

## COACH'S PEP TALK

Today is about turning the girl's view outward to other people's Wheels—acknowledging that we are part of a bigger world and we need to attend to other people's feelings and needs. In the Activity, the girls learn about how they respond to others and challenges when working toward a group goal. In the Workout, they delve further into the topic of empathy and think about how they can tell if another person is struggling in their Wheel and how they might or could begin to offer some help. We call this extending the reach of our Girl Wheel.

Key points to think about as you prepare to lead: How do you remind yourself that you are not alone in the world? What does empathy mean in your life? How do you show empathy toward yourself? Toward others?

## TODAY'S BIG IDEA

We all face challenges.

## TODAY'S PLAN

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

## Learning Goals

- Develop empathy skills.
- Become aware of other people's Wheels.
- Propose ways to help others who are struggling.

## Materials

- Lesson 9 slides (optional)
- Journal
- Something to write with
- Paper (1 sheet per girl)

## CHECK IN (10 MINUTES)

### Set Up:

1. Pull up Before We Begin slides (optional)
2. Based on the choices you give girls today for the 1-minute movement activity, prepare any necessary items (e.g. cue up GOTR-Approved Playlist for 1-minute dance/movement party if girls choose this option).

### What is it?

This daily check-in is divided into two parts: Before We Begin and Get Started. During the Before We Begin section, girls enter the virtual space, get set-up for practice, and start connecting with each other through Girl Wheel Check In questions. During the Get Started section, girls get moving and get a look ahead at the day's Big Idea.

### Before We Begin Steps (5 Minutes\*):

*\*This section should last for the first 5 minutes of practice or until all girls arrive, whichever comes first.*

1. Review the pre-practice checklist as girls enter – each girl will need a piece of paper for practice today (See Keep It Up activity below).
2. Ask a volunteer to GGI on the Girl Wheel Check In questions:
  - o How did using the self-confidence strategies go?
  - o In what part of your Wheel have you struggled recently?
  - o Where have you seen someone else struggle recently?

### Get Started Steps (5 Minutes):

1. Have girls choose a 1-minute movement activity – provide a few options from the Team Builder list (see introduction to the virtual curriculum).
2. Synthesize what you heard girls saying about the Girl Wheel Check In questions.
3. GGI on what they remember from last practice. Last practice's Big Idea was: **A healthy self-confidence makes us stronger.**
4. Introduce Today's Big Idea: **We all face challenges.**

## STRENGTH & CONDITIONING (7 MINUTES)

### Steps:

1. Ask for a volunteer to lead the team through the four cold warm-up exercises and Circuit 1.

#### Cold Warm-Up Exercises (Choose 4)

- High knee marches
- Wide knee marches
- Knees up running
- Heels up running
- Toy soldiers
- Forward walking lunges

#### Circuit 1 - Repeat 2 times

- Superwoman (30 sec)
- Pushups (30 sec)
- Squats (30 sec)

## ACTIVITY: KEEP IT UP (15 MINUTES)

### Set Up:

1. Have girls take out their piece of paper and crumple it into a paper ball.

### What is it?

A team-building activity which requires the girls to work together to keep paper balls up in the air while following certain rules. The girls should feel some success toward the outward "goal" (making a certain number of hits), even though additional challenges will make it more difficult to achieve. Success is girls learning to balance a goal with the methods/challenges used to achieve it.

### Connection to Big Idea

Everyone has challenges, and we need to work with challenges to achieve a group goal.

## Steps:

1. Say, "The object of the game is to work as a team to reach a goal."
2. Make sure all girls have their paper-ball ready to go (see Set Up).
3. Tell girls the goal is for them to hit their paper ball in the air as many times as possible for 90 seconds while following the rules. At the end of 90 seconds, we will add up their hits to reach a team total.
4. Explain the rules:
  - You can only hit the paper ball with your hands.
  - The paper ball has to stay in motion (no holding on to it.)
  - If the paper ball touches the ground, your count starts over.
5. **Round 1:** Exploration round, no set goal.
6. **Round 2:** Before you start, set a goal for how many times the team can hit their paper ball during the 90 seconds. After the round, tally up the team's hits to see if the goal was reached.
7. **Round 3:** Set a team goal, then add a challenge. Assign half of the girls to complete this round with one arm behind their back. After the round, tally up the team's hits to see if the goal was reached.
8. **Round 4:** Set a team goal, then add a different challenge. The girls who did not have the challenge last round must complete this round staying in one spot, stationary, without moving. After the round, tally up the team's hits to see if the goal was reached.
9. **Round 5:** Set a team goal, then add a final challenge. The group in Round 4 is back to normal. For this round, the challenge impacts everyone: no one can hit their paper ball with the same hand twice in a row as they complete the next round. After the round, tally up the team's hits to see if the goal was reached.
10. GGI:
  - How did it feel when you had the challenge and other girls didn't have the challenge?
  - How did the team, as a whole, deal with additional challenges?
  - What do you think this activity teaches us?
11. Take a minute to help girls synthesize by using the key points below.

