

# The Whole Child



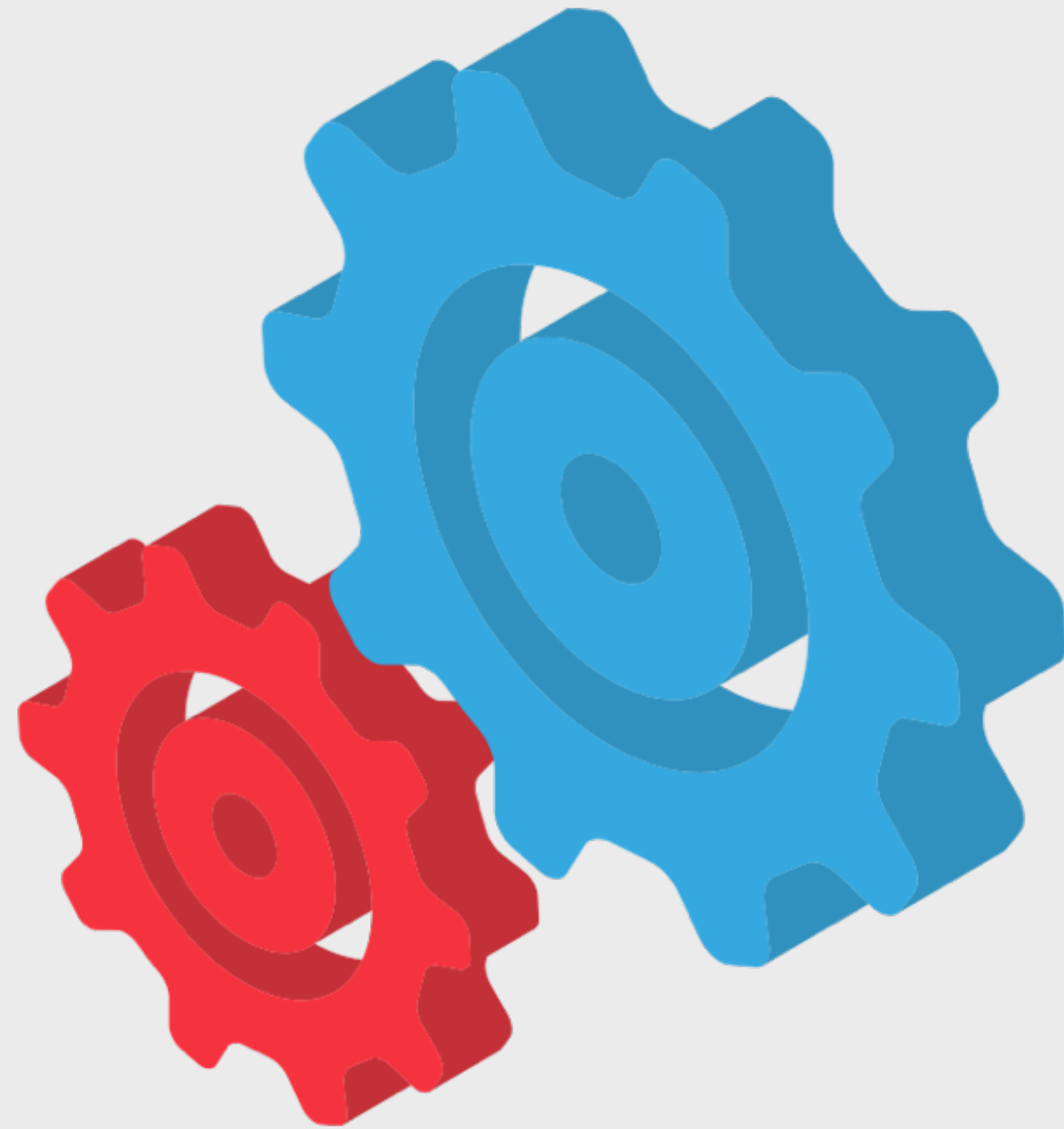
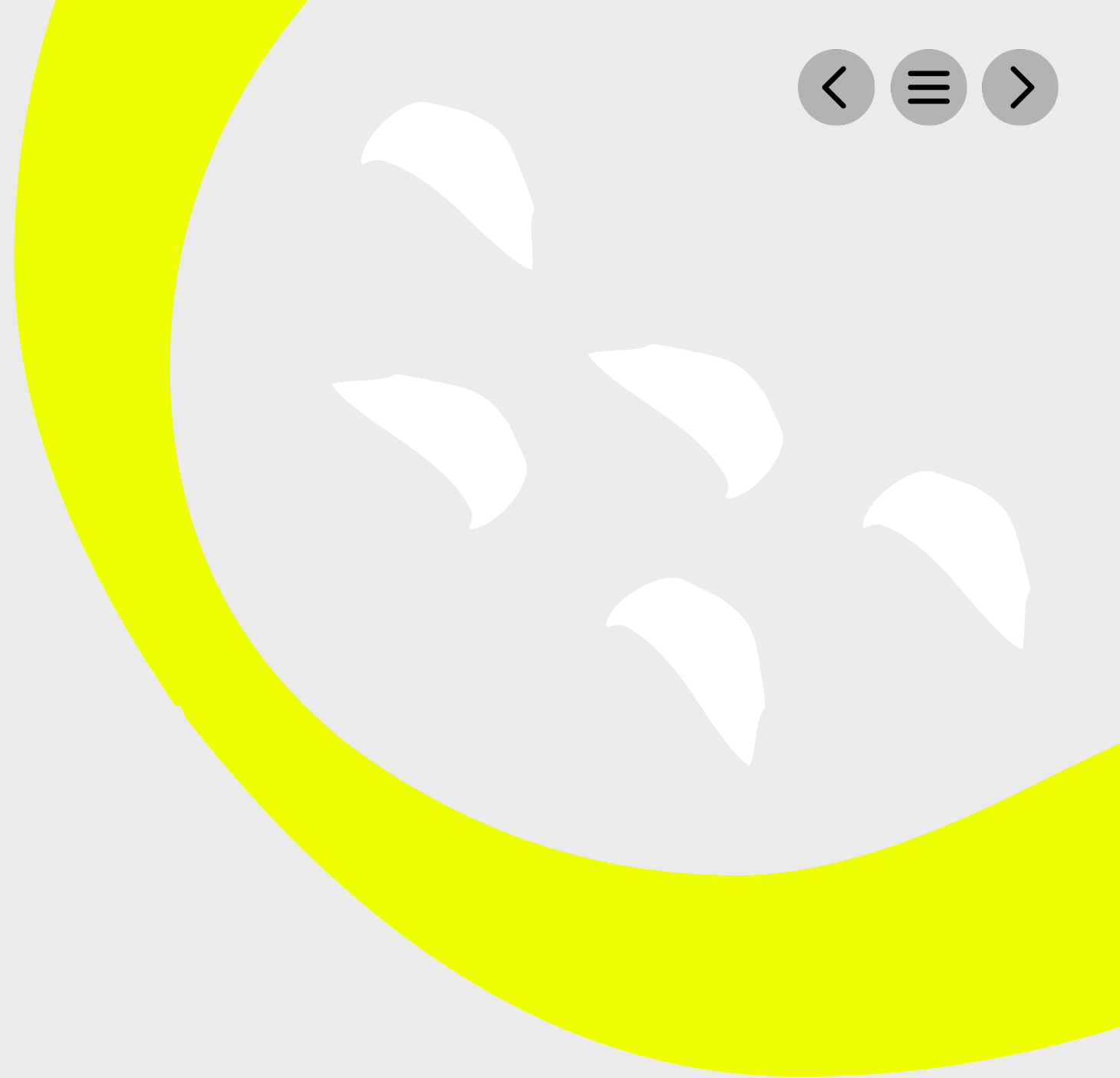


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# Cognitive



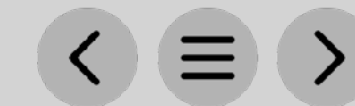
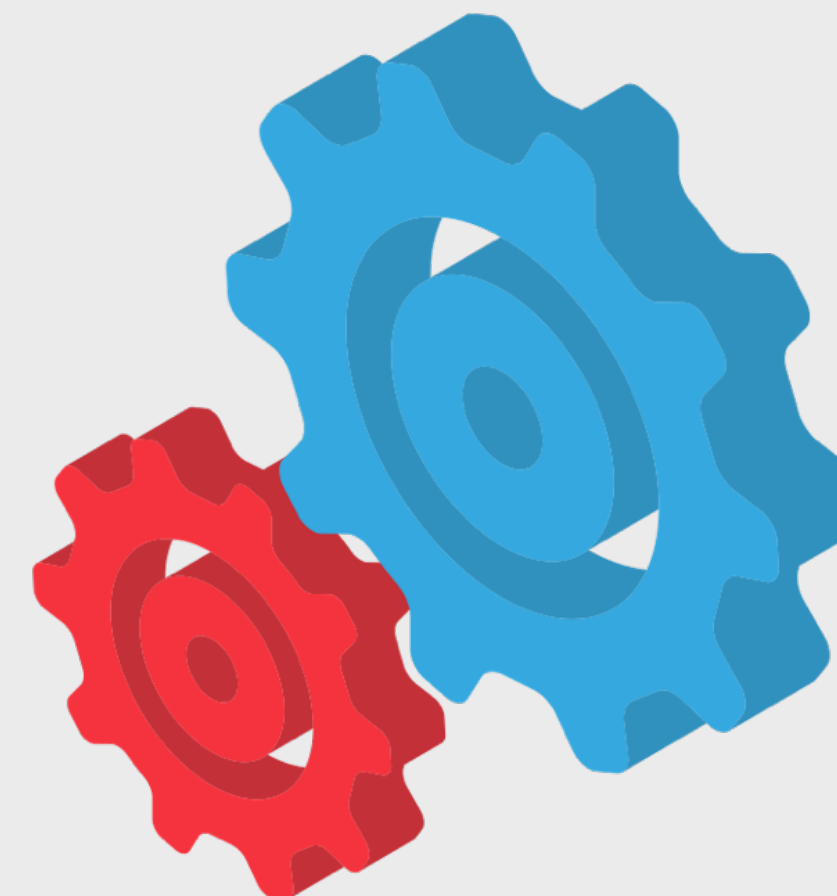


# Cognitive Coachable

The Whole Child theme this week is to encourage the children to demonstrate characteristics of a person who is coachable, open to trying new things and is not afraid to fail.

It should be highlighted that the Achiever Award is presented to the child that demonstrates coachable characteristics.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



## Reinforcing positive behaviours

There are lots of ways to reinforce the positive behaviours we want to see in your junior golfers.

Non-verbal reinforcement:

- Thumbs up
- Nod of your head
- A smile

Personal verbal reinforcement:

- “Love that attitude”
- “That’s the attitude we’re looking for”
- “Great effort, keep it up”

Group reinforcement:

- Stop the class, get everyone together, and highlight the behaviour you observed, and why you liked it
- Awarding the Achiever reward at the end of the lesson is a great opportunity to reinforce positive behaviours
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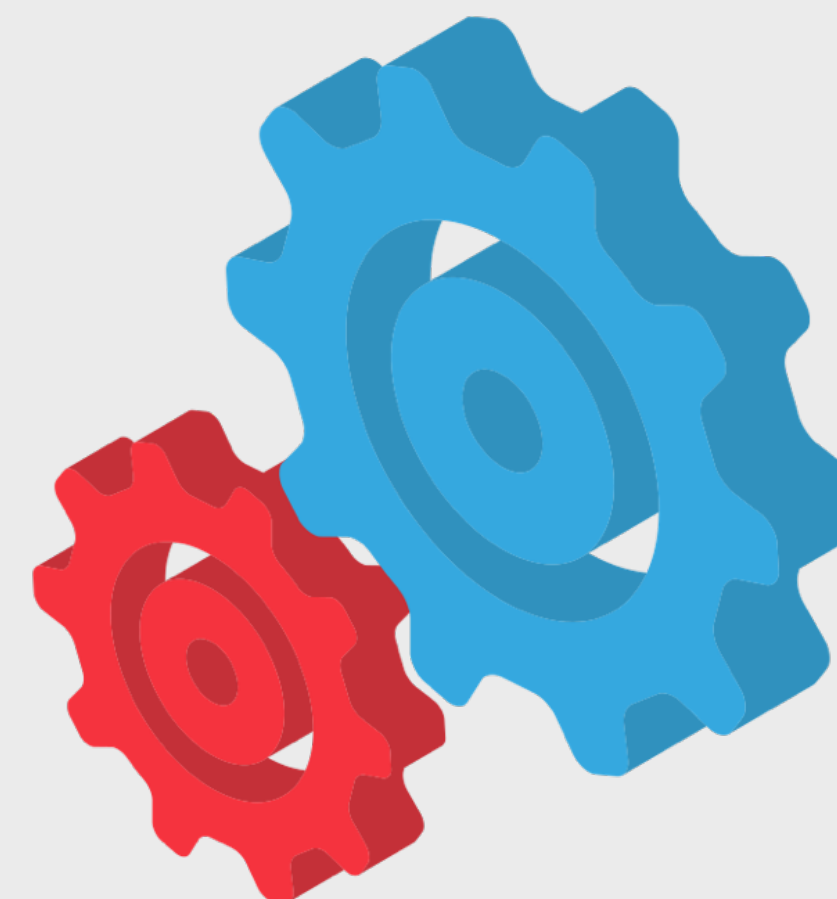
# Cognitive

## Beginners Mindset

The Whole Child theme this week is to learn to have a beginners mindset when approaching the games and challenges.

