

# **Practical implications of the theory**

# Individual level approaches

- Strengthening the benefits of change
- Facing the disadvantages of change
- Supporting behaviour change
- Development of perceived competence



# Ecological approaches

Enable local communities

Create a profile of the local  
community

Select behaviours and groups of  
population that you prefer to influence

# Ecological approaches

- Empowerment of local communities to implement strategies to change behaviour
- Cooperation between different agencies (e.g. schools and municipalities)



**Life Skills development**

# What are Life skills?

“The skills that enable individuals to succeed in the environments in which they live”

Danish & Nellen 1997



# Procedure

I choose the game according to:

- ▶ Target group (age, level etc.)
- ▶ Life skills (teamwork, anger management, achieving goals, etc.)
  - ▶ e.g. my team has a problem with anger management after losing.



# Procedure

I run the game

I give clear instructions

As a trainer I can participate or just guide

- If I choose to participate, I can become a member of the team, share feelings and experiences, take risks and win the trust of the team
- I can first join and then retire to better observe the team's progress

I urge members of the group to take part and enjoy the game

- I don't give orders!





# Procedure

## Discussion after the game

- ▶ Have children think about what they did in the game
- ▶ Discuss about developed behaviours
  - ▶ When a child discusses his/her recent behaviour, it is more likely to learn from this
- ▶ There are 2 forms
  1. Discussion in circle, where everyone can participate and answer questions or share experiences
  2. Discussion in free arrangement, where everyone raises hand to answer questions “yes” or “no”



# Procedure

## Discussion after the game

- ▶ The discussion should be relatively short
- ▶ Focus should be given on the subsequent implementation of discussion's conclusions
- ▶ e.g. in a game of teamwork in sports, the application of teamwork in the family, at school, in society in general, etc., should be discussed



**What are some of the life  
skills that can be  
developed through sports?**

# Teamwork

- ▶ Team sports: often the favourite subject of children.
  - ▶ During the discussion, ask children about their behaviour and the behaviour of the group in general. Fill the gaps yourself
  - ▶ Observe children, see who are “leaders”, who are shy, who are low self-esteemed, who try, who are uninterested etc.
    - ▶ Questions like:
      1. What should you do to be better in the game?
      2. When in your life will you need these behaviours?
- They help to pass life skills from game to life



# Teamwork game

- ▶ In a volley court divide children into groups of two
- ▶ Each team will have to hit the ball as many times, as the trainer will say before the ball passes across. If someone hits the ball fewer times, the team loses.
- ▶ Discussion-questions after the game
  - ▶ Do we need more teamwork in this game, compared to the original volleyball?
  - ▶ What did your team have to make to be successful in this game?
  - ▶ Why is teamwork important?
  - ▶ What if a team member does not cooperate with the others?
  - ▶ What are the virtues of a good team?

# Self-esteem

Generally, children with positive experiences and approving comments, are more likely to have high self-esteem

In contrast, children memories full of negativism and criticism contribute to their low self-esteem

Unfortunately, a negative experience remains longer in children's memory compared to a positive one



# Self-esteem

- ▶ It is also true that during adulthood, the innocence of childhood along with the “self – reward” that children often have, are lost. The self-reward is important, when the reward from the external environment is missing
- ▶ Sports provide more opportunities for children to “self-reward” and are basic tools for self-esteem improvement



# Self-esteem game

- ▶ In a soccer field divide the team into groups of two and have them kick the ball to score a goal
- ▶ Each child that scores a goal, is cheered by the other children. If the child does not score a goal, then he should give positive comment to the next child who will kick the ball to score a goal
- ▶ Discussion-questions after the game
  1. Did you feel uncomfortable for some reason? If so, Why;
  2. How did you feel about the approving comments you got?
  3. How did you feel when you made approving comments to others?
  4. What is easier, giving or receiving positive comments?



# Communication

The personal communication between people is very important

The exchange of emotions, experiences or memories brings people closer and is often the keystone for the development of important relationships

Also, communication presupposes listening and understanding skills of others' thoughts-feelings

