

Coaches – Are You Ready?

> Learning Goals:

- To name the emotions we experience.
- To explore comfortable and uncomfortable emotions.

> Think About It:

Note: If this is your first lesson in the virtual space, review the introduction for essential transition information to get your girls ready to practice virtually.

- What are some emotions you've experienced? Do they make you feel comfortable or uncomfortable?
- What makes an emotion comfortable for you? Uncomfortable?

> Materials:

- Coaches: Lesson 6 slides (optional), copy of journal
- Girls: journal, pen/pencil, water, paper

Girls – Are You Ready? (4 minutes)

> Set up:

- Materials: Check-In slide (optional)

> How it's done:

- Review pre-practice checklist as girls enter – be sure girls have a piece of paper for today's lesson.
- Check-in:
 - Play a game: Choose a game from the Team Builder List (see introduction to the virtual curriculum) to play as girls enter the virtual space, or have a girl choose the game.
 - Ask a question:
 - If you could shoot anything out of your belly button what would it be and why?
 - Can you find two things you have in common with each of your teammates?

Stretch & Strengthening Exercises (3 minutes)

>How it's done:

1. Instruct girls to clear some space to move.
2. Lead girls through Cold Warm-up Exercises.
3. Have a girl lead the count!
4. Lead girls through Circuit 2.

Cold Warm-up Exercises (Choose 4)
15 Seconds Each

High Knee Marches
Wide Knee Marches
Knees Up Running
Heels Up Running
Toy Soldiers
Forward Walking Lunges

Running Conditioning: Circuit 2

Squat Jumps (10 reps)
Bicycles Forward (15 reps)
Tabletops (15 sec/leg)

Getting on Board: Emotion Scavenger Hunt (10 minutes)

> Set up:

- Materials: GOTR Energizer Video

> How it's done:

1. Discuss the GOTR Goal from last practice (*practice one way you can keep your star balanced*) with the girls and get feedback on how it went.
2. Say, "Today's theme is: emotions. What are some emotions that you felt today? When did you feel that way? (See Coach Note.)"
3. Say, "Let's explore different emotions on an emotion scavenger hunt! We are going to do our scavenger hunt by following along with this GOTR Energizer Video!"
4. Play GOTR Energizer:
 - *Note: This link is for the purpose of this sample lesson only. Coaches will be provided a different link/multiple ways to access these videos for the Fall 2020 season.*
 - <https://youtu.be/aCm9L-UBsxE>

Coach Note

In this lesson, we want to teach girls that it is important to experience all emotions; therefore, there are no bad emotions. As girls share, be sure to acknowledge their feelings without assigning "good" or "bad" to the emotions they shared.

> Processing:

1. What happened when we took out one of our emotions? (*everything fell apart*)
2. Sometimes it might not feel comfortable to feel angry or sad or jealous, but we can't just get rid of those emotions – or take them away, like we did in the video! One of the things we want you to know is that there are no bad emotions; all emotions are good. Why do you think we say that? (*We experience different emotions in different situations.*)

Warm-up: Emotion Detectives (12 minutes)

> Set up:

- Materials: Clue slides (optional); Journal Page: Identity Card; Journal Page: Exploring Emotions; Pen/pencil

> How it's done:

Say, "You all found different items for each of the emotions in our scavenger hunt. In our warm-up today, you are going to be emotion detectives on the hunt for clues! I'll give you different clues, and you will have to figure out which emotion I'm feeling."

1. Explain the warm-up to the girls:
 - The girls will earn clues by doing different physical activities (e.g., 15 jacks). Once the whole team completes the physical activity, you will give them one clue (e.g., I just got a dog).
 - After the team has completed three activities and received three clues, have them guess what emotion you are feeling (repeat the three clues before they guess – see Coach Note).
 - Do a star jump/shooting star once they guess correctly (See Coach Note).
2. Give the girls their first physical activity in Emotions Case #1 to begin the warm-up.
3. Repeat with three of the emotions cases on the following page.
4. Then, have a girl create her own case, and pick three clues for the rest of the team to earn – girls can take turns picking physical activities to earn the clues.