## Key Points:

- Everyone has strengths and faces challenges
- We can use our strengths to help those facing challenges.
- It is important to show empathy to others when they make a mistake or are faced with a challenge.

## GIRL WHEEL SHOUT-OUTS (2 MINUTES)

### Steps:

1. Have girls give Girl Wheel Shout-Outs.

## WORKOUT PREP (7 MINUTES)

### Set Up:

1. Have girls open their journals and turn to **Journal Page: My Goals and Progress**. Later in this section, girls will use **Journal Page: Other People's Wheels**.

### What is it?

Today's workout is about considering other people's Wheels and how to tell if someone is facing a challenge and show empathy.

### Connection to the Big Idea

Because girls have to brainstorm others' challenges and what it looks like when others are struggling, as well as how to help, they are able to be more empathetic toward others as they think through extending the reach of their Girl Wheel.

### Steps:

1. Workout Share & Celebrate:
  - Discuss the workout from last practice (Self-Confidence Strategies) and get girls' feedback on how it went.
    - Ask: Which strategies are you going to try?
  - Have girls open their journals and hold up their **Journal Page: My Goals and Progress**. Give a big round of applause to celebrate girls' hard work and effort. Remind girls that we are all working towards our end of season K Your Way – even if we can't do it together, it's still a team effort!
2. Introduce today's workout:
  - GGI: Who remembers today's Big Idea? (We all face challenges.)
  - Say, "In today's workout, you will complete challenges as you move, and consider how you can show empathy when others are going through a challenge."
  - GGI.
    - At the end of the Keep It Up activity, we briefly mentioned empathy. What is empathy? (Putting yourself in someone else's shoes or being aware of other people's wheels).
    - How did you show or could you have shown empathy during the activity today?
  - Have girls turn to **Journal Page: Other People's Wheels**.

- Say, "In today's workout, you will think about what it looks like when someone is struggling in one part of their Wheel and what you can do to help support them. When you help others, this is called extending your Girl Wheel."
3. Explain today's workout:
    - Complete a challenge from the list as you consider what it might look like if someone is struggling or facing a challenge in one part of their Girl Wheel.
    - Write your ideas in that part of the Wheel.
    - Run a lap/complete an activity from the movement bank as you consider how you can help this person.
    - After you finish your lap/activity, add the ways to help to the Wheel.
    - Keep going with a new challenge and new part of the Wheel.
  4. Try it together:
    - Remind girls that they will do a full workout lap or activity once we sign off, but when we try it together now we will do a shortened version.
    - Have girls pick a challenge and a part of the wheel.
    - As girls complete the challenge ask them to think about this question: What would it look like if someone were struggling with this part of the Wheel?
    - Have girls share out their ideas and write them in that part of the Wheel.
    - Next, have girls jog in place/do running arms for 30 seconds as you brainstorm out loud together how you could help this person.
    - After 30 seconds, have girls share out their ideas and write them in their journal.
  5. Check for understanding:
    - Ask if there are any questions and clarify the workout as necessary.
  6. Set a goal:
    - Have girls turn to **Journal Page: My Goals and Progress.**
    - Tell girls today's workout is 25 minutes and have girls record this on their goals sheet.
    - Have girls set a lap/movement goal.
  7. Workout Cheer & Take-Home Challenge:
    - Tells girls the TAKE HOME CHALLENGE: Try to be more aware of other people's Wheels. If you can, show empathy and help someone who is struggling.
    - WORKOUT CHEER: Conduct the cheer as a team!



## TODAY'S BIG IDEA

We all face challenges. When we show empathy and help others going through a challenge this is called extending our Girl Wheel!