It should be highlighted that the Achiever Award is presented to the child that displays an attitude of openness, eagerness to learn and lack of preconceptions.

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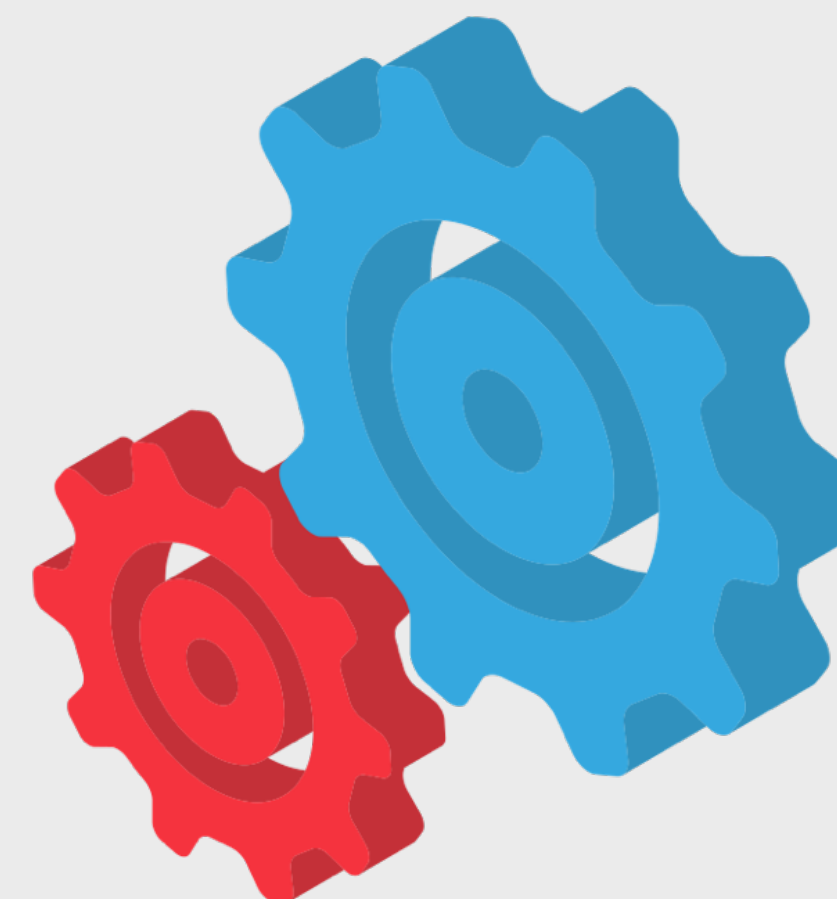
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# Cognitive Play in the Now

The Whole Child theme this week is to encourage children to focus on the present. Not thinking too much about what is to come or dwelling on what has already happened.

It should be highlighted that the Achiever Award is presented to the child that demonstrates the ability to focus on the shot they are about to play.

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# Cognitive

## Brush It Off

The Whole Child theme this week is to learn how to brush off any bad shots, and move on to the next.

It should be highlighted that the Achiever Award is presented to the child that has demonstrated the ability to not let a bad shot effect them negatively.

Let the children know it's ok to get frustrated but learning to move on without letting a bad shot effect you will be a key skill to learn.

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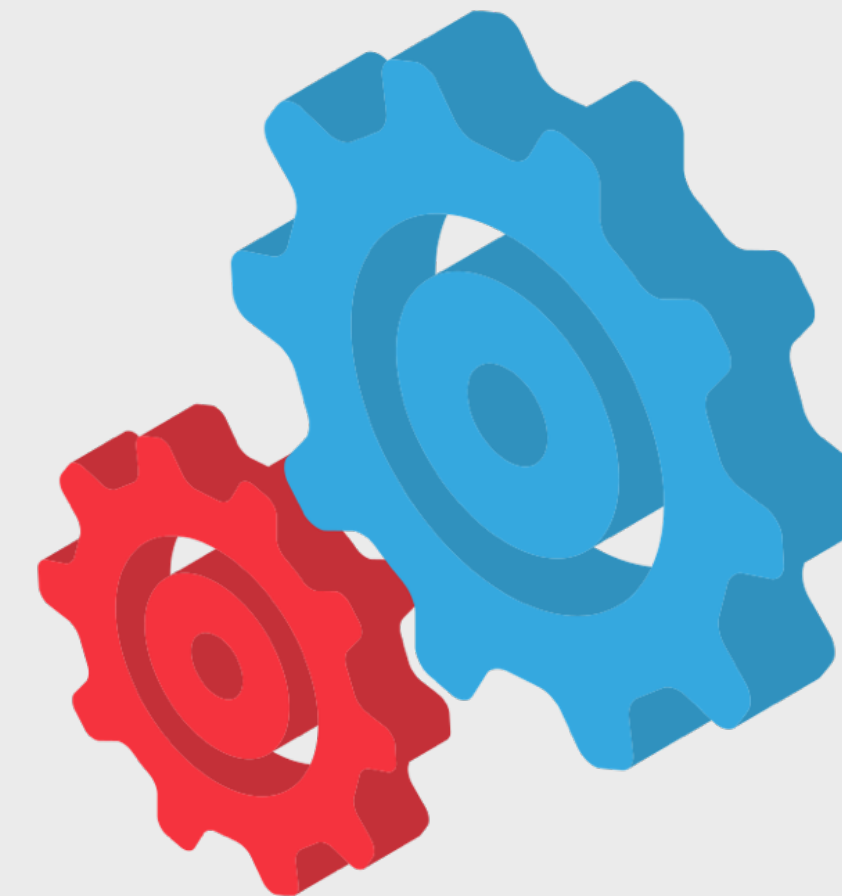
# Cognitive

## Respect for the Rules

The Whole Child theme this week is to respect the rules of the game.

It should be highlighted that the Achiever Award is presented to the child that demonstrates respect for the rules of the games they are playing.

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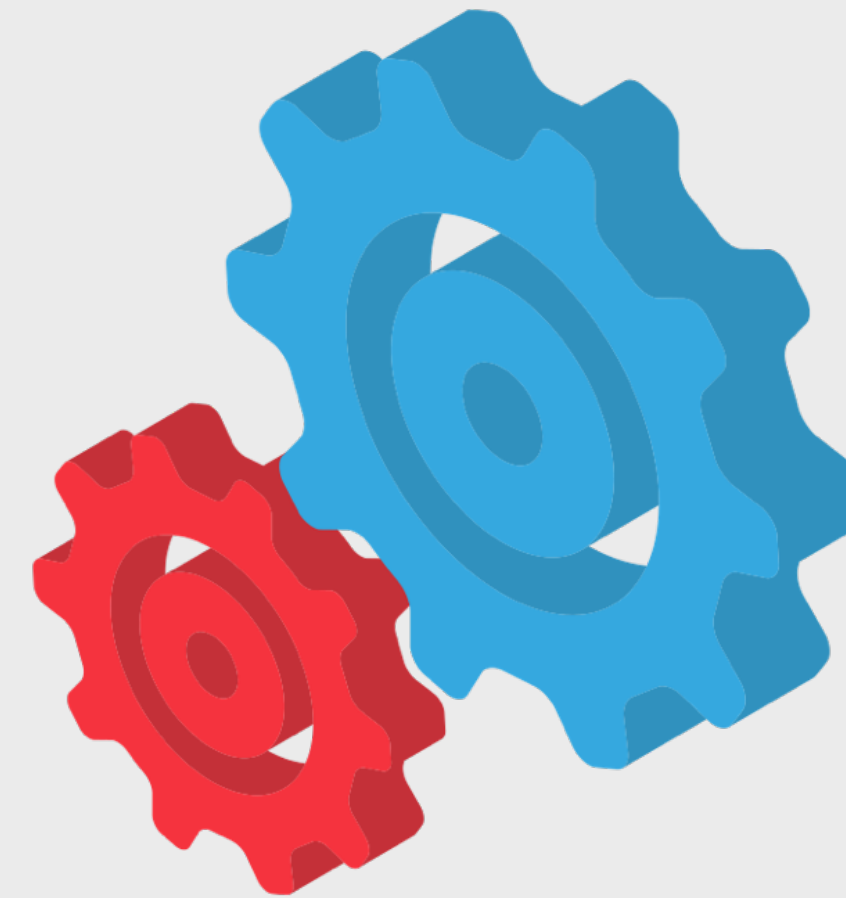
# Cognitive Effort

The Whole Child theme this week is focussing on praising the effort that the children put into their games and practice.

It should be highlighted that the Achiever Award is presented to the child that displays the most effort within the games and challenges. This may not always be the most successful child.

Examples of this could be continuing to practice even when it's not going well, or putting in additional practice sessions in between lessons.

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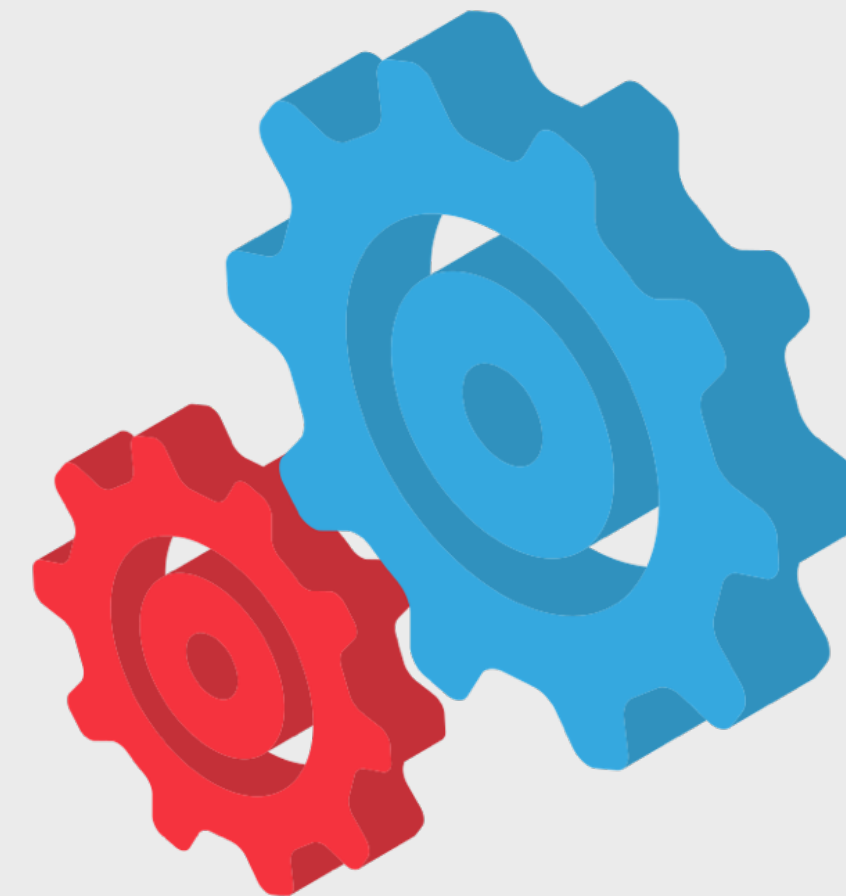
# Cognitive Preparation

The Whole Child theme this week is to learn about preparing for golf.

It should be highlighted that the Achiever Award is presented to the child that demonstrates great preparation.

Examples of this could be preparation for a particular shot, or for the lesson as a whole.

