



I LOVE THIS TEAM ACTIVITY SUPPORT PACK FOR CONNECTION + RESILIENCE

IN COLLABORATION WITH GREG GRABER,
GRABER PERFORMANCE COACHING

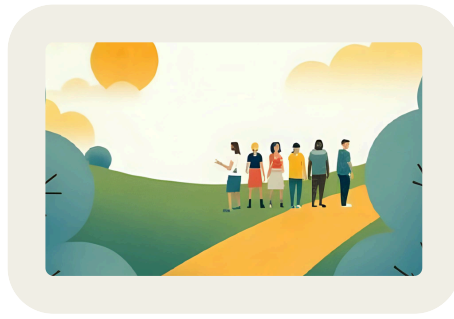


GOOD TIMES, TOUGH TIMES, MY TEAM
Mindful Activity

TEAM CHAT CHECK-IN
Mindful Activity

GROUP CHAT BOOST
Mindful Activity

MY HIGHLIGHT REEL
Creative Activity



I LOVE THIS TEAM INTRODUCTION FOR THIS ACTIVITY PACK ~ BY GREG GRABER, GRABER PERFORMANCE COACHING

I love this team. When I was a kid, I spent a lot of time watching this team with my dad. It was our thing. Over the years, we would talk about some of their great goals, wins, and near misses. We would discuss their rosters, the superstars and even some of the more obscure players. Nothing slipped our attention. We loved it all, the victories, the heartbreaking losses and everything in-between. This team helped build a bond between my dad and me that is unbreakable and will last forever.

Now that my dad is gone, I watch and discuss this team with my mates. We spend time looking up team statistics on our phones, talking about player trade rumors, and trying to predict the match lineups. When I have a child, I will watch the games with him or her, like I did with my dad.

I have come to the realization that watching this team with people I care about is much more than just football. **It is about connecting with those in my life and cheering for a common cause.** Connection and social interaction are important for well-being. Football is my vehicle for this.

I love this team, but I also love the people in my life, MY TEAM.

~ Greg Graber

BENEFITS OF THIS ACTIVITY PACK:

This pack offers an opportunity to support the teens and young men in your care by helping them recognise the value of connection, belonging and emotional wellbeing through everyday moments. Whether it's football, chess, volunteering, friendships or family traditions, these activities open the door to reflection, conversation and support. It encourages them to think about who's on their team, how they stay connected, and how small gestures can strengthen the bonds that carry us through both the wins and the losses.



GOOD TIMES, TOUGH TIMES, MY TEAM

PURPOSE:

To reflect on how shared interests, whether it's football, music, gaming, or just hanging out, can deepen our bonds with the people who matter most.

ACTIVITY:

Write a short story and/or make notes below about the people you've built a strong connection with, maybe through watching your favourite team, by being part of a team, or simply spending time together.

Who have you shared meaningful moments with?

What brought you together? Football, late-night chats, inside jokes?

What memories stand out most?

Think of a tough time. Who showed up for you? How did that feel?

Who's on your team now and the people you turn to, laugh with, or lean on?

Optional: Share a photo or personal item that reminds you of someone on your team, even if they're no longer around.



TEAM CHAT CHECK-IN: MAKING PROACTIVE CONNECTIONS

WHY THIS MATTERS:

Having a few people in your corner, your team, makes life's highs and lows easier to navigate. Whether you're heading into exams, a big game, or just a stressful week, checking in with your people can help you feel more supported and connected.

ACTIVITY:

Step 1:

Think of Someone From Your Team

This should be someone you trust, a friend, sibling, coach, cousin, or anyone who's on your "life team."

Step 2:

Send a Check-In Message

Use one of the ideas below or write your own:

- "Know you've got a lot going on right now. Got your back."
- "Sending some good vibes your way... You've got this."
- "Dropping in to wish you luck on.... (event/moment)."

Step 3:

Follow Up

After their big moment or later in the week, check back in:

"How did it go?"

"Want to talk about it?"

"Proud of you! How are you feeling now?"

Reflection (Write Below Or In Your Journal):

Who did I check in with?

What did they share with me?

How did that chat make me feel?

Did I feel more connected after?

Who else might need a check-in from me soon?

GROUP CHAT BOOST



WHY THIS MATTERS:

Sometimes we wait for the perfect moment to reach out, but a small message can shift someone's whole day, including yours.