### CHALLENGES:

- ★ 15 jacks
- ★ 15 squats
- ★ 15 sec. wacky dance
- ★ 10 push-ups/pushes
- ★ 15 jump ropes/ jump rope arms
- ★ 15 arm circles



.....► **THIS IS You!**



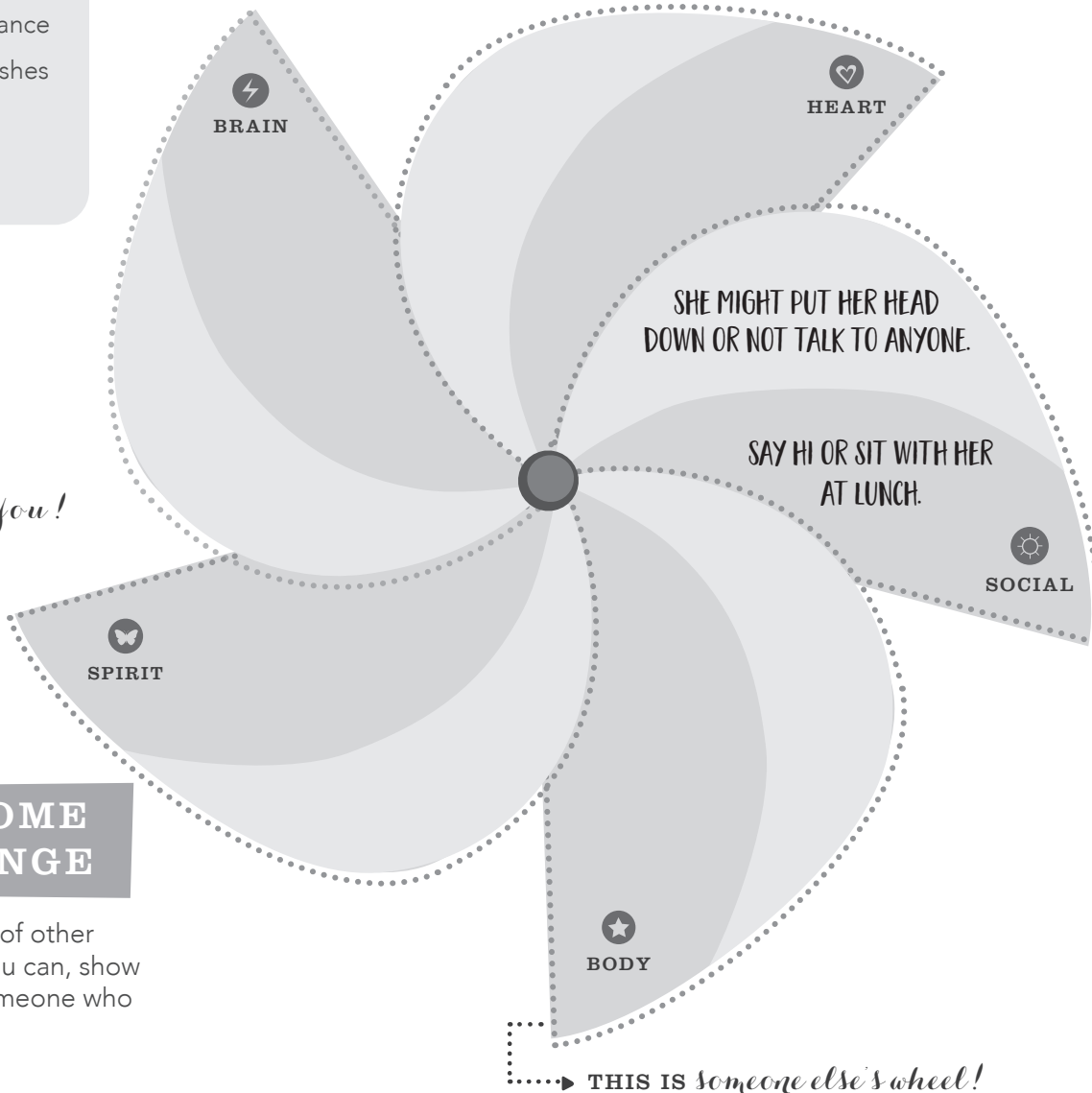
## WORKOUT

 25 MINUTES

### Empathy

Empathy is putting yourself in someone else's shoes or being aware of other people's Wheels. Use this workout to practice showing empathy!

1. Complete a challenge from the list as you consider what it might look like if someone is struggling or facing a challenge in one part of their Girl Wheel.
2. Record your ideas in that part of the Wheel.
3. Run a lap/complete an activity from the movement bank as you consider how you can help this person.
4. After you finish your lap/activity, add the ways to help to the Wheel.
5. Keep going with a new challenge and new part of the wheel.



## TAKE HOME CHALLENGE

Try to be more aware of other people's Wheels. If you can, show empathy and help someone who is struggling.