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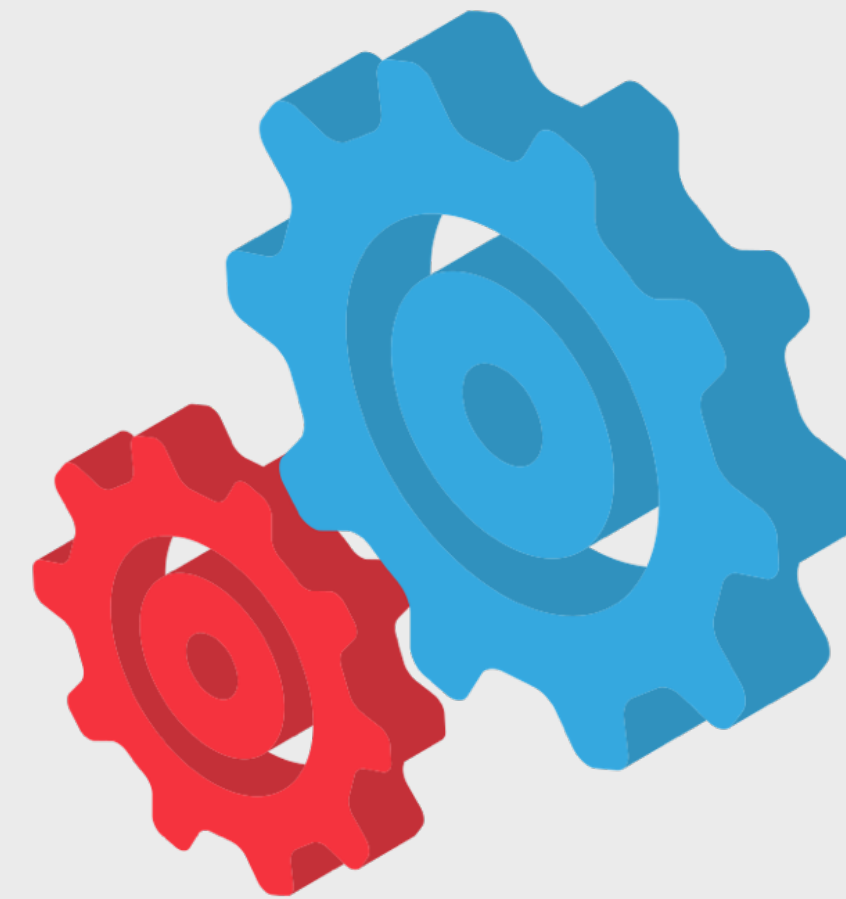
# Cognitive

## Feeling Nervous

The Whole Child theme this week is to learn that feeling nervous is normal and actually can be beneficial to performance.

It should be highlighted that the Achiever Award is presented to the child that reacts positively to feeling nervous, and is open to sharing with the group a time that they have felt nerves and not let it affect them negatively.

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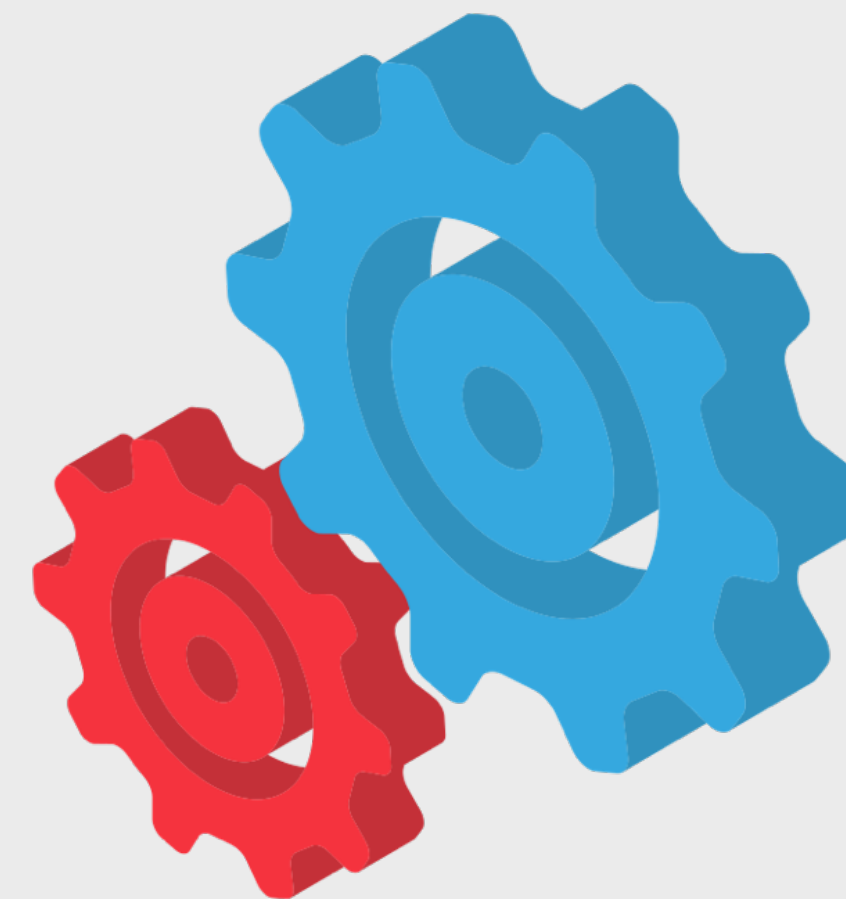
## Attitude towards learning

The Whole Child theme this week is to develop a great attitude towards learning.

It should be highlighted that the *Achiever Award* is presented to the child that displays a great attitude towards learning during the lesson.

Examples of this could be asking questions to develop a greater understanding or not giving up easily when struggling with a challenge.

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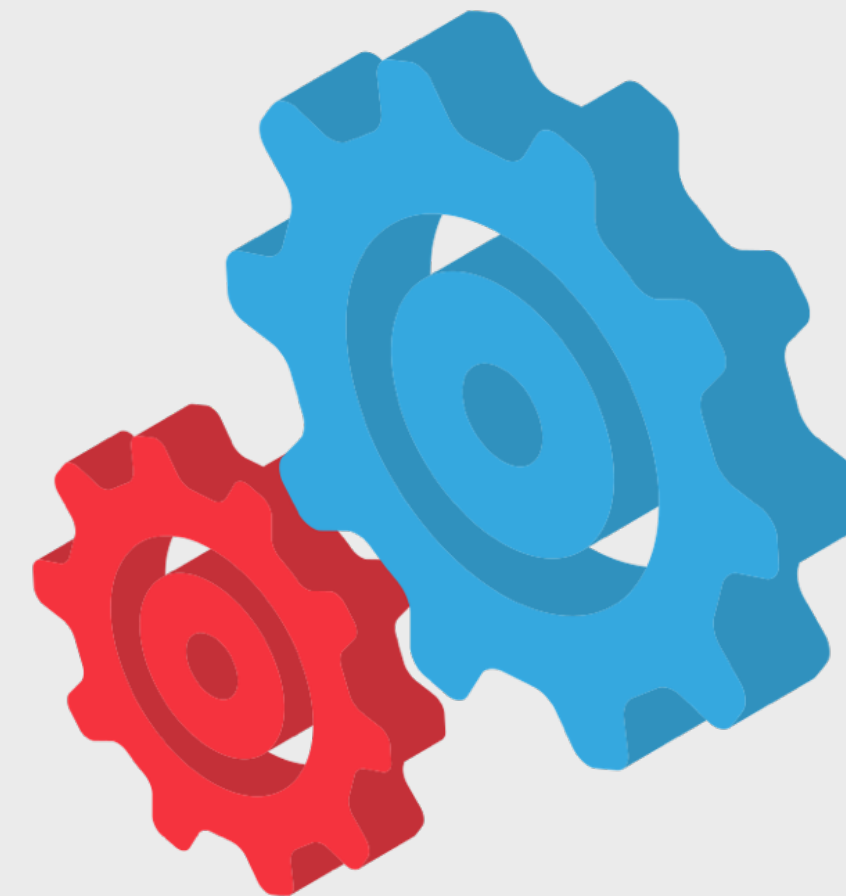
# Cognitive Growth Mindset

The Whole Child theme this week is to encourage a growth mindset. This is where a child believes that if they work hard and keep practicing that they will improve. A fixed mindset is one where the child believes they are just born good or bad at something.

Reinforce a growth mindset by reinforcing that the skills the children demonstrate have been learnt by applying effort and practice.

It should be highlighted that the Achiever Award is presented to the child that demonstrates a growth mindset.

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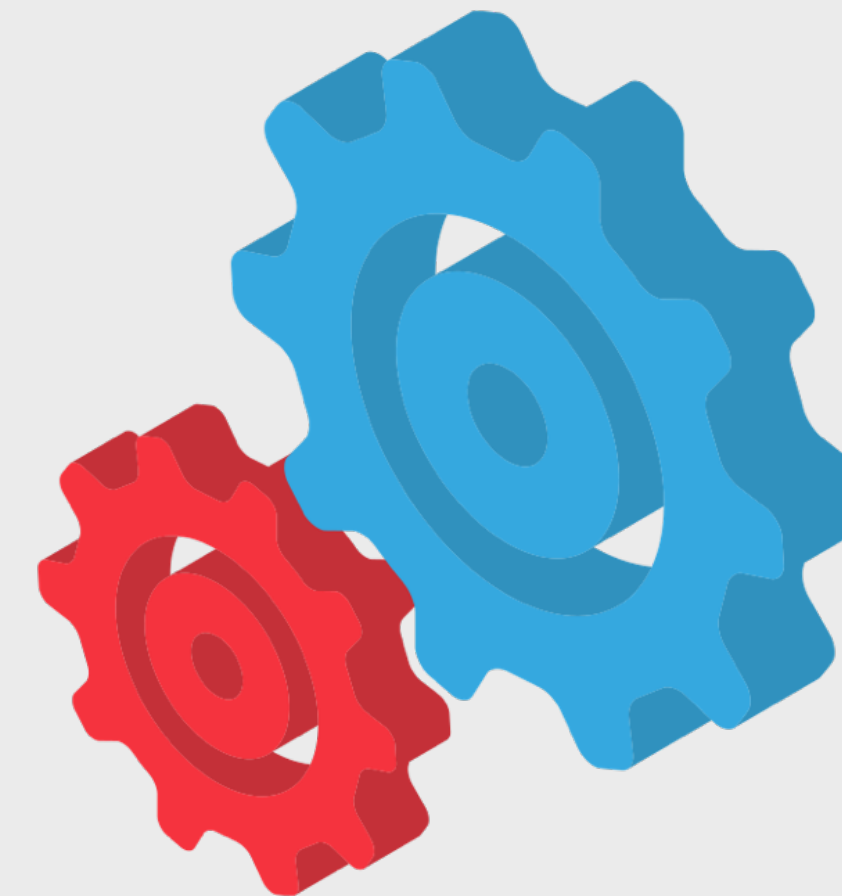
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# Cognitive Understanding

The Whole Child theme this week is to make sure all children feel comfortable asking questions to make sure they fully understand the concept they are learning.

It should be highlighted that the Achiever Award is presented to the child that speaks up and asks questions to ensure understanding.

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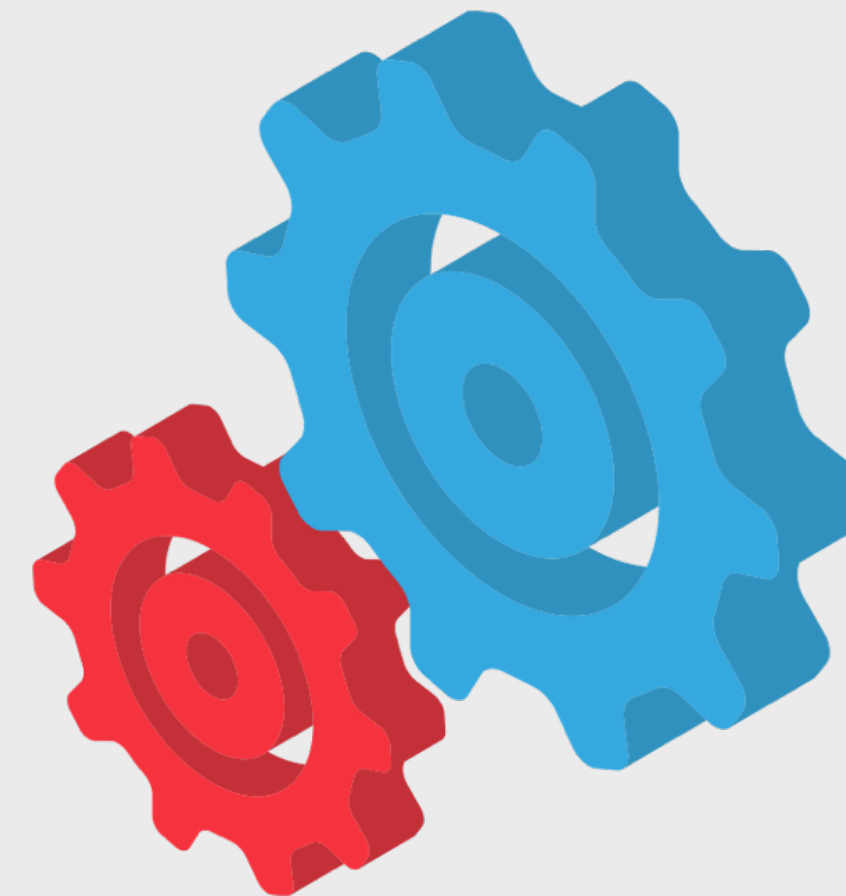
# Cognitive

## Your Goals

The Whole Child theme this week is to encourage the children to set some goals for their golf.