Coach Note

Just saying the clues aloud will work for most teams, but depending on your girls you may want to use the slides or enter the clues in the chat box for this activity.

Coach Note

Cue the girls to say their guess on the count of 3, this will help girls feel more comfortable sharing even when they are not sure.

Coach Note

If the girls guess the emotion using different words but in the right "category," point out that it is good to have a variety of words to express our feelings (e.g. angry, irritated, frustrated, mad).

<p>Emotions Case #1 Physical Activity (PA) 1: Run in place – high knees for 20 seconds or do arm circles forward! Clue 1: I just found out I have to move away from my friends.</p> <p>PA 2: Do 5 team squats (air high-five the screen after each one) or 5 All Arm Mt. Climbers. Clue 2: I look like I’m about to cry.</p> <p>PA 3: Dance wacky for 15 seconds. Clue 3: My heart hurts.</p> <p><i>Girls guess the emotion: Sad</i></p>	<p>Emotions Case #3 PA 1: Run in place for 30 seconds or All Arm Mt. climbers. Clue 1: My stomach is queasy.</p> <p>PA 2: Do 10 team crunches (high-five after each one). Clue 2: My heart is beating fast.</p> <p>PA 3: Do 10 arm circles (5 forward/5 backward). Clue 3: I have to give a presentation in class.</p> <p><i>Girls guess the emotion: Nervous/anxious</i></p>
<p>Emotions Case #2 PA 1: Run with kick-backs for 30 seconds or Running Arms. Clue 1: I just got a new puppy.</p> <p>PA 2: Do 5 star jump squats or shooting stars. Clue 2: I am smiling.</p> <p>PA 3: Pretend to jump rope for 15 seconds. Clue 3: I feel light and sparkly.</p> <p><i>Girls guess the emotion: Happy/excited</i></p>	<p>Emotions Case #4 PA 1: Do 2 small laps around your space! Clue 1: My birthday party is this weekend.</p> <p>PA 2: Do 5 frog jumps or 5 arm swings! Clue 2: All my friends are coming.</p> <p>PA 3: Pretend to hula-hoop for 15 seconds. Clue 3: My heart is full.</p> <p><i>Girls guess the emotion: Excited</i></p>

> Processing:

1. Why is it important to identify our emotions? *(So we can name how we feel, we know how to respond, we can tell others how we feel, we can recognize the emotions in others.)*
2. Ask girls to turn to Journal Page: Identity Card and say, "On your identity card today, write or draw one thing you learned about emotions today!"
 - Give girls two minutes to write.
 - Allow 3-4 girls to share.

Energy Awards (2 minutes)

1. Give out Energy Awards or have girls nominate teammates.

Workout Prep (8 minutes)

> Set up:

- Materials: Paper, pen/pencil, Journal Page: Exploring Emotions; Journal Page: My Goals

> How it's done:

1. Workout Share + Celebrate:

- Remind girls of last practice's workout (*Finding Balance about balancing resting and working hard*) and get feedback on how it went.
- Have girls open their journal and hold up their Journal Page: My Goals. Give a round of applause to celebrate their hard work.

2. Introduce Today's Workout:

- Say, "As we talked about earlier, there are no bad emotions; instead we want to think about emotions as either comfortable or uncomfortable. For today's workout, we're going to explore different emotions and decide whether they make us feel comfortable or uncomfortable. Let's start by brainstorming some emotions we have felt before."
- Brainstorm emotions with girls, push them to think beyond happy, sad, to more complex emotions such as nervous, frustrated, etc. (See Coach Note).

Coach Note

Be sure to account for wait time especially in this virtual environment, try having girls put their hands on their head when they have an idea, and wait until you see a few hands before calling on a girl.

