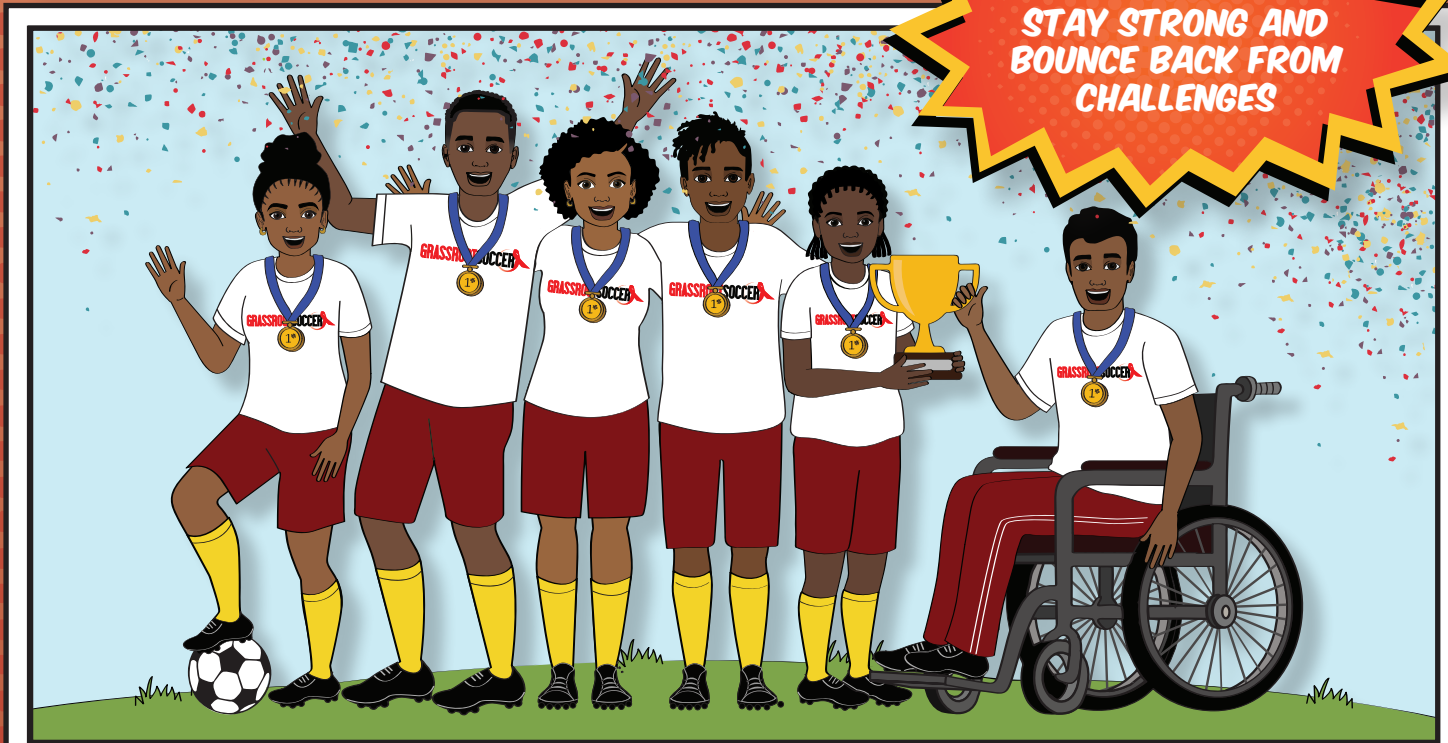


MIND SKILLZ

MAGAZINE

GET THE SKILLZ TO
STAY STRONG AND
BOUNCE BACK FROM
CHALLENGES



DO (OUR ACTIONS, THOUGHTS, AND FEELINGS ARE ALL CONNECTED)





THINK





FEEL





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.

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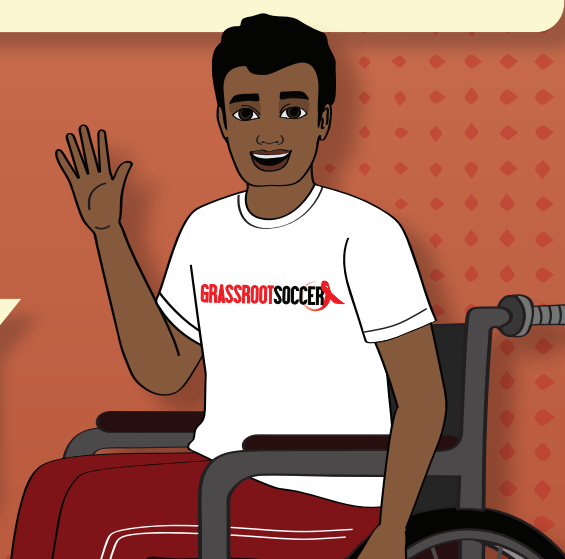
MEET YOUR MindSKILLZ COACHES



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.



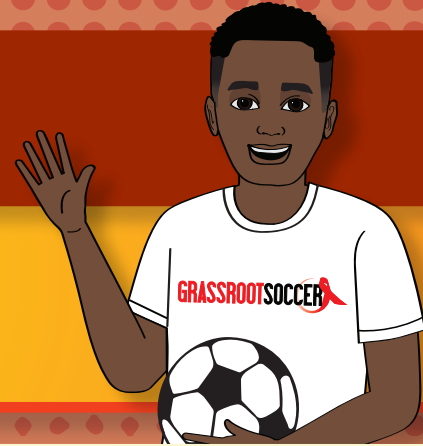
We're so glad to have you on the team. I'm Nekesa and I love ❤️ coaching soccer and netball.