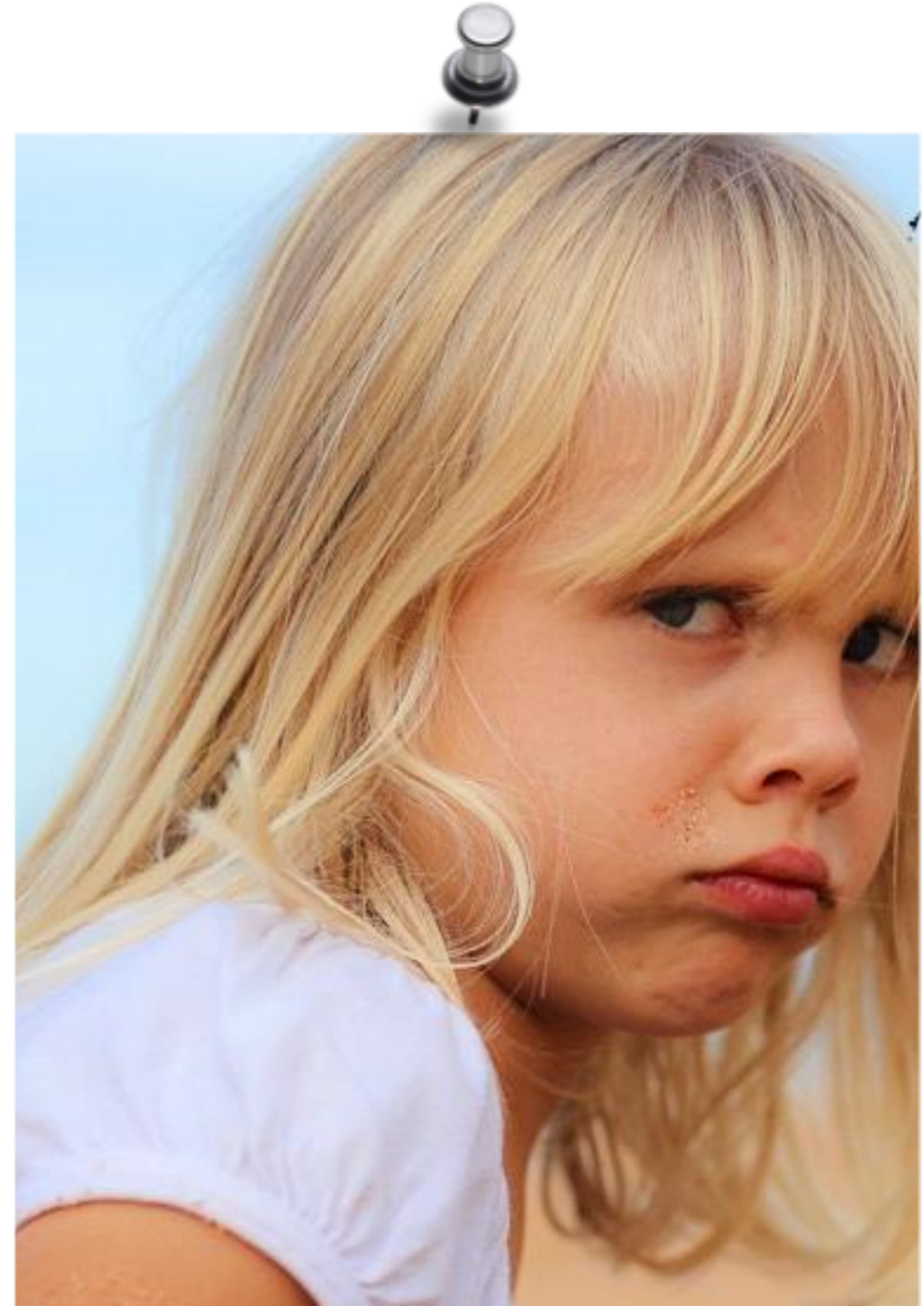


# Communication game

- ▶ We choose a pair of children
- ▶ One child should give three directives (motor) to the other, who in turn will have to remember and execute them
  - ▶ e.g. George make a circle, 3 pushups and a headstand
  - ▶ George should remember these three commands and perform them in this order
- ▶ Then we choose another pair
- ▶ Discussion-questions after the game
  1. What is easier, giving or following instructions?
  2. Have you ever had trouble following instructions?
  3. What happens when you do not follow instructions?
  4. If it is difficult to follow instructions, what could make it easier?