It should be highlighted that the *Achiever Award* is presented to the child that has set and/or achieved their goals.

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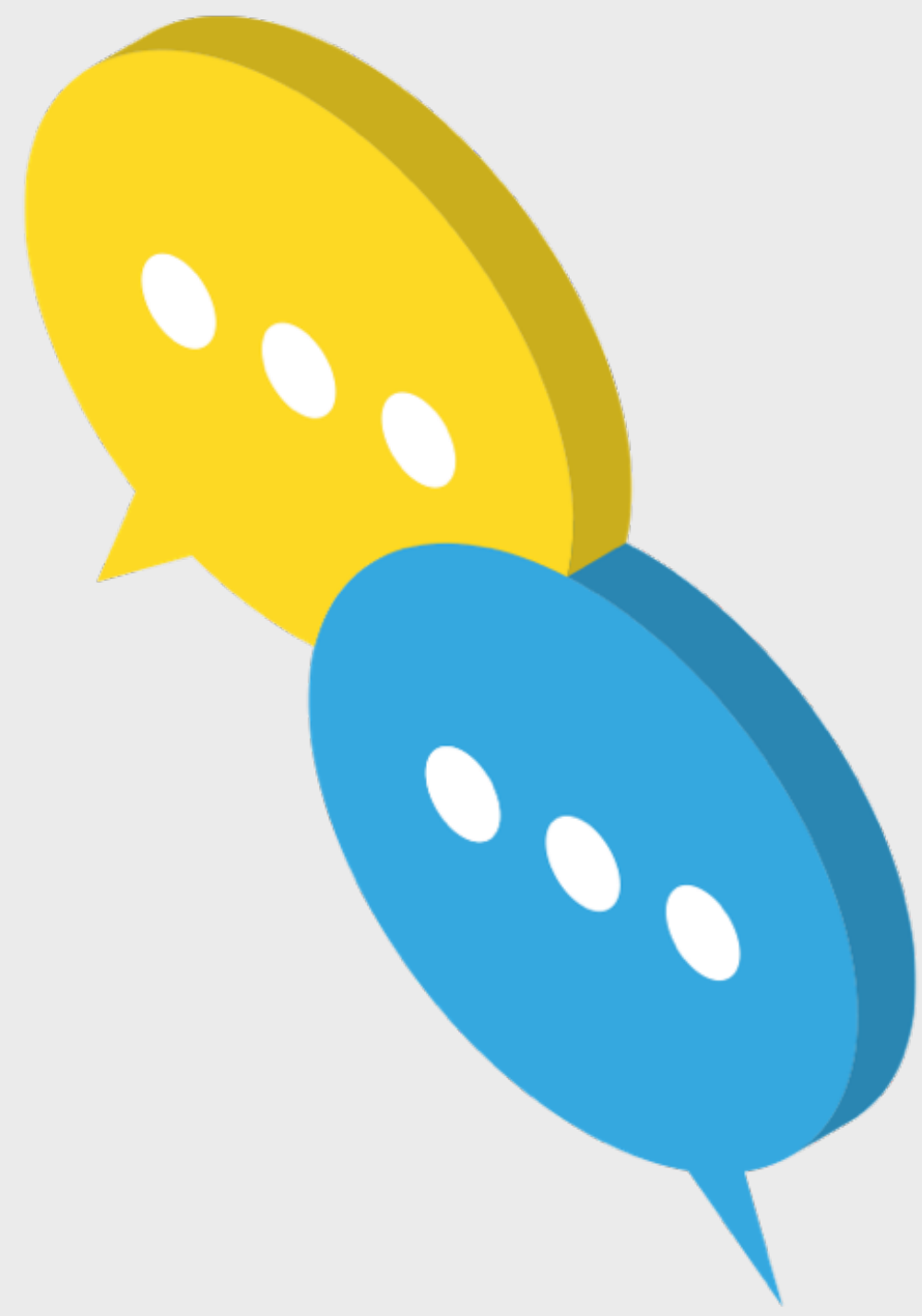
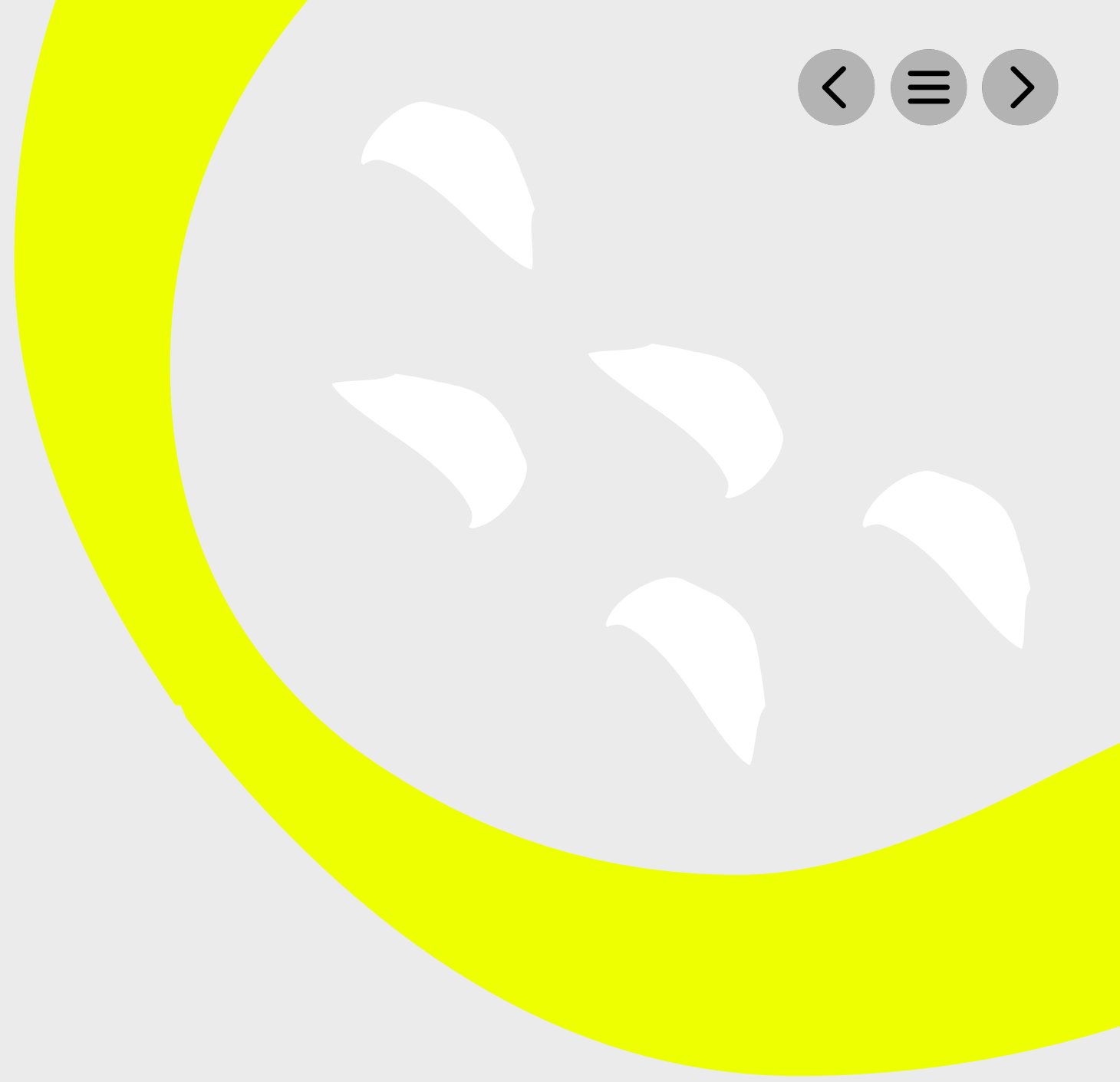
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# Social

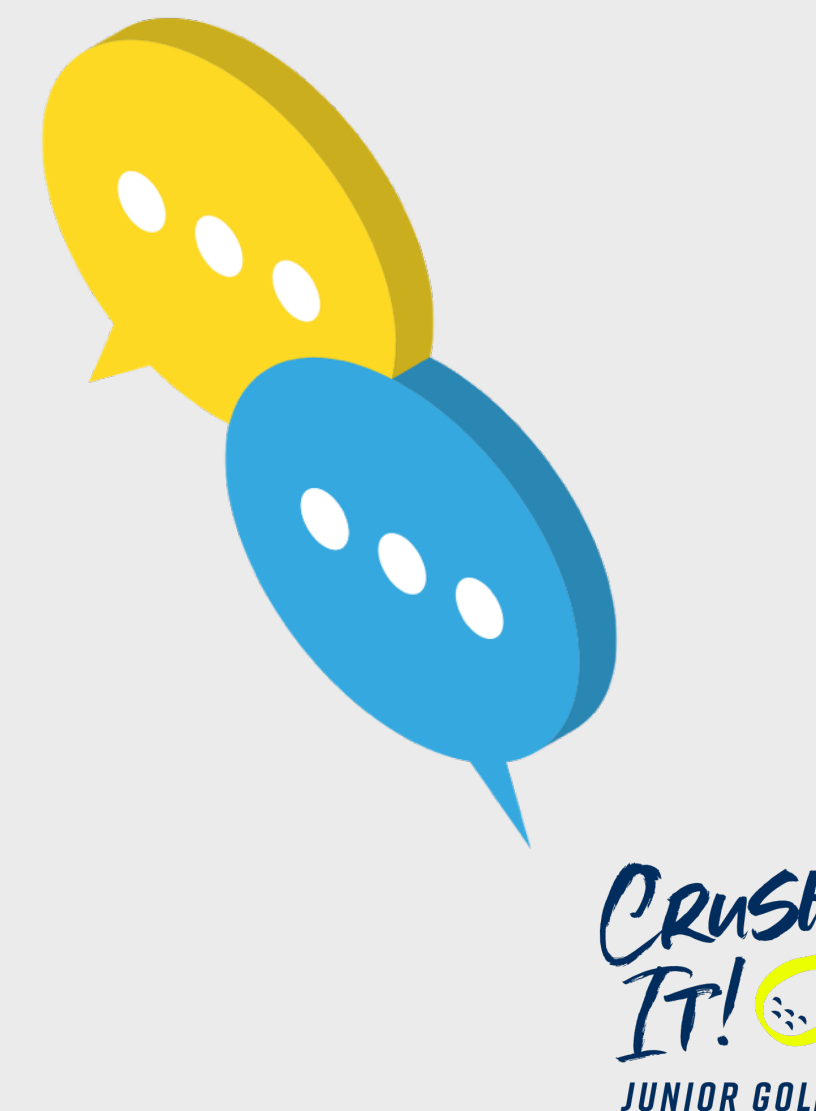


# Social Appreciation

The Whole Child theme this week is about showing appreciation, this could be to your playing partners, your parents, or even your coach!

It should be highlighted that the Achiever Award is presented to the child that shows appreciation.