Welcome 🙌 I'm Otieno. I enjoy music. I play the guitar and sing 🎵.

EMOTIONS

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?

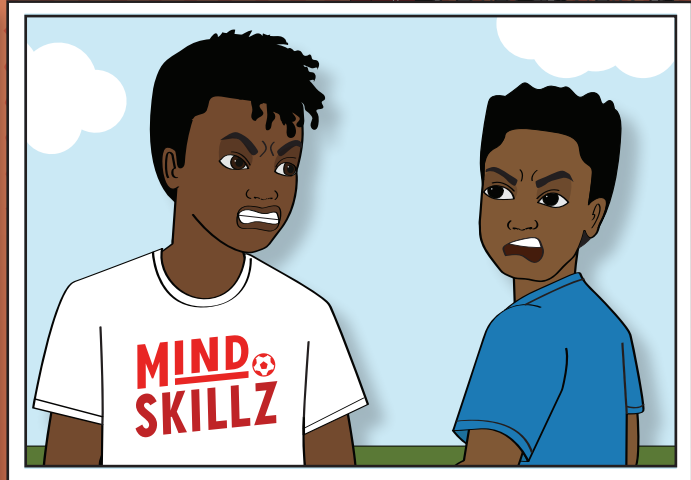
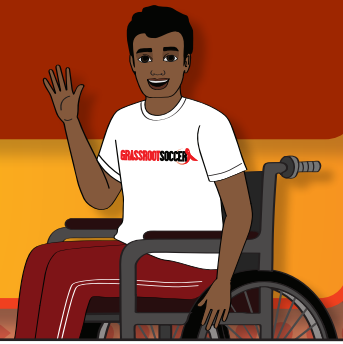
What is one thing you're looking forward to?

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

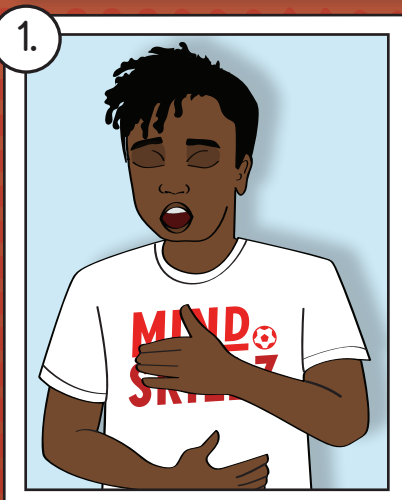
John is a 16-year-old football player. During a match, an opposing player keeps fouling him, pulling his jersey and insulting his mother. John uses the 3 T's to help him stay cool 😎.

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 ⚽!

THE 3 T's

1. Take a breath
2. Think of the consequences
3. Talk it out



WHAT'S YOUR MOTTO?



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.



Believe!!
Lionhearted!!



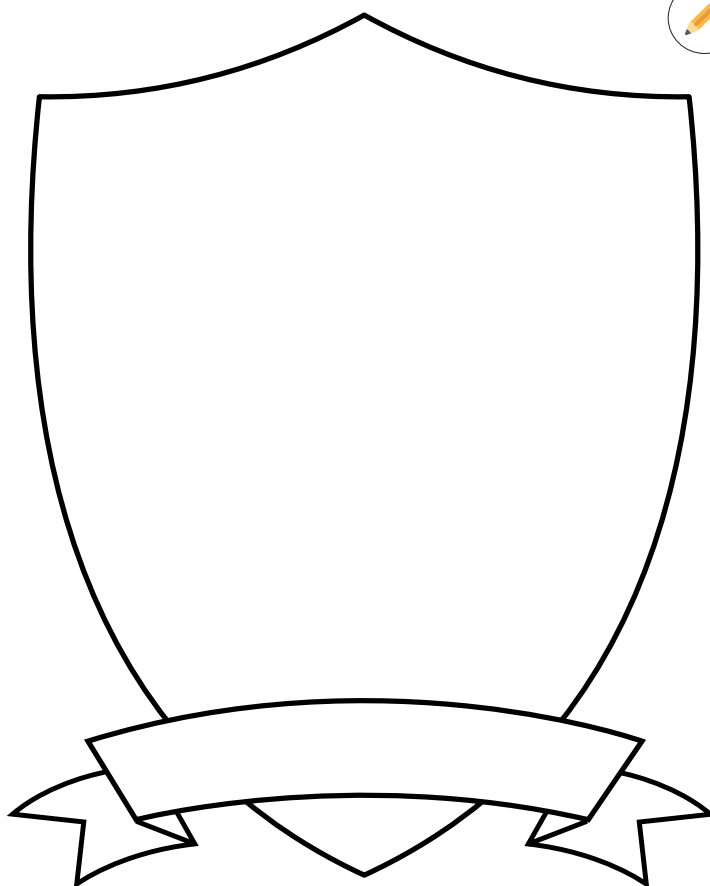
Wisdom and Effort
Glory Glory Man United



BandariNiYetu!!



You'll Never
Walk Alone



Write or draw why your motto represents you:

Draw your logo in the crest to the left, and write your motto in the ribbon below!

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