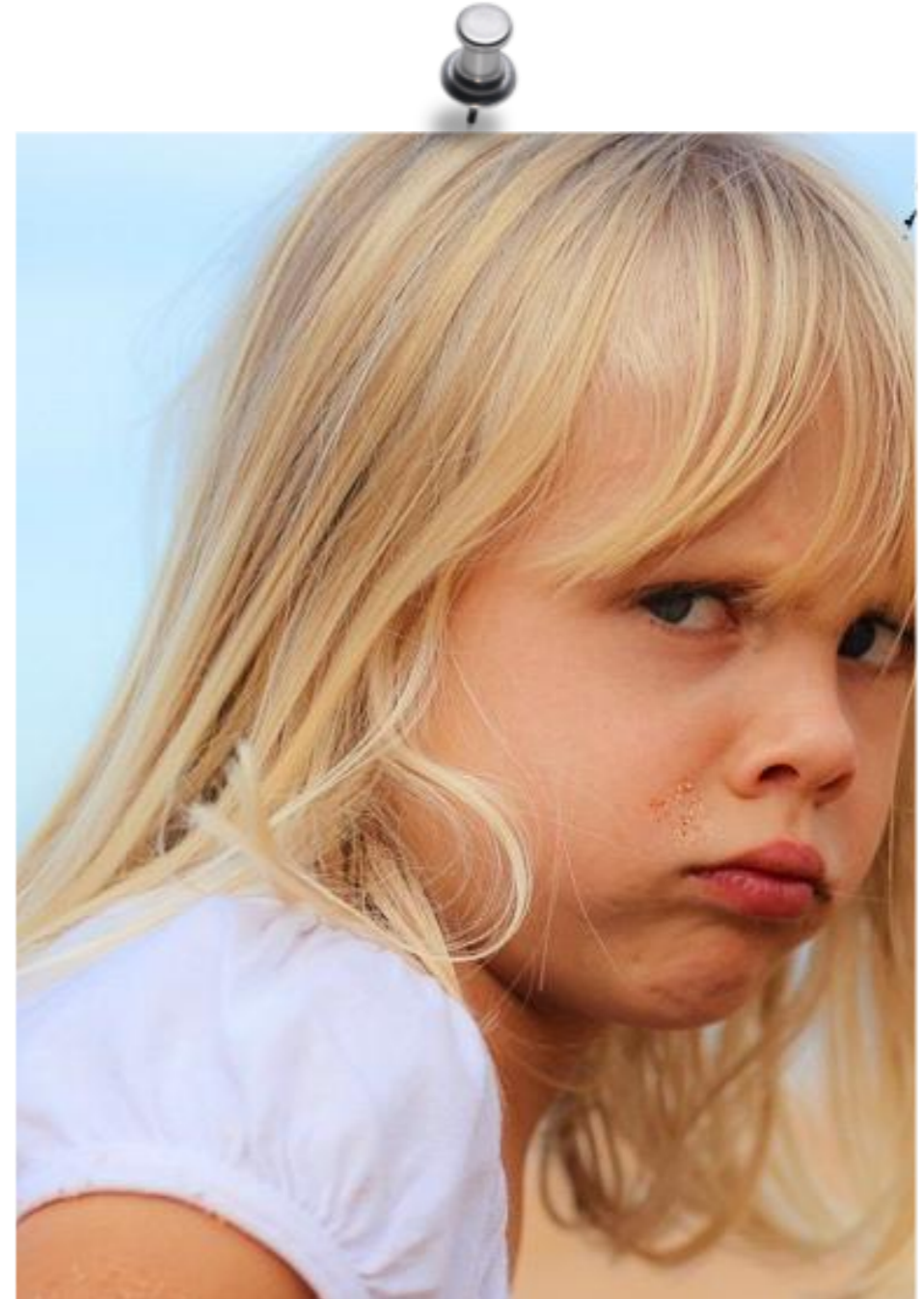
# Anger management

- ▶ **Anger is a common emotion in children's lives**
- ▶ **It is more worrying when anger is so great, as to endanger the child who is experiencing it or the other children around him/her**
- ▶ **Luckily sport is a useful and effective tool that can be used for the proper management of this emotion**



# Anger management

- ▶ There are two forms of anger that we often meet in sports
  1. Extroverted anger
  2. Introverted anger
- ▶ Extroverted anger is easier to manage, because the cause, as well as its degree, are often shown (e.g. unfair game).



# Anger management game

- ▶ We divide two teams according to height. One team with short children and the other with tall children
- ▶ We have them play basketball at baby baskets (or volleyball)
- ▶ It's more likely that the tall team will win
- ▶ After a while, we give the instruction to the tall team to play with one hand in their pockets
- ▶ Now, it's more likely that the short team will get the advantage in the score
- ▶ Discussion-questions after the game
  1. How did you feel when you were winning?
  2. How did you feel when you were losing?
  3. Do you get upset when you feel you were wronged?
  4. How do you express your anger?
  5. Can you express your anger in another way?

# Positive attitude

The positive approach of life's challenges is certainly an important asset that somebody should acquire through childhood

It can be achieved by targeting children to positive behaviour that solve problems, give hope and create "healthy frames" of existence



# Positive attitude

Sports can enhance “YES” type behaviours instead of “NO” type behaviours

I can participate

It's good for my physical and mental health

I resolve problems

I don't get disappointed



# Positive attitude game

- ▶ We divide 4 groups, in a closed or open court and we put specific stations with materials
- ▶ The aim is, each group to earn points by each member of it performing some trials
  - ▶ e.g. 1 point for each 10 consecutive speedcontrolling jumps, 1 point for every 5 pushups, 1 point for every three successful basketball shots etc.
- ▶ We give the instruction to all groups to reach e.g. 100 points in order for the game to end
- ▶ Discussion-questions after the game
  1. How do you feel after the game?
  2. How can training (game) help you?
  3. What games do you like in general?
  4. Was it easier to play with the grades motivation?



# What are life skills for children?

- ☑ Team work
- ☑ Social skills
- ☑ Self-esteem
- ☑ Goal settings
- ☑ Anger management
- ☑ Self discovery
- ☑ Daily skills
- ☑ Coping skills
- ☑ Crafts

And many more...

