

Staying Cool: The 4Rs

Directions: Read over the following questions. Share your thoughts with a neighbor and then jot down some of your ideas.

Can you think of a time when you were...

Angry? Did you yell? Blame others? Lose your Temper?

Nervous? Was your stomach upset? Did you feel a sense of dread, like something bad was about to happen?

Excited? Did your heart start to race? Was it hard to focus on other things?

How do you think these feelings could affect your...

Relationships? _____

School Work? _____

Ability to play golf? _____

Using the 4Rs: Replay, Relax, Ready, and Redo can help us to Stay Cool when we're angry, nervous, and excited.

Replay: In your head, replay what happened and what you did. *What did you want to happen? What actually happened? Do they match?*

If they match, then congratulate yourself! Well done!

If they don't match, then proceed with the remaining 3Rs.

Relax: Take a couple of deep breaths. Count your inhales and exhales. If it's safe to do so, close your eyes.

Ready: Think about what you need to do differently next time. Say to yourself, "Next time I'm in this situation, I will _____."

Redo: Imagine yourself doing better next time. Be patient and positive and try it again.

Let's practice these today with your swings!