



# WELLNESS CHECK-IN IDEAS FOR COACHES

Coaches often check-in with student-athletes who are dealing with injuries, recovering from concussions, or struggling with academic issues. Coaches then utilize this information to link and refer student-athletes to needed supports (i.e., athletic trainers, doctors, caregivers, teachers, etc.). Comparably, coaches can utilize wellness check-ins to acknowledge student-athletes stressors, identify signs and symptoms of persistent stress, and connect athletes to mental health personnel, supports, or services. Wellness check-ins give coaches opportunities to follow-up in safe and supportive ways (i.e., "I noticed during our check-in you...").

*Recommended as "Think (Individually), Pair (With a Safe Peer), Share" Activities at the Start of Practice*

## Bus Visualization

- Question: Where are you sitting on the bus, and why?
- Example: "I'm sitting in the [front of the bus, middle, back, hanging on to the bus, or chasing after the bus] because..."



## Weather Report

- Question: What is your weather report, and why?
- Example: "I'm feeling 68 and cloudy today because..."



## Battery

- Question: How charged is your battery, and why?
- Examples: "I'm feeling about 40% charged because..."



## Emojis

- Question: What emoji describes how you're feeling, and why?
- Example: "I feel like the yawn emoji because..."



## Sport-Specific Examples

- Football: What down and yard are you feeling like, and why? (i.e., "I feel like 3rd and 8 because...")
- Volleyball: Describe how you're feeling like a ball on a serve, and why? (i.e., "I keep hitting the net because...")