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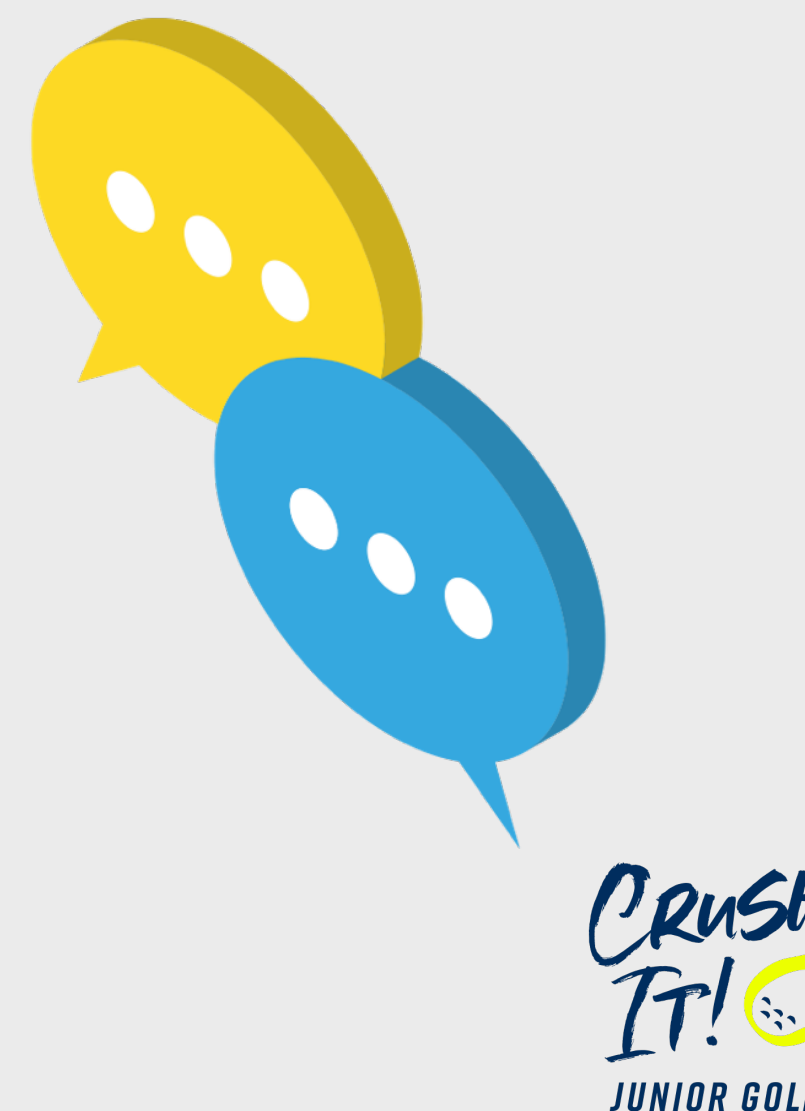


# Social Praise

The Whole Child theme this week is to encourage the children to praise each other for their efforts and good shots.

It should be highlighted that the Achiever Award is presented to the child that demonstrates praise for another child in the class.

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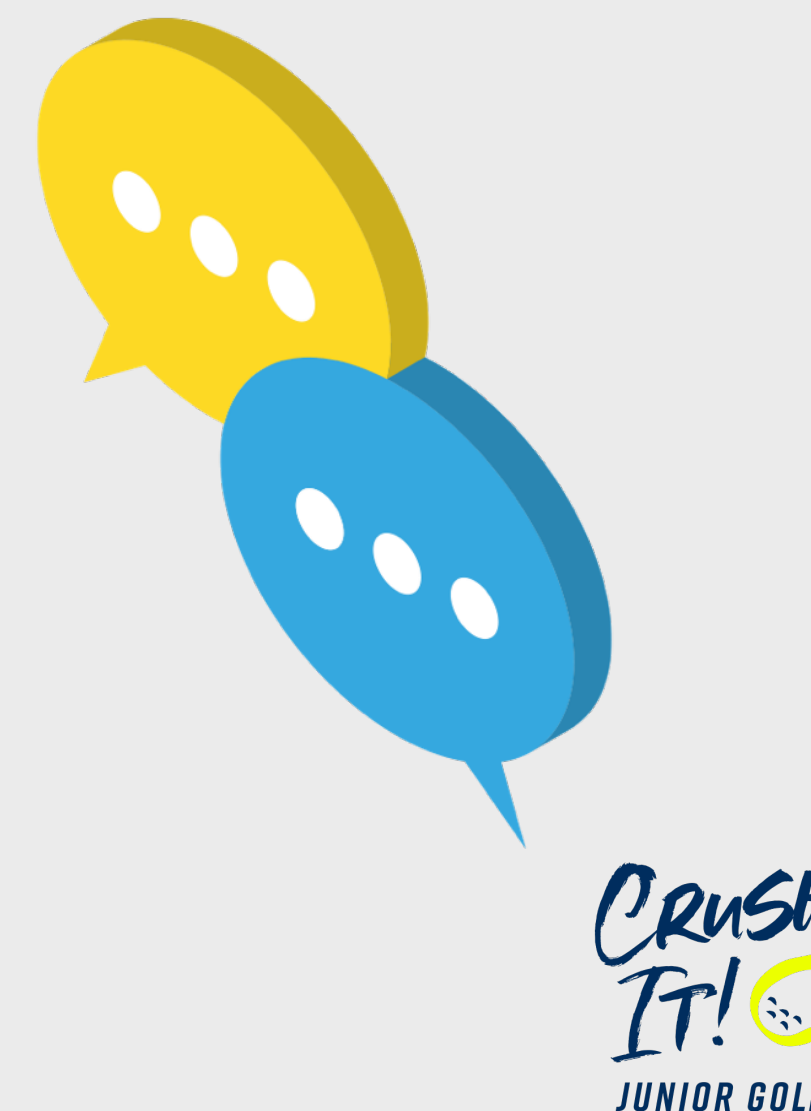
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# Social Gratitude

The Whole Child theme this week is to understand what gratitude is and why it is important.

It should be highlighted that the Achiever Award is presented to the child that demonstrates gratitude throughout the session, for example being thankful for the opportunity to play with friends, and for being able to be a part of the club.

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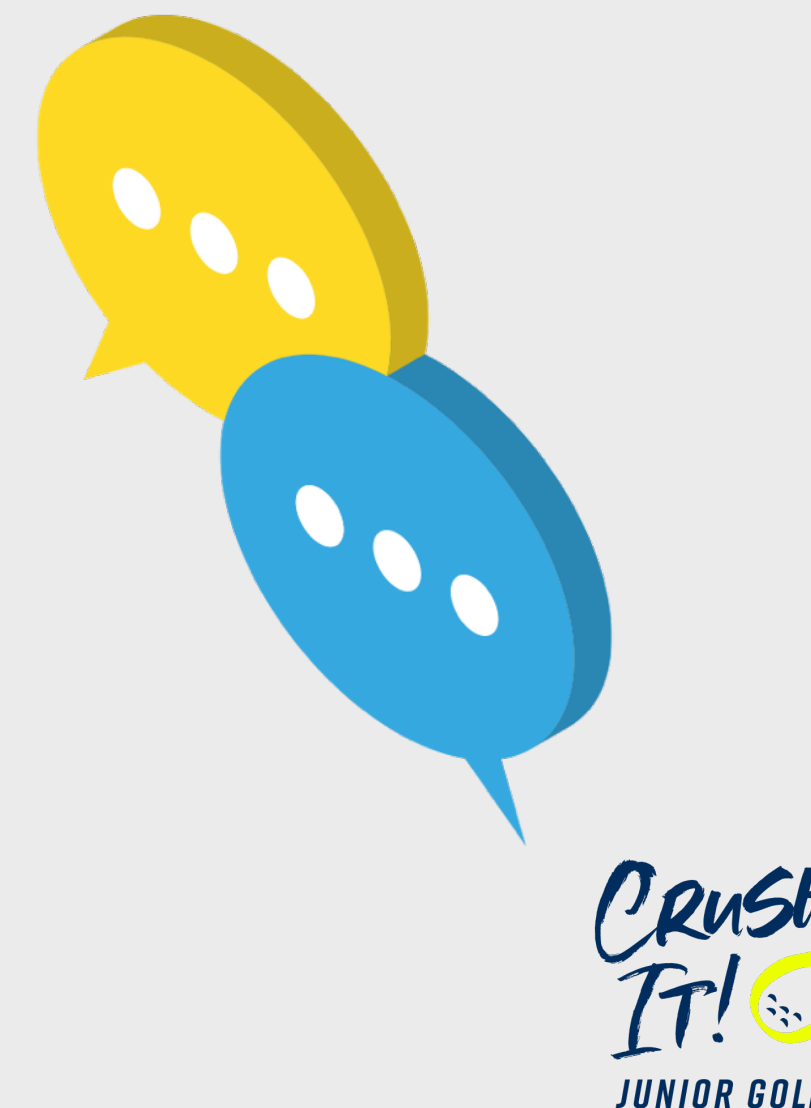
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# Social Friendships

The Whole Child theme this week is to encourage children to make friends with other children that they don't know. Use the opportunity to pair the children with those they don't normally play with, or those they don't know as well as others.

It should be highlighted that the Achiever Award is presented to the child that is enthusiastic and open to meeting new friends.

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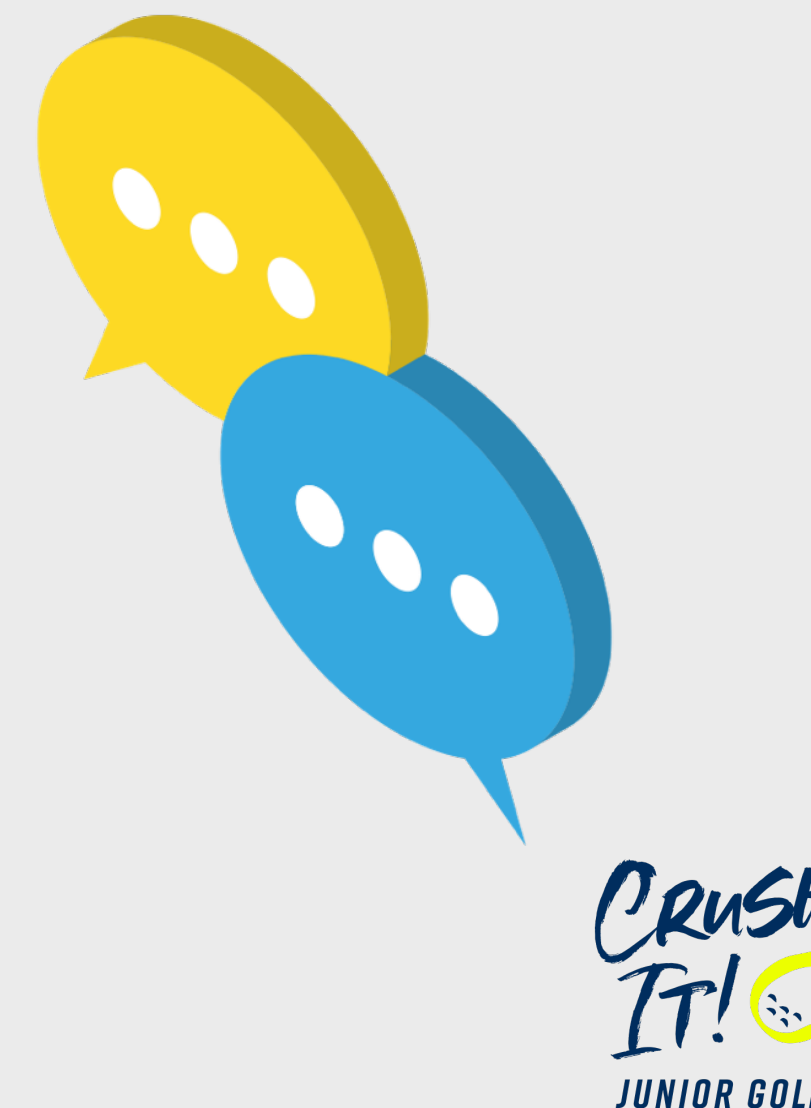
# Social

## Respect for your Team

The Whole Child theme this week is to demonstrate respect to your teammates.