WHAT TO DO:

Think of a group chat or circle of friends you're part of. Choose one of the actions below:

- Drop a message of support: "Good luck this week... You've got this."
- Share something funny, inspiring, or nostalgic.
- Ask a question to get everyone talking: "What's one thing you're proud of lately?"

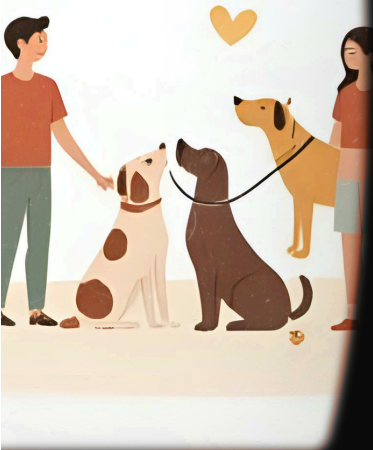
REFLECTION ACTIVITY (USE THE SPACE BELOW OR YOUR JOURNAL TO WRITE DOWN YOUR THOUGHTS):

Did anyone respond and what did they say?

How did it feel to bring something positive to the group?

Would you try this again next week? Try making this a regular habit!





MY HIGHLIGHT REEL INSTRUCTION SHEET



WHY THIS MATTERS:

To reflect on moments of connection with your life team, whether through sport, a shared experience, or simply time spent with someone important, and bring them to life through words and/or drawing.

IDEA: Do this activity weekly to stay grounded, build self-awareness, and remind yourself you're not in it alone. A longer Highlight Reel will help you see how much connection and meaning you've built over time.

ACTIVITY:

Think of a memory that stands out with someone who's part of your life team. This could be:

- A match you watched together
- A chat you had when things were tough
- A random but funny moment you still think about
- A quiet time that just felt right
- A meal you shared together

CREATE YOUR REEL:

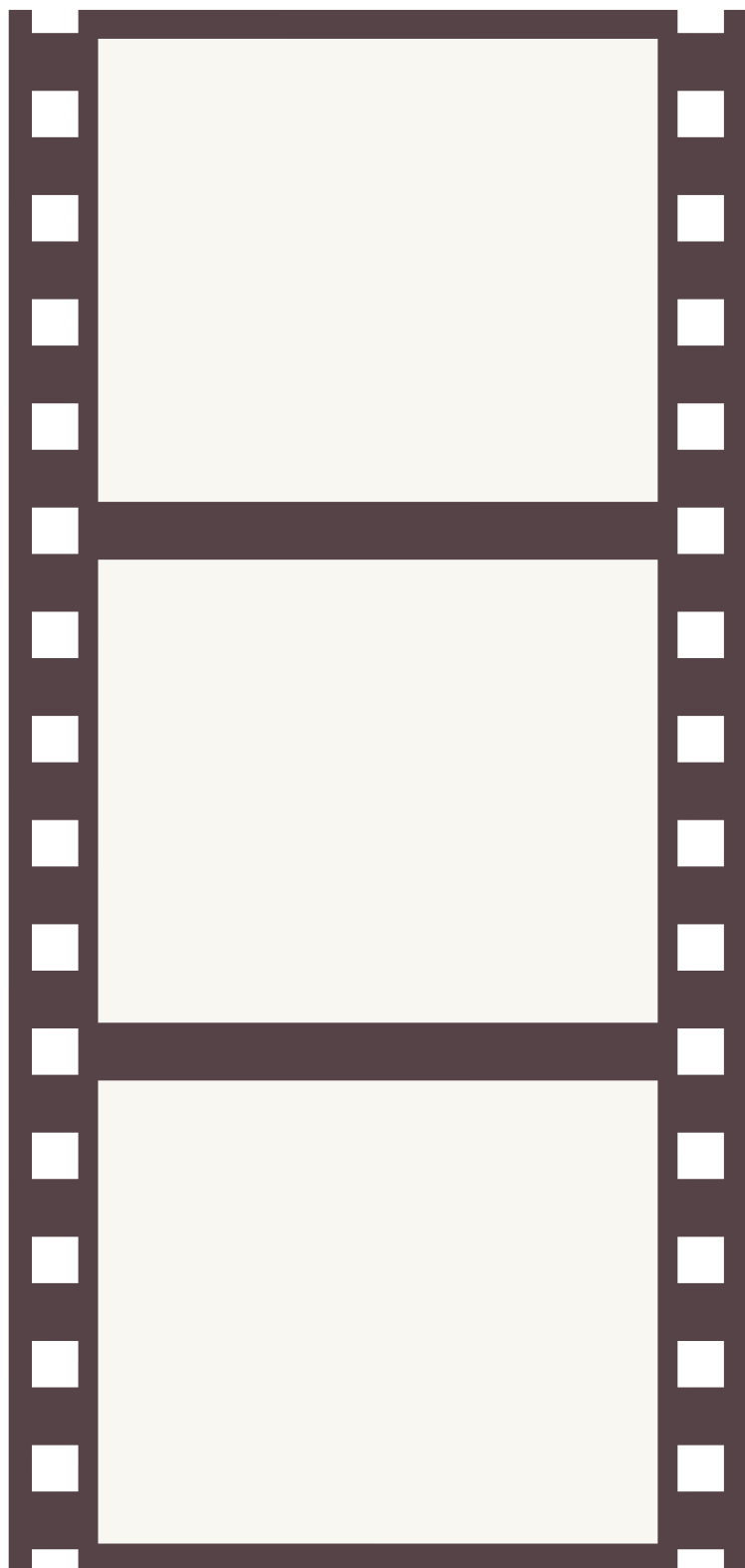
Draw a short scene, comic, sketch, or even a symbol that represents the moment you're thinking of. In the blank space next to your reel, you can describe it in further detail, such as who you were with, and why you still remember it.

