

Topic: Expressing Positive Emotions

(Draw this 1st)

Do not
shut
down.



(Draw this after the 1st one is guessed)

Do take
2 deep
breaths

Coaching Moment: When you feel anger always start with 2 deep breaths, before taking your next action.

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(Draw this 1st)

Do not
throw
anything.



(Draw this after the 1st one is guessed)

Do set your
firearm
down.

In archery use “bow”
instead of firearm.

Coaching Moment: When you feel anger rising, immediately set down your firearm or bow in a safe place.

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(Draw this 1st)

Do not
blame
and
shame.



(Draw this after the 1st one is guessed)

Do
forgive
yourself

Coaching Moment: Forget who to blame and go to a problem-solving mindset. Things happen –start problem solving with a heart and mind to forgive yourself and by forgiving others---including coaches.

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(Draw this 1st)

Do not
lie.



(Draw this after the 1st one is guessed)

Do say
“I
messed
up!”

Coaching Moment: Say “I messed up” and add “I know we can find a way to fix it.”

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(Draw this 1st)

Do not
negative
self-talk.



(Draw this after the 1st one is guessed)

Do find a
thing you
did right.

Coaching Moment: Focus on something you did right, one thing you will do differently next time, and a gratitude for being able to shoot today at 4-H.

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(Draw this 1st)

Do not
ignore
your
coach.



(Draw this after the 1st one is guessed)

Do ask
for help.

Coaching Moment: Caring adults are here to help and coach you, remember to ask them (us) for help.

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(Draw this 1st)

Do not
ruminate.



(Draw this after the 1st one is guessed)

Do reframe
what
happened.

Coaching Moment: When you keep playing a negative time over and over in your mind, take a moment and list three good things that happened too. Maybe you had great form, a friend helped you out, or strong backstops stopped a hole in the wall.