- Get Set-Up:
 - Have girls take out a piece of paper and tear off 6 strips/scrap.
 - Have girls write one emotion on each strip – tell girls to be sure to include both comfortable and uncomfortable emotions. They do not have to be emotions that were mentioned during brainstorming.
 - Then, have girls fold the strips and put them in a pile.
 - Have girls turn to their Journal Page: Exploring Emotions, and point them to the directions for the workout at the bottom. Explain that there are additional activities girls can complete on this page after their workout, including another emotion detective case to solve and a mood tracker to track their feelings throughout the week.
 - Explain the Workout:
 - Without peeking, you will pick one emotion strip from the pile.
 - If you pick a comfortable emotion complete a lap/activity from the movement bank at a comfortable pace (heart not beating fast, you can talk as you move).
 - If you pick an uncomfortable emotion complete a lap/activity at an uncomfortable pace (heart beating fast, hard to talk).
3. Try it Together:
- Tell girls we will run a virtual lap to try the workout together. After they sign off they will run their workout lap or do an activity from the movement bank after they pick each emotion strip.
 - Have girls pick their first emotion and run at an uncomfortable or a comfortable pace.
 - Once back at their devices have girls share out the emotion they picked and whether they ran at an uncomfortable or comfortable pace.
4. Check for Understanding:
- Ask for any clarifying questions.
5. Set Goal:
- Have girls turn to the Journal Page: My Goals.
 - Tell girls today’s workout will be 25 minutes and to fill this in on their goal sheet.
 - Have girls set their lap/activity goal for today.

Workout Cheer & GOTR Goal (2 minutes)

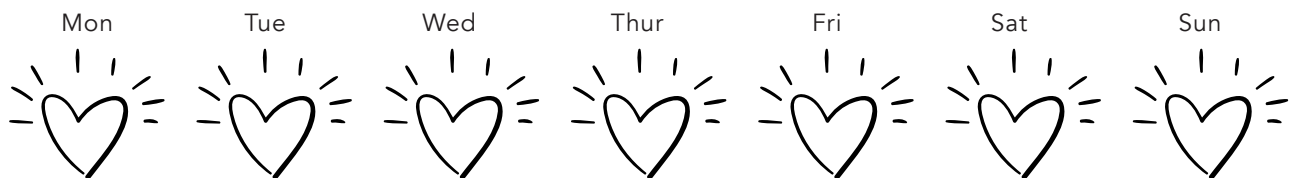
1. Tell girls to think about today's GOTR Goal as they stretch after their workout: Pay attention to your emotions and notice whether they make you feel comfortable or uncomfortable and why.
2. Remind girls: To complete their workout and goal sheet!
3. End with a workout cheer to gear them up to keep going and complete the workout!

We experience different emotions in different situations.

Some emotions make us feel comfortable, some make us feel uncomfortable, but there are no bad emotions – all emotions are good and okay to feel!

Mood Tracker

Use the key to track your emotions this week. At the end of each day, pause and color the heart based on how you felt that day.



- Emotion Key
- HAPPY = Yellow
 - SAD/DOWN = Blue
 - FRUSTRATED = Green
 - ANGRY = Red
 - EXCITED = Orange
 - MIXED UP = Purple

Emotion Detective



Can you guess which emotion this person might be feeling based on these clues?

- ★ I forgot my homework again.
- ★ My face is getting hot and red.
- ★ I don't want to tell my teacher.

She's feeling:

Workout: RUN LIKE YOUR EMOTIONS

25 MINUTES

1. Write 6 emotions on strips and make a pile (choose comfortable & uncomfortable emotions).
2. Without peeking, pick an emotion strip from the pile:
 - If you pick a comfortable emotion complete a lap/activity from the movement bank at a comfortable pace (heart not beating fast, you can talk as you move)
 - If you pick an uncomfortable emotion complete a lap/activity at an uncomfortable pace (heart beating fast, hard to talk).
3. Keep going – picking emotions and moving until time runs out!

GOTR Goal:



Pay attention to your emotions and notice whether they make you feel comfortable or uncomfortable and why.