DO (our actions, thoughts, and feelings are all connected)

THINK

FEEL

GET THE SKILLZ TO STAY STRONG AND BOUNCE BACK FROM CHALLENGES
This magazine 📚 belongs to... 

Draw a picture of yourself. 

If found please return to... 

Design and Illustrations by: Orli Setton

Acknowledgement:  
A special thanks to Waves of Change for their contribution to parts of the content in this magazine.

Terms of Use:  
This MindSKILLZ Magazine is the intellectual property of Grassroot Soccer Inc. Any implementation, adaptation or modification to this content requires the written permission of Grassroot Soccer Inc.

Users shall not modify, remove or destroy any proprietary markings contained within this documentation, or any related materials. All copyrights shall remain the sole and exclusive property of Grassroot Soccer or its licensors, as applicable.

To learn more, contact the GRS Global Communications and Business Development teams at marketing@grassrootsoccer.org.
Meet your MindSKILLZ Coaches Amina, Joseph, Nekesa, and Otieno. They are community role models who have been trained by Grassroot Soccer to help young people learn about mental health. Just like you, they have mental health and mental health challenges. Read about their experiences throughout the magazine.

Welcome to the MindSKILLZ team! I'm Coach Amina. I love soccer and ice cream and hanging out with my friends.

Congratulations on joining the team. I'm Coach Joseph. My favourite soccer team is Arsenal.

We're so glad to have you on the team. I'm Nekesa and I love coaching soccer and netball.

Welcome! I'm Otieno. I enjoy music. I play the guitar and sing.
It can be helpful to recognize and name the emotions we are feeling. Use this exercise to help you identify how you’re feeling.

Today I’m feeling .................................................................

Or draw your own emoji!

What word would you use to describe this emotion?

____________________________________________________________________________________________

What is one thing you’re looking forward to?

____________________________________________________________________________________________

Who can you share your excitement 😃 with?

____________________________________________________________________________________________

What is one thing you are scared or nervous 😞 about?

____________________________________________________________________________________________
STAY IN CONTROL

Triggers are things that make you frustrated or angry, like a hurtful word or fight. Sometimes we have trouble controlling our anger when we are triggered. Use the 3 T's to stay in control on the pitch and in life!

JOHN’S STORY

John is a 16-year-old football player. During a match, an opposing player keeps fouling him, pulling his jersey and insulting his mother. John uses the 3 T's to help him stay cool 😊

1. **Take** a breath: John takes a deep breath, returning oxygen to his brain, helping him to make smart decisions.

2. **Think** of the consequences: John wants to foul the other player, but realises this might get him a red card and hurt himself and his team.

3. **Talk** it out: At halftime, John talks to his teammates, who encourage him to play it cool 😝.

John uses the 3 T's and scores a winning goal 🏆!
Professional football teams have logos and mottos to represent the values the club stands for. Now, develop your personal logo below with images of the things that represent you, and develop a personal motto that talks about your strengths! Say this motto whenever you need to build your confidence 😊, calm down, or keep your cool.

**KCB**
Believe!!
Lionhearted!!

**Manchester United**
Wisdom and Effort
Glory Glory Man United

**Bandari**
BandariNiYetu!!

**Liverpool**
You’ll Never Walk Alone

Write or draw why your motto represents you:

What’s your motto?

MAKE YOUR MOVE – Share your logo and motto with your friends and help them write theirs.