to expose your student-athletes to the health benefits of gratitude, and teach them a virtuous lifelong skill.





# PLAY: DID YOU HAVE FUN?

## THE LESSON

**Studies show the number one reason youth play sports is to have fun.**

**Ask:** Who decides if we have fun playing sports?

**Our coaches?** To a degree, they certainly do.

**Our parents?** They can have an influence?

**The fans?** We try not to be effected by fans – but it would be naïve to say we don’t know people are watching us. The person with the greatest control is you and the attitude you carry with you each day.

**Ask your athletes:**

Why are you here?

Why do you play sports?

[How long does it take your group to get to the answer “to have fun”?]

**SHARE the information contained under The Lesson with your students prior to conducting The Exercise.**

## THE EXERCISE

**Discussion questions could include:**

**What** makes your sport fun?

**When** does your sport/activity stop being fun?

**What** is the most fun you have ever had playing a sport?

**Can** we have fun when we don’t win?

**Do** we have fun when we do win?

**What** can we do as a team to help make winning and fun go hand-in-hand?





**Brainstorm** ideas that you can implement in your program that promote improvement and development while allowing practice to be **FUN**. Examples of ideas could include:

- Listening to music (when appropriate) during practice
- Letting team members pick or design a drill
- Play a game during practice – relays, timed activities, skills competition
- Reverse roles – athletes coach coaches
- Use incentives – food, get-out-of-free \_\_\_\_\_ passes
- Play a position they may not normally play

**Let's have fun at practice today!**

The above questions may be used as a guide to promote dialogue amongst your team regarding The Lesson.