MY HIGHLIGHT REEL



REEL:

Tip: Use your reel to create one, multi-scene memory, or, one memory per square.



NOTES:

Use the space below to doodle about your memories and write more about what they meant.



about the here founders

JEN ARMSTRONG, MSc

- Master of Science, Developmental and Educational Psychology (October, 2013)
- Bachelor of Science, Psychology with Sociology (July, 2012)
- 200-hour RYT Ashtanga Vinyasa Flow Yoga Teacher Training
- 8-week MBSR (Mindfulness Based Stress Reduction)
- 95-hour RCYT Children's Yoga Teacher Training
- Parent and Baby Yoga Teacher Training
- Trained facilitator in Roots of Empathy, The Parent Nurture Program, Teen Talk Parenting Program, Restorative Approaches, Motivational Interviewing and Solutions Focused Therapy.
- 7 years experience of Family Support Work / Parenting Support Work
- 6 years experience of mentoring and supporting young people.
- Nutritional advisory course
- Mindfulness Curriculum Developer

DANA OLSON

- UK Government/Tech Nation Exceptional Talent Visa in Digital Technology (1 of 200 recipients worldwide 2016)
- Techstars/Microsoft Alumni (Seattle)
- Seattle "Female Founder to Watch." (Women 2.0)
- Fanzo Co-Founder (Seattle, Angel-funded)
- Founder of BoastHouse (creative development, marketing and communications consulting)
- Other career chapters... Omaha WOWT/Channel 6 Broadcast News Reporter + Corporate and Non-profit Public Relations, Marketing and Communications
- Current and Past Philanthropy: Brackenbury Village Residents Association, The Nebraska Medical Center Auxiliary Board, American Cancer Society, Volunteer Co-Founder of the Midlands Humane Society, The David Spence Cancer Foundation
- Mentor to startup founders and young professionals



ABOUT OUR SPECIAL CONTRIBUTOR, GREG GRABER

Greg Graber is an internationally respected leadership and mental performance coach who helps teams, schools, organizations, and individuals thrive under pressure. With a foundation in mindfulness-based practices, Greg teaches people how to stay grounded, focused, and resilient in fast-paced, high-stakes environments. His practical, science-backed approach has made him a go-to expert for elite performers across industries — from professional sports and education to healthcare, hospitality, and law enforcement. Clients include: NBA's Memphis Grizzlies, University programs such as LSU, Alabama, Texas, TCU, Marquette, VCU, University of Memphis, Rice University, George Washington University, McNeese State, Siena College, and many more. Also, elite competitors from the NFL and NBA, Major League Soccer goalkeepers to Ironman triathletes, Leadville 100 racers, and even an Olympic bobsledder. Corporate clients include Entergy Corp, Hilton Worldwide Hotels, FEDEX, St. Jude Children's Research Hospital, The Virginia Department of Corrections, Shamrock Foods and more.

HERE

hereforyouforthem.com