



# “HOT AIR BALLOONS”

## (ENCOURAGEMENT)

Hot Air Balloons rise as air is released into them. When the hot air is depleted, they begin to sink and must be filled up again. Going for a ride means consistently filling them to stay up and make progress. **People (athletes) are like balloons and must be filled up with encouragement on a regular basis.** You cannot assume them once a year and assume it's enough.

- A. Have people pair up and take two minutes and articulate good features about the other person. How did it make them feel?
- B. As a leader when you see your team down or discouraged, remember the Hot Air Balloon, it needs to be filled.
- C. People need constant encouragement. Have the group come up with different ways to encourage.
- D. Make sure your Encouragement is sincere, personal, specific and public.
- E. Every time you relate to someone you can either build them up or tear them down (put down)
- F. When is it best to encourage?
  - a. After a success – so they won't give up hope
  - b. After a failure – so they'll want to win again
  - c. When you first meet someone – so they'll know you're not an act
  - d. When the people least expect it – so they won't forget your connection

### TEAM CHALLENGE

Give every member of the team a pad of post it notes and a pen. Have them take the time over the next few weeks to jot down some words of encouragement to a teammate, coach, teacher etc. Express your gratitude for having them in your life and compliment them on some positive traits you've noticed. Post it for them to see when they aren't looking!

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**“MAKE IT A GREAT DAY +1”**