

ISDTA – Well-Being Resources

Well-Being: your athletes' well-being is very important especially now but always! Find opportunities to make connections, stay in-touch, and provide support when needed.

- Periodically do a well-being check-in with each athlete: determine a "temperature check" throughout this time while you're unable to physically meet with your athletes and try to get them the support they need.
 - [Sample Google Form](#)
 - What's on your plate?: each athlete gets a paper plate, divides the plate into fourths, and writes, draws, crafts what is currently on their plate (encourage least one celebration and one fear or concern)
- Consider virtual team bonding activities: continue to do some of those get-to-know each other activities but figure out a way to complete those virtually.
 - Two Truths and Lie: have each athlete plan in advance and start out your virtual meetings with two or three athletes participating
 - Virtual Pic Share: ask your athletes to come up with an object(s) that represents themselves; they can share one at a time or change the virtual profile pic to this object)
 - Best Costume: have each athlete dress up for your virtual meeting and have athletes vote on the "Best Dressed," "Most Outrageous," or "Most Creative" costumes.
 - Shared movie night: agree to watch the same movie during a set time period--Watch "this movie" by June 25 (make sure it is free or provide accessibility) and challenge your team with some questions to consider, and meet all together or in small groups to discuss.
 - Guess Who: ask your athletes some questions in advance, collect their answers, and create a [Kahoot](#) to challenge your athletes' knowledge. See who gets the most answers correct--maybe send a gift card or special treat.
- Provide enrichment activities if your district allows: find out what your athletes are capable of accessing during this time:
 - virtually practice all together, in small groups, or provide individual instruction
 - give voluntary guidelines, workouts, tasks, etc.
 - provide pre-recorded materials from yourself or other resources
- Continue well-being check-ins at each practice: determine a "temperature check" to understand how you may approach practice or give them the support they need.
 - Example: use this to gauge practice plans, activities needed, or "pep talks" required
- Provide well-being activities throughout practices: the internet has a plethora of activities for all ages to support certain issues that may arise for your team now or during any circumstance.
 - Optimistic Thinking: set aside time at the end of practice (weekly or bi-monthly) to reflect individually or as a team.
 - Something I did well today was...
 - Something I appreciated about a teammate was...
 - Something I learned today was...
 - Something I'm looking forward to is...
 - Something I will work on between now and the next practice is...
 - Goal Setting: set short-term, realistic goals during this time (consider the guidelines that are set forth and adapt)
 - What can the coach do to achieve these goals?
 - What can I do to achieve these goals?
 - What can I do to help others achieve these goals?
 - Self/Team-Motivation (I/We won't give up): athletes determine something meaningful to them (a sign, a poem, a song, etc.) that will help pull them up when needed--this can be determined by team, small groups, or even individual