KEVIN LOVE FUND

Lesson Two - More Than My Sport

CREATIVE ACTIVITY - WRITING

Drawing on what we just learned from the mental health experts, let's do a short writing activity together. You are going to write a few sentences to describe yourself. This activity will allow you to acknowledge the parts of yourself that you might not always include when you think about your identity.

I want you to think about how you would describe yourself outside of your sport. It could be……who you are as a friend, maybe you are a really great listener or you are funny. As you write, also think of various attributes that make you who you are. This could be your cultural background, hobbies, passions, ethnicity, friendships, family dynamics, personal values, qualities, etc.

You're going to start your writing with the phrase:

"I am more than my sport. I am…."

Then when you get stuck, you will return to the phrase:

"I am…" and continue writing. Try not to worry too much about what you write, just let your pen move across the paper without editing or revising too much.

We will take 10 minutes to write.