Every Day is a Chance to Get Better!

Tips & Activities for Kids & Families

How to cope with disappointment.

It is okay to give yourself time to mourn and miss playing sports for your recreation league, school team, or even things like going to your city pool. The emotions surrounding these losses are just as valid as any other loss. The stages of grief (denial, anger, bargaining, sadness, and acceptance) are all normal phases and reactions as these losses are being processed. Remember that this, too, shall pass, and when these activities return, we won't take them for granted like we may have previously. We will be grateful and relish them more than we ever did before. That is a great feeling to look forward to!

When others cancel activities that we love, hat can make us feel out of control of the situation and can lend to the feelings of loss. We may not be able to control how being safe during the COVID-19 coronavirus has impacted our abilities to socialize, but we can control how we cope with the situation. So, focus on what you can control, like your thoughts and actions. Having a positive attitude can be a really hard thing right now, but if you only focus on the negative, will that make you a better athlete?

Another important thing you can control is staying connected with your teammates. While you can't physically be with them to practice, it is still important to stay in touch and keep your bond strong. Communication is an important aspect of any sport so staying connected virtually will help when you are able to be on the field/court together.

Continued
This Week’s Activities

**Below are sports themed activities that will be fun for all ages.**

**RELAX:** Kick back and watch your favorite sports movie or sports channel. Print the 2nd Edition of the [Cleveland Indians Activity Book](#), fun for Tribe fans of all ages!

**EXPLORE:** Tour some of the world's greatest football (soccer) stadiums with a virtual 360 view. Here are some of the top VR [baseball stadium tours](#). This [RealMadrid Stadium Tour](#) gives you behind the scenes tours, such as the trophy room. Take a photo-tour of the [Pro Football Hall of Fame](#).

**ENJOY:** Cook up some of your favorite ballpark food with these [copycat recipes](#).

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**Tip of the Week:**

**KEEP PRACTICING!**

Take advantage of the weather continuing to warm up. Use this time as an opportunity rather than a setback. We are looking forward to when sports leagues and school teams start practicing and playing again. So, let’s be prepared for when that can happen by staying in shape and sharpening those skills!

Running or jogging will help keep up your endurance to run up and down a field, basketball court or to run the bases. Grab a soccer ball and practice foot skills or get a family member to help kick the ball back and forth. If you have a basketball hoop, you can practice your jump shot or free throws. Play catch or hit a baseball. Look up some of your favorite athletes on YouTube. Many athletes have videos of their fitness routines or skills to help you learn their signature moves.

Start a fitness challenge with friends/teammates. This will help keep you active, accountable, and your competitive streak going. It's important to stay physically active, and this will make it fun. Physical exercise helps us to reduce stress, boost norepinephrine, which moderates the brain's response to stress, and improve self-confidence. That will help you be ready for all the activities and sports when they do start up again.