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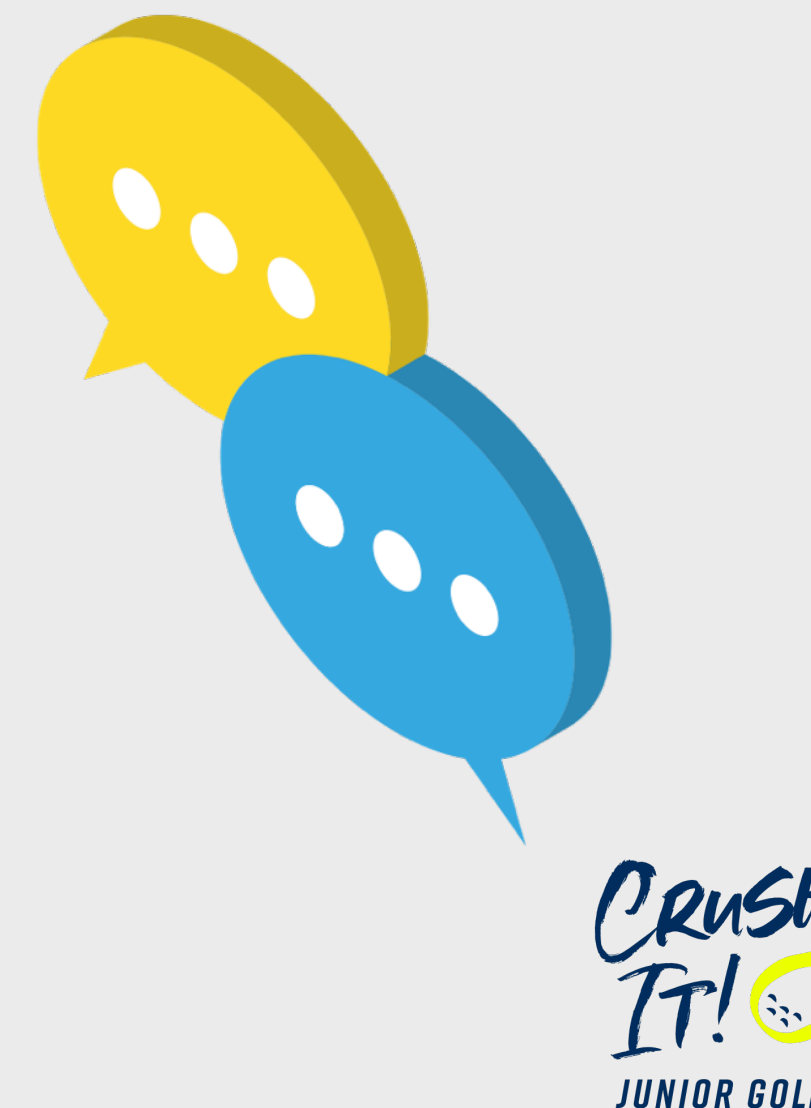
# Social Teamwork

The Whole Child theme this week is focussed on working as a team.

It should be highlighted that the Achiever Award is presented to the child that displays great teamwork throughout the lesson.

Examples of this could be helping another child with some advice or completing a game together.

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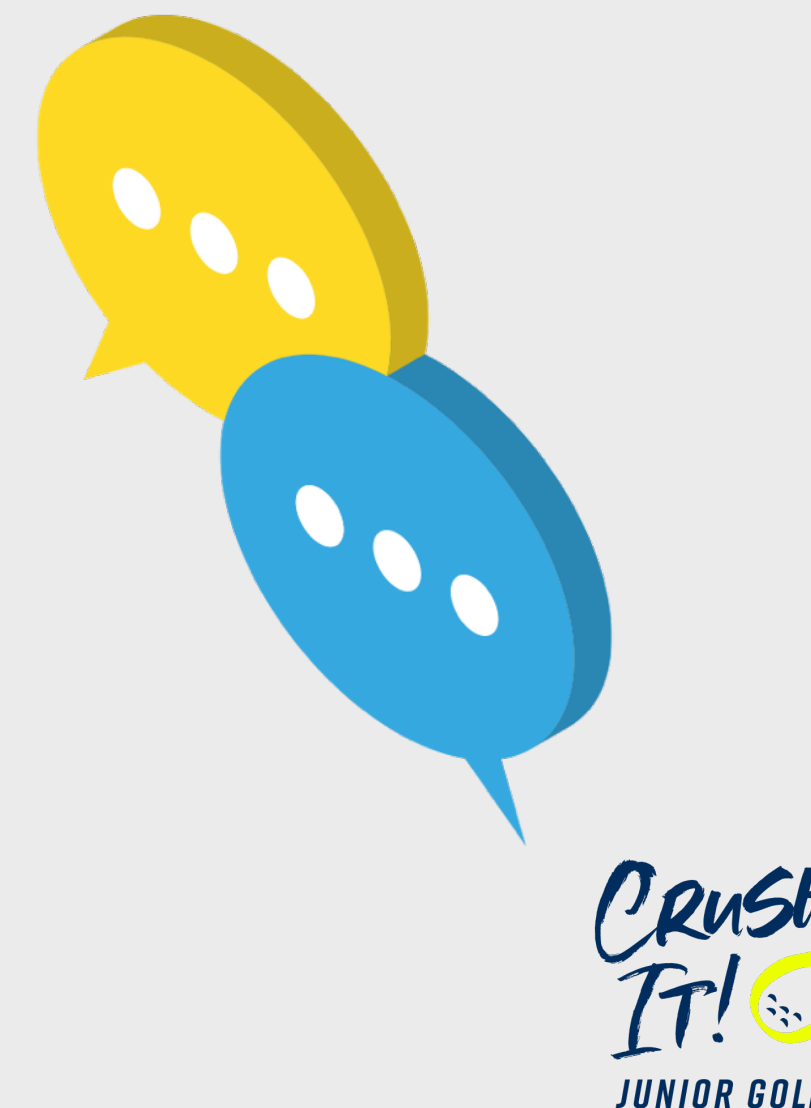
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# Social Engagement

The Whole Child theme this week is to encourage engagement in a particular task or game.

It should be highlighted that the *Achiever Award* is presented to the child that is most engaged in their game or challenge.

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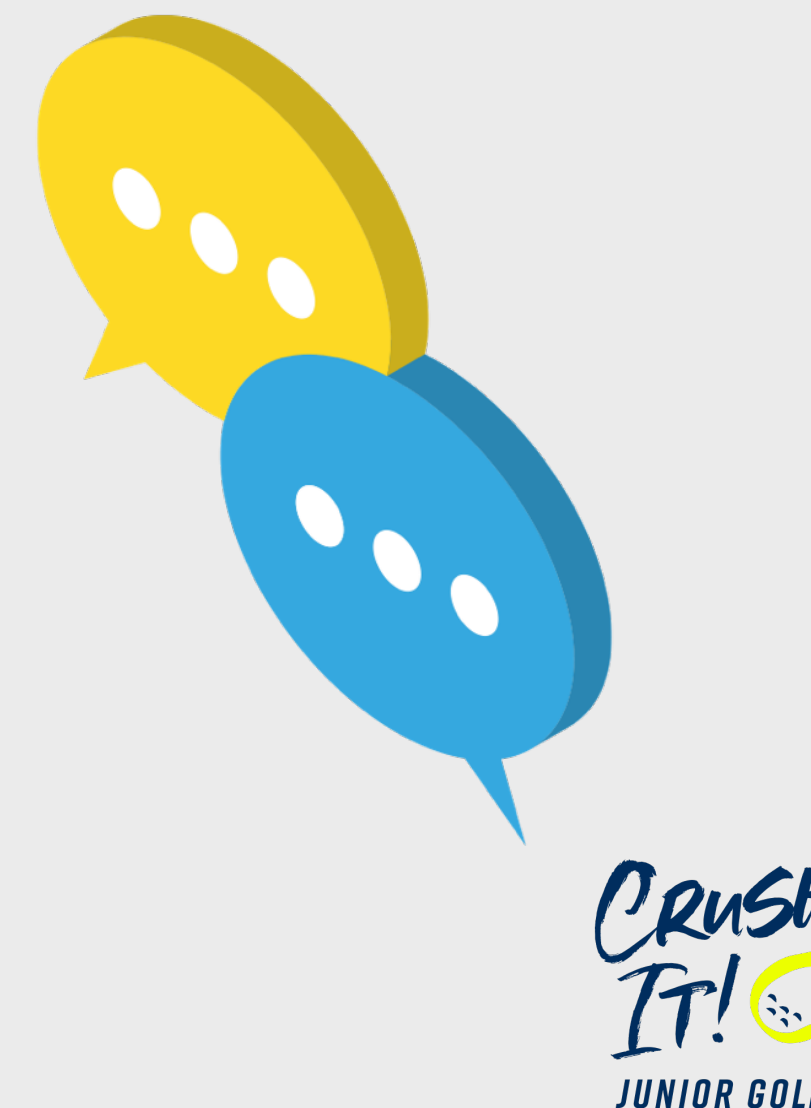
# Social Safety

The Whole Child theme this week is to promote the importance of playing safely.

It should be highlighted that the Achiever Award is presented to the child that can demonstrate their awareness of playing safely.

In particular you should look for those moments when the juniors are playing safely when not being supervised directly by the coach.

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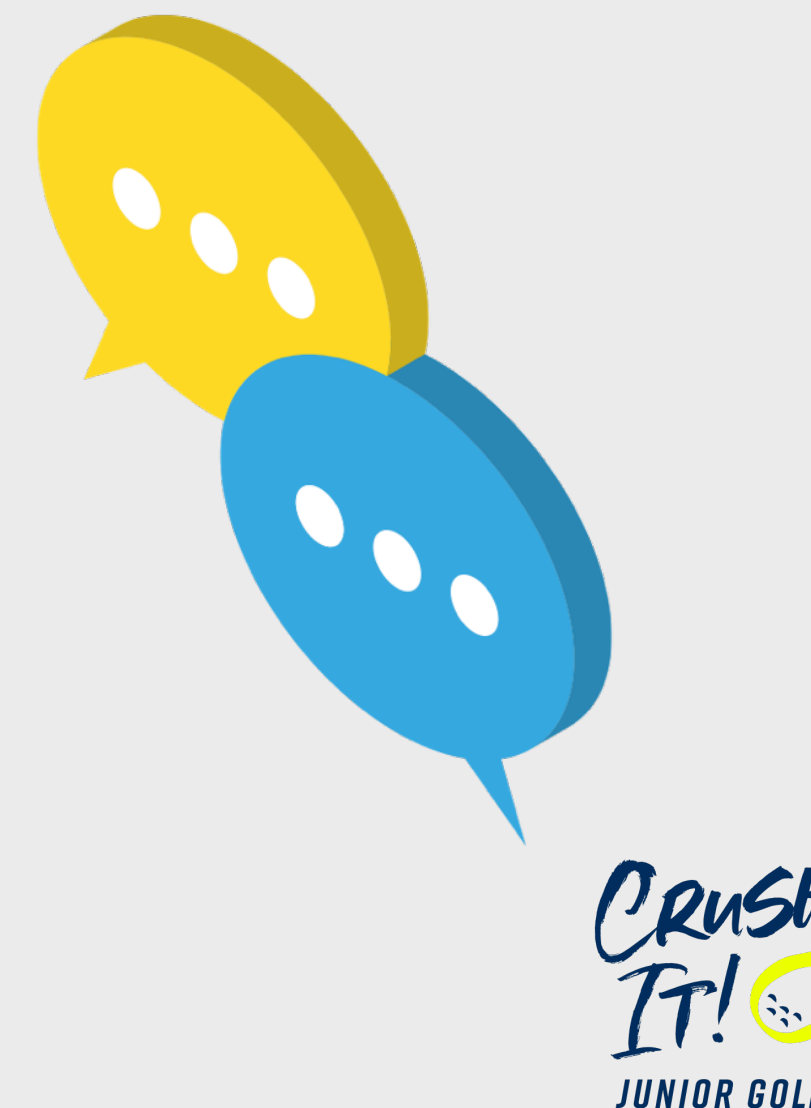
# Social Cooperation

The Whole Child theme this week is to encourage cooperation, working together with each other, the coach and everyone at the club.

It should be highlighted that the Achiever Award is presented to the child that the coach or group believe displayed the best cooperation in the lesson.

Examples of this could be working together well with another player, especially when not being asked to do so.

