

Where I am

Where I want to go



TIMING: 20 mins
WHAT: Pen & Paper
WHEN: Pre-Season Activity, Rainy Day
WHO: Group, Pair, Individual

ACTIVITY SUMMARY

As a coach working with young people, you play a role in shaping not only their athletic skills, but also their overall well-being. This pen and paper activity helps players explore the pillars of health: sleep, nutrition, exercise and stress management/fun - the cornerstones of sports performance and overall well-being. Beyond the field, track or court, these pillars will help your players learn healthy habits early in life.

SET-UP AND GEAR

- Have the visual of the pillars of health ready (either printed, on your phone, sketched out on a whiteboard etc.), and paper and pens for your players.
- The extension activity can be done in the same session or at another time.
- This activity works great on a rainy day or during pre-season.

INTENDED OUTCOMES

- Players explore and discuss the four pillars of health and apply that framework to assess their own overall health and wellbeing.
- Players identify one pillar or area that they need/ would like to focus on.

CONTEXT

The pillars of health is a useful framework to assess overall wellbeing, as well as factors that feed into sports performance. Each pillar (sleep, nutrition, exercise and stress management/fun) is important in its own way, and they all work together to create a foundation of good health and wellbeing. Finding balance across the pillars positively impacts all areas in life, especially sport and performance.

Activity Outline

5 mins (set-up) Introduce the concept of the pillars of health to your players and ask them to guess what the four pillars might be. This could be done as a group or in small break out groups. Ask your players to explain why they think the pillar they have suggested is important.

5 mins Share the infographic with your players (either printed, on your phone, sketched out on a whiteboard etc.). Discuss with your players what they think might happen if one of the pillars is way shorter than the others. How might that impact the other pillars? Next, move the conversation on to discuss how might the pillars of health impact their training and sport participation/performance? (These discussions can happen in pairs, groups or as a whole team).

5 mins

Colour in: Where I am/ Where I want to go

Handout out the worksheet to your players (see below). The aim of this activity is to help players assess their sleep, nutrition, exercise and stress management/fun (the four pillars) to help them see if there is balance across all four pillars or if a particular area might need a little more focus.

5 mins

Once the players have completed their worksheets, ask them to pair up and discuss the following questions:

- Is there a pillar that they are doing really well in? (They are where they want to be)
- Is there a pillar they need to focus on the most? (There is a gap between where they are and where they want to be)
- What can they do to work on this?
- Did anything on the worksheet surprise them?

See **Dream Big** activity for a goal setting activity.

Tips & Tricks

- The Dream Big activity for goal setting could be a useful follow-on from this exercise.
- To give players an opportunity to further discuss the pillar they need to work on, you could organise them into the four groups (one for each pillar) and ask them to go to the pillar/group they need to focus on more, to discuss it further.

PILLAR INSIGHTS

While there are many different factors that influence a player's overall health and wellbeing, this check-in and activity is a great place for your team to start thinking about them, and the impact they can have on their participation in sport.



Biological

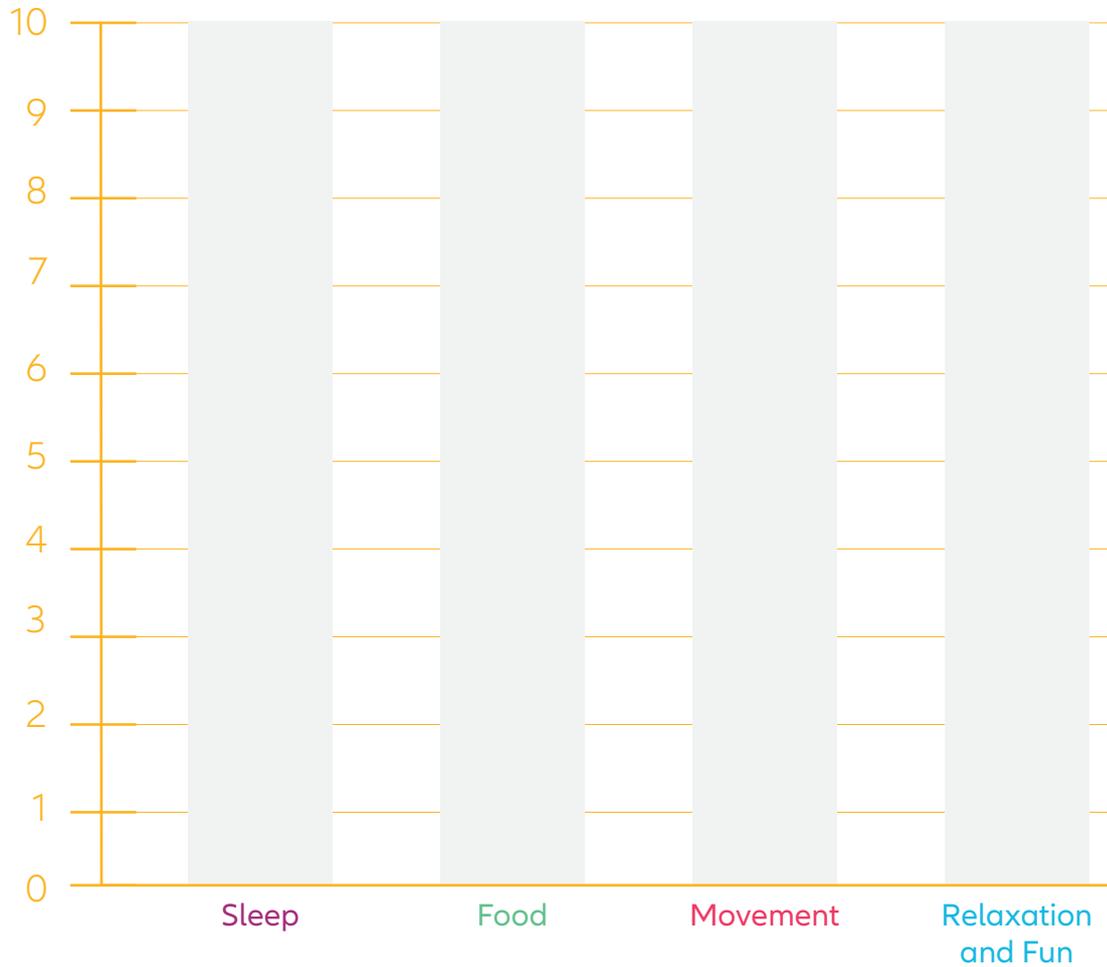
Through checking the pillars of health, players explore and discuss topics like eating healthily, exercising, getting enough sleep, and dealing with stress. These pillars are a useful framework to open up conversations and demonstrate the factors that contribute to a healthy life.



Psychological

Having a good understanding of how the mind and body are connected (i.e. how they feel physically will affect how they feel mentally and vice versa) is really helpful for young players, and ensures that they are not only physically fit, but mentally happy too.

FOUR PILLARS OF HEALTH



- On a scale of 1-10 rate where you are with each pillar (for example, if you're not getting a lot of sleep you might only go to 2!)
- Then look at where you would like to be for each pillar. Mark it in.
- Is there any one pillar that needs more attention?