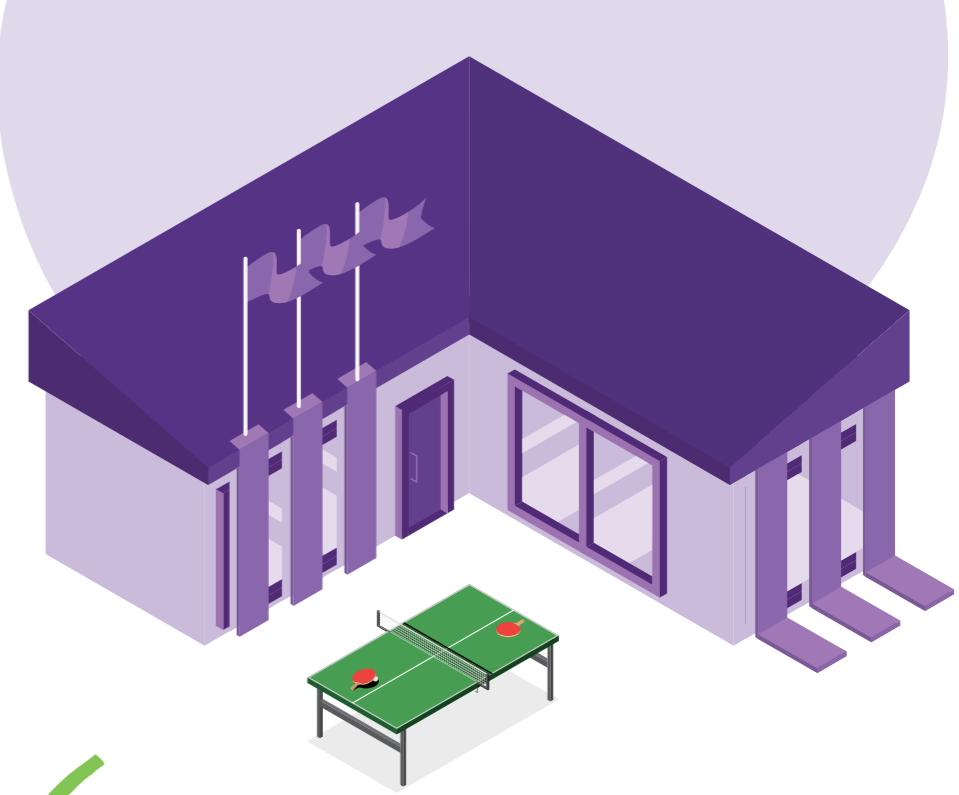


THE GOOD VILLAGE

Games Room



BE MORE
MINDFUL

Scan the QR code for a **quick mindful breathing exercise** to help build your resilience skills!

OUR TEAMWORK CHALLENGE TODAY IS...

Chill out in the Games Room to learn about teamwork and leadership, two key skills for our Athlete Ambassadors. You'll also learn about resilience and safety, both online and in the physical environment!



Each person in our team brings their individual strengths to each race. It helps make winning a gold medal a reality!

Edwina Bone, Hockeyroo and Good Village Athlete Ambassador



DID YOU KNOW...

Our Athlete Ambassadors are familiar with safety regulations in their sports, with both hockey and rowing requiring specific safety equipment. Can you find some other sports that use safety equipment to keep athletes safe?

Looking for a Leader? ✓

Tick off these ways of practising leadership as you try them. Can you complete all 4 each week?

- Tell someone in your class what you admire about them and why.
- Offer to help out with classroom tasks without being asked!
- Take the initiative to find out more about a topic you are interested in, and teach your friends about it.
- Split up a large task into smaller chunks. This is a great planning and management skill!

CAN YOU LIST 5
MINDFULNESS
STRATEGIES THAT YOUR
CLASS HAS USED?