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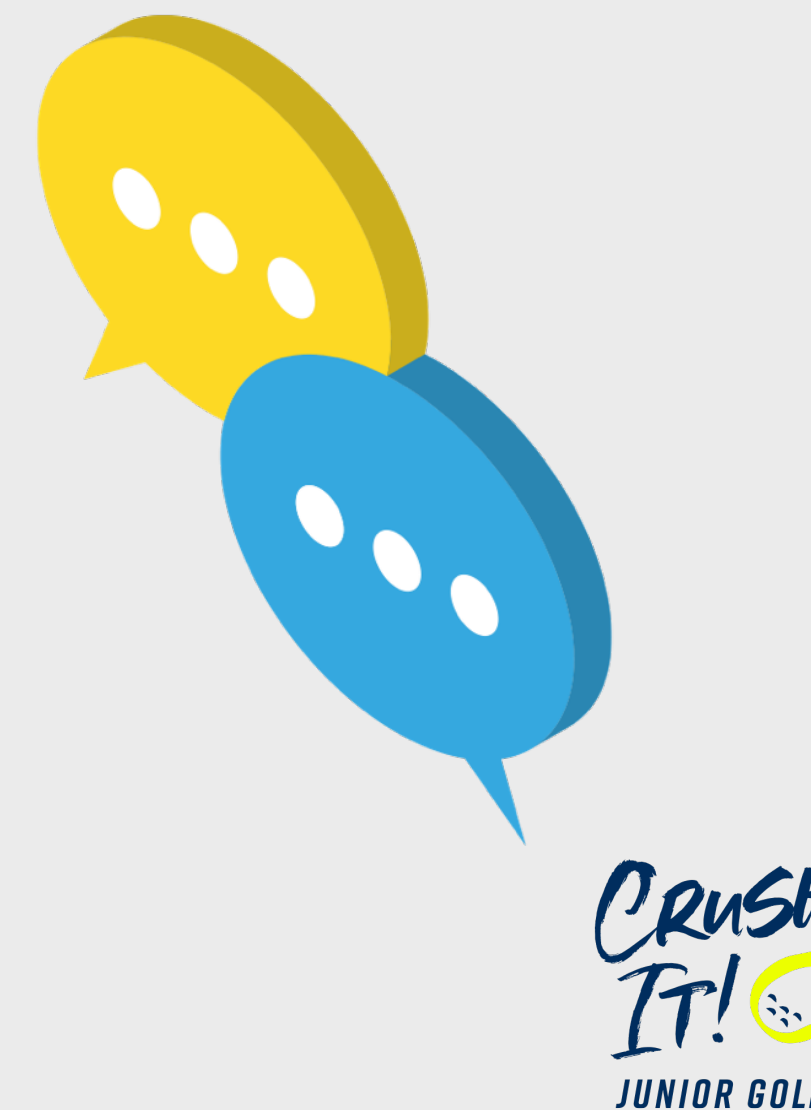
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# Social Leadership

The Whole Child theme this week is to encourage the children to develop leadership skills.

It should be highlighted that the *Achiever Award* is presented to the child that has demonstrated great leadership skills, this doesn't have to be just within the *Crush It* class.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



## Reinforcing positive behaviours

There are lots of ways to reinforce the positive behaviours we want to see in your junior golfers.

Non-verbal reinforcement:

- Thumbs up
- Nod of your head
- A smile

Personal verbal reinforcement:

- “Love that attitude”
- “That’s the attitude we’re looking for”
- “Great effort, keep it up”

Group reinforcement:

- Stop the class, get everyone together, and highlight the behaviour you observed, and why you liked it
- Awarding the Achiever reward at the end of the lesson is a great opportunity to reinforce positive behaviours
- Be sure to pinpoint two or three moments in the lesson that stood out to you and praise the children involved

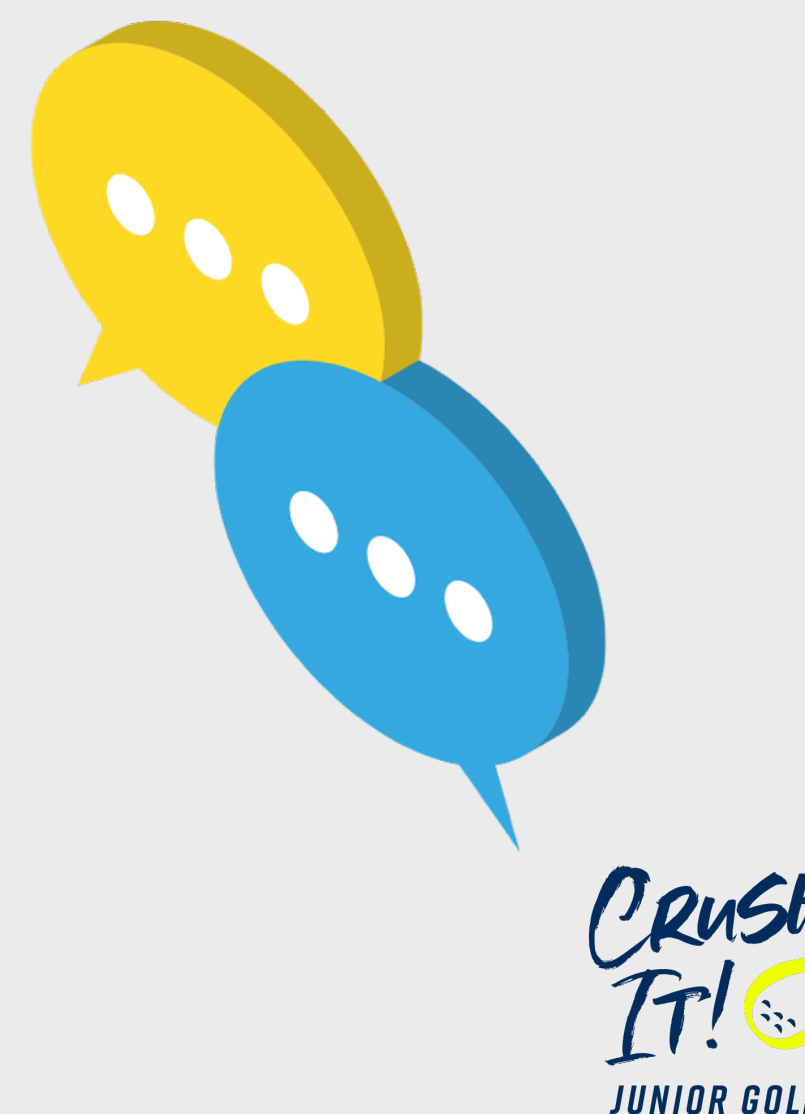


# Social Caring

The Whole Child theme this week is to instil a caring mindset within each child.

It should be highlighted that the Achiever Award is presented to the child that demonstrates care when playing the games and with their playing partners.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



## Reinforcing positive behaviours

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Non-verbal reinforcement:

- Thumbs up
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Personal verbal reinforcement:

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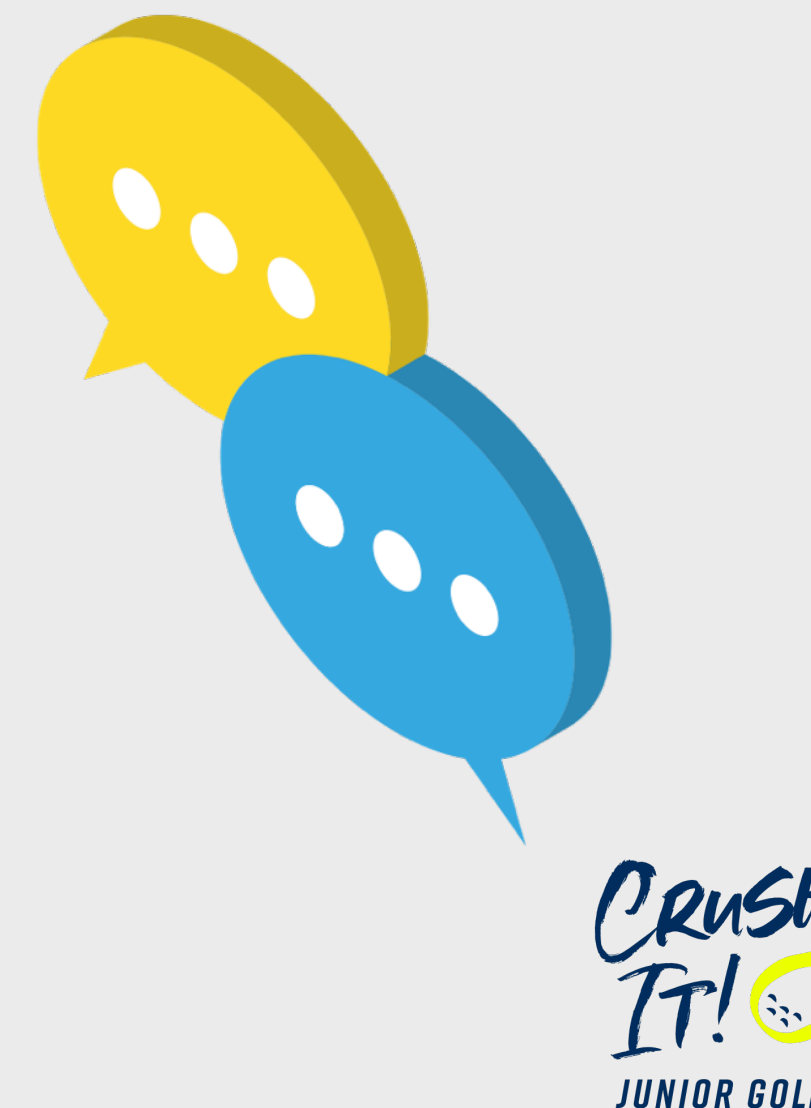
# Social

## Teaching your Parents

The Whole Child theme this week is to encourage the children to teach their parents some of the things they have learnt in class.

It should be highlighted that the *Achiever Award* is presented to the child that has discussed the things they've learnt in the *Crush It* junior program.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* junior program.



### Reinforcing positive behaviours

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Non-verbal reinforcement:

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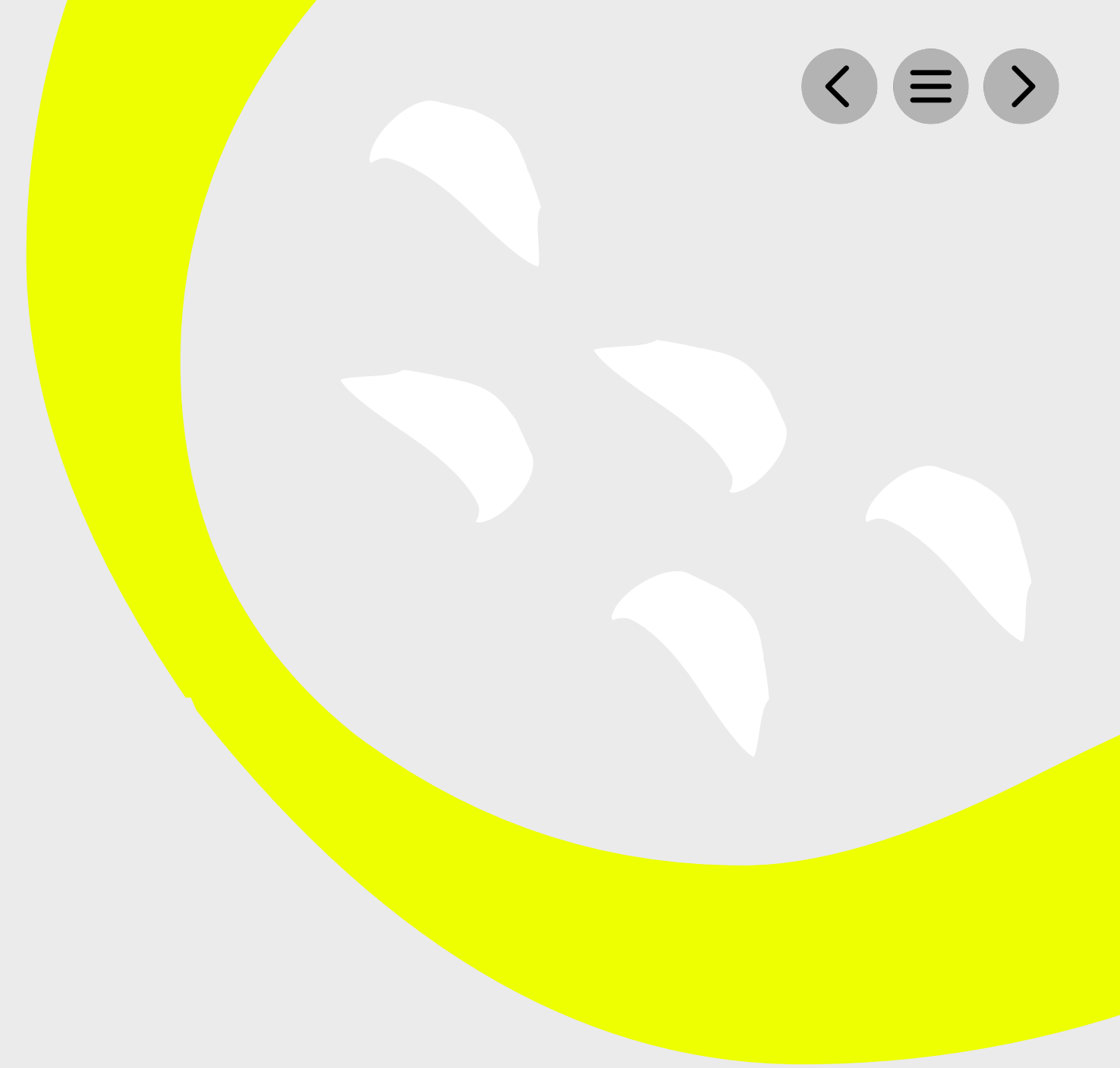
Personal verbal reinforcement:

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# Creative





# Creative

## Additional Practice

The Whole Child theme this week is to encourage the children to practice outside of class times.

