

SEPTEMBER - KIND

Concepts of being a considerate and good-natured teammate.

Concepts of being reliable, trustworthy and genuine to all. Worthy of belief and reliance as a teammate.

Considerate – showing respect for the feelings and circumstances of others on the team.

Good-Natured – a teammate who is naturally friendly and pleasant.

Kind words can be short and easy to speak, but their echoes are truly endless.

MOTHER TERESA

WE Speak Challenge:

Spreading kindness goes a long way when working with others. How can you demonstrate kindness during practice?

People want to “be seen” and being intentional in noticing them reflects their value to you. Discuss small acts of kindness that you all can do for each other at practice, in school, for the community.

Kindness is contagious! How does being kind in practice rub off on others?

Bullying is a hot topic on social media. How can kindness be an effective deterrent?

Another aspect of being kind is to initiate **positive self-talk**. Google positive self-talk and watch the WE series discussion by Dr. Russell Kennedy: vimeo.com/299035185

Take steps today to discuss and initiate positive self-talk within your team and program!



I will do my part
No matter the situation
To ensure high character
Every minute, hour, and day
Giving of myself
Respecting the sports of Cheer and Dance
Investing in others
To leave All Star and our Program a better place for
You



NOW GO SHARE **YOUR** STORY OF ACTS OF KINDNESS YOU HAVE
WITNESSED IN ALL STAR BY USING THE HASHTAG: **#THISISALLSTAR**