It should be highlighted that the *Achiever Award* is presented to the child that has practiced the most out of class.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It Junior* program.



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# Creative Practice at Home

The Whole Child theme this week is to encourage children to use their creativity to be able to practice their golf at home.

It should be highlighted that the Achiever Award is presented to the child that demonstrates a game that they have played at home.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



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# Creative

## Body Language

The Whole Child theme this week is to highlight the importance of body language, and how by maintaining a positive body language, even after a bad shot, can help to raise your spirits and improve your performance.

Examples of this might be standing tall or keeping your head up after a poor shot.

It should be highlighted that the Achiever Award is presented to the child that displays positive body language throughout the lesson.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



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# Creative

## My Hero

The Whole Child theme this week is to ask the children who their hero is, and why they have chosen that person as their hero.

It should be highlighted that the Achiever Award is presented to the child that demonstrates characteristics of their hero.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



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# Creative

## Don't be afraid to make mistakes

The Whole Child theme this week is focussed on viewing mistakes as a learning opportunity.

It should be highlighted that the Achiever Award is presented to the child that displays an attitude of not worrying about the mistakes they make, is able to learn from them and improve.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



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# Social

## Trustworthiness

The Whole Child theme this week is to highlight the importance of trustworthiness. In golf we need to trust our playing partners and caddies.

It should be highlighted that the Achiever Award is presented to the child that displays trustworthiness with their playing partner.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



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# Creative Independence

The Whole Child theme this week is to encourage children to make their own decisions, both on the golf course and in life.

It should be highlighted that the Achiever Award is presented to the child that demonstrates some level of independence throughout the class.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



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# Creative Curiosity

The Whole Child theme this week is to encourage creativity and curiosity in golf and life.

It should be highlighted that the *Achiever Award* is presented to the child that has demonstrated creative thinking, and a willingness to ask questions and learn.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It Junior* program.



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# Creative Open Minded

The Whole Child theme this week is to be open-minded, to not assume that something is correct just because we are told that it is but instead to ask questions, try different things and to be open to the fact that there may be more than one way to be successful at something.

It should be highlighted that the Achiever Award is presented to the child that displays an open mind, either throughout the games they play with their partner, or in discussion with other children or their coach.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



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# Creative Ambitious

The Whole Child theme this week is focussing on developing an ambitious attitude.

It should be highlighted that the Achiever Award is presented to the child that displays ambition either within the challenges or in conversation with the coach or other players.

Examples of this could be choosing a more difficult shot within the challenges, describing future ambitions, unprompted or

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# Creative Positive Energy

The Whole Child theme this week is to encourage creativity, specifically through bringing a great energy to each game and challenge that each child faces.

It should be highlighted that the Achiever Award is presented to the child that displays the best energy throughout the class.

Examples of this could be a positive comment to another player, or a lots of enthusiasm when a game is proving challenging.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



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# Creative Talent

The Whole Child theme this week is to educate parents and children that their “Talent” can be developed, and not to label a child as “talented” or “not talented”

Instil a belief in the children that they can practice and improve and become talented.

It should be highlighted that the Achiever Award is presented to the child that demonstrates effort in their practice and has earned the talent that they’ve developed.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



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# Creative Imagination

The Whole Child theme this week is to encourage the children to use their imagination in practice and on the golf course.

It should be highlighted that the Achiever Award is presented to the child that has demonstrated a great imagination, this could be related to golf or outside of golf.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



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# Creative

## Create your own game

The Whole Child theme this week is to encourage the children to create their own games when they are playing and practicing.

Games that are designed by the children increase engagement, children are more likely to play the games for longer and therefore improve

It should be highlighted that the Achiever Award is presented to the child that demonstrates creativity In coming up with their own games to play.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



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### Reinforcing positive behaviours

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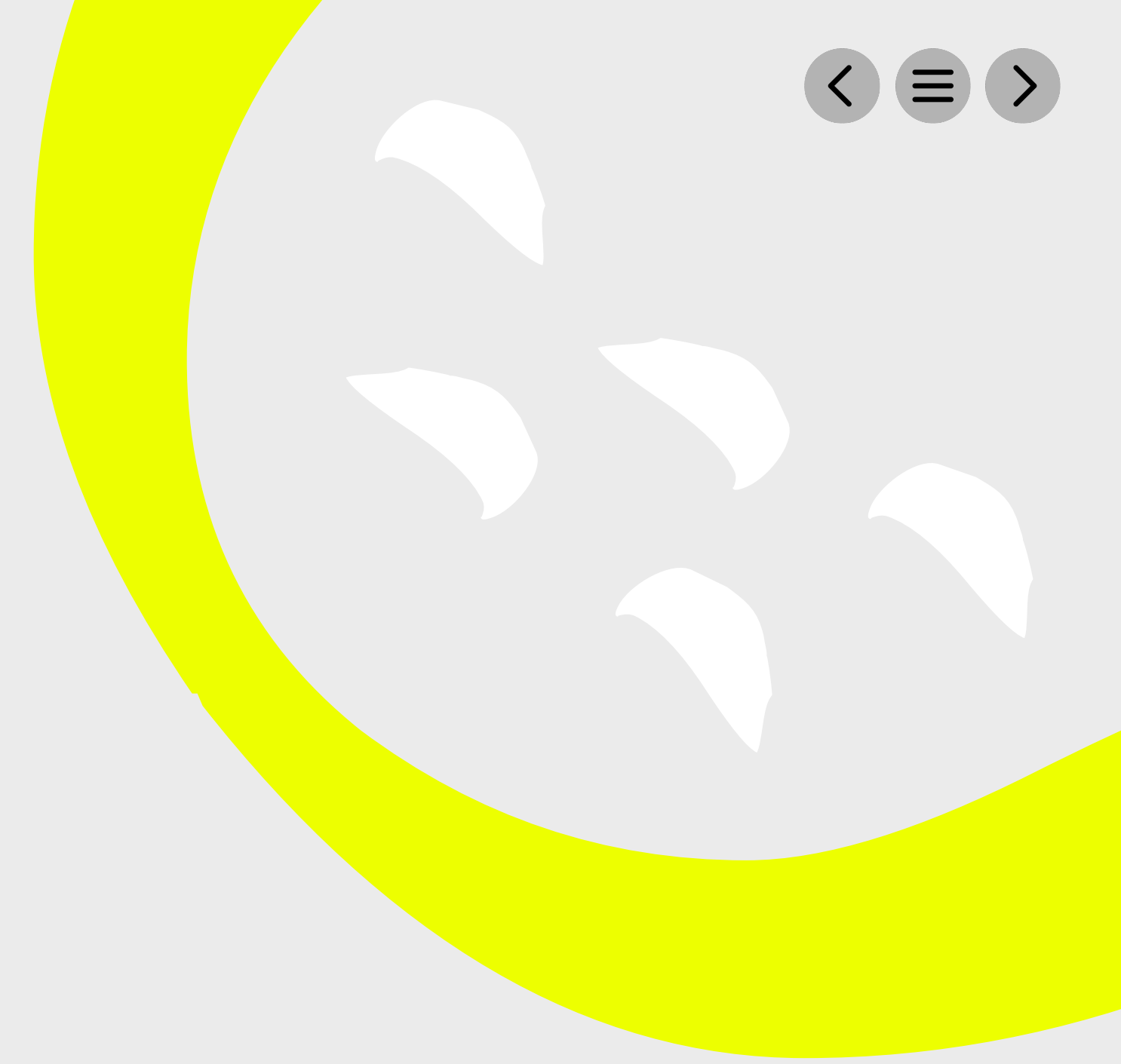
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# Personal





# Personal Perseverance

The Whole Child theme this week is to learn to persevere despite the challenges that children might face.

It should be highlighted that the Achiever Award is presented to the child that demonstrates perseverance throughout the class.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



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# Personal Positivity

The Whole Child theme this week is about a positive attitude, to ensure a positive outlook despite some of the challenges golf can throw at us.

It should be highlighted that the Achiever Award is presented to the child that demonstrates a positive attitude.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



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# Personal Responsibility

The Whole Child theme this week is to encourage children to take responsibility, for their shot selection, for their equipment and their behaviour.

It should be highlighted that the Achiever Award is presented to the child that takes responsibility for their actions, in particular if this is a difficult thing to do.

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# Personal Honesty

The Whole Child theme this week is to understand the importance of honesty within the game of golf and in life.

It should be highlighted that the Achiever Award is presented to the child that is totally honest during the lesson, importantly the child should demonstrate honesty whilst unaware of the coach's presence.

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# Personal Integrity

The Whole Child theme this week is to highlight the importance of integrity, being honest and maintaining your moral principles.

It should be highlighted that the Achiever Award is presented to the child that displays levels of integrity throughout the class.

Examples of this could be being honest when there was opportunity

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



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# Personal

## Hard work

The Whole Child theme this week is to encourage hard work and an understanding that no matter how good you get you have to work hard to achieve great things.

It should be highlighted that the Achiever Award is presented to the child that works hard without being prompted.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



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# Personal Self Respect

The Whole Child theme this week is about self-respect.

It should be highlighted that the Achiever Award is presented to the child that demonstrates some level of self-respect, not beating themselves up after a bad shot, which is detrimental to their next.

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# Personal Confidence

The Whole Child theme this week is to encourage the children to build confidence in themselves, and others. This is not just confidence in the child's golfing ability but also confidence personally.

It should be highlighted that the Achiever Award is presented to the child that has demonstrated an increase in confidence throughout the program, or instilled confidence in others.

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# Personal Passion

The Whole Child theme this week is to encourage the children to develop a passion for the game.

It should be highlighted that the *Achiever Award* is presented to the child that displays a passion for golf, the games and challenges that the children are playing.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It Junior* program.



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# Personal Fairness

The Whole Child theme this week is to understand the importance of fairness.

It should be highlighted that the Achiever Award is presented to the child that demonstrates fair play with their playing partners whilst playing the games.

Examples of this could be making sure each person has the same number of attempts, or taking it in turns to go first at each challenge.

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# Personal Self Discipline

The Whole Child theme this week is developing self discipline.

It should be highlighted that the Achiever Award is presented to the child that displays self discipline throughout the lesson

Examples of this could be reacting well to a bad shot or not getting aggravated when losing one of the games

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* Junior program.



## Reinforcing positive behaviours

There are lots of ways to reinforce the positive behaviours we want to see in your junior golfers.

Non-verbal reinforcement:

- Thumbs up
- Nod of your head
- A smile

Personal verbal reinforcement:

- “Love that attitude”
- “That’s the attitude we’re looking for”
- “Great effort, keep it up”

Group reinforcement:

- Stop the class, get everyone together, and highlight the behaviour you observed, and why you liked it
- Awarding the Achiever reward at the end of the lesson is a great opportunity to reinforce positive behaviours
- Be sure to pinpoint two or three moments in the lesson that stood out to you and praise the children involved

# Personal Resilience

The Whole Child theme this week is to encourage the children to be resilient. Everyone will hit bad shots, it's how you react to it that is key.

It should be highlighted that the Achiever Award is presented to the child that demonstrates resilience.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the *Crush It* junior program.



## Reinforcing positive behaviours

There are lots of ways to reinforce the positive behaviours we want to see in your junior golfers.

Non-verbal reinforcement:

- Thumbs up
- Nod of your head
- A smile

Personal verbal reinforcement:

- “Love that attitude”
- “That’s the attitude we’re looking for”
- “Great effort, keep it up”

Group reinforcement:

- Stop the class, get everyone together, and highlight the behaviour you observed, and why you liked it
- Awarding the achiever award at the end of the lesson is a great opportunity to reinforce positive behaviours
- Be sure to pinpoint two or three moments in the lesson that stood out to you and praise the children involved