

HAWKS AT HOME

YOGA & MENTAL WELLNESS WORKBOOK

ANSWER KEY & EXAMPLES

FOR FACILITATOR AND TEACHER USE

YOGA WITH JOE JOHNSON

ALL ABOUT JOE JOHNSON

What team did Joe play for when he was introduced to yoga?

Atlanta Hawks

What's one thing Joe learned about himself through yoga?

patience, poise, mental toughness

What is Joe's nickname?

Iso Joe

What was one misconception or false belief that Joe had about yoga?

He assumed that yoga was only for women and girls.

In what ways did practicing yoga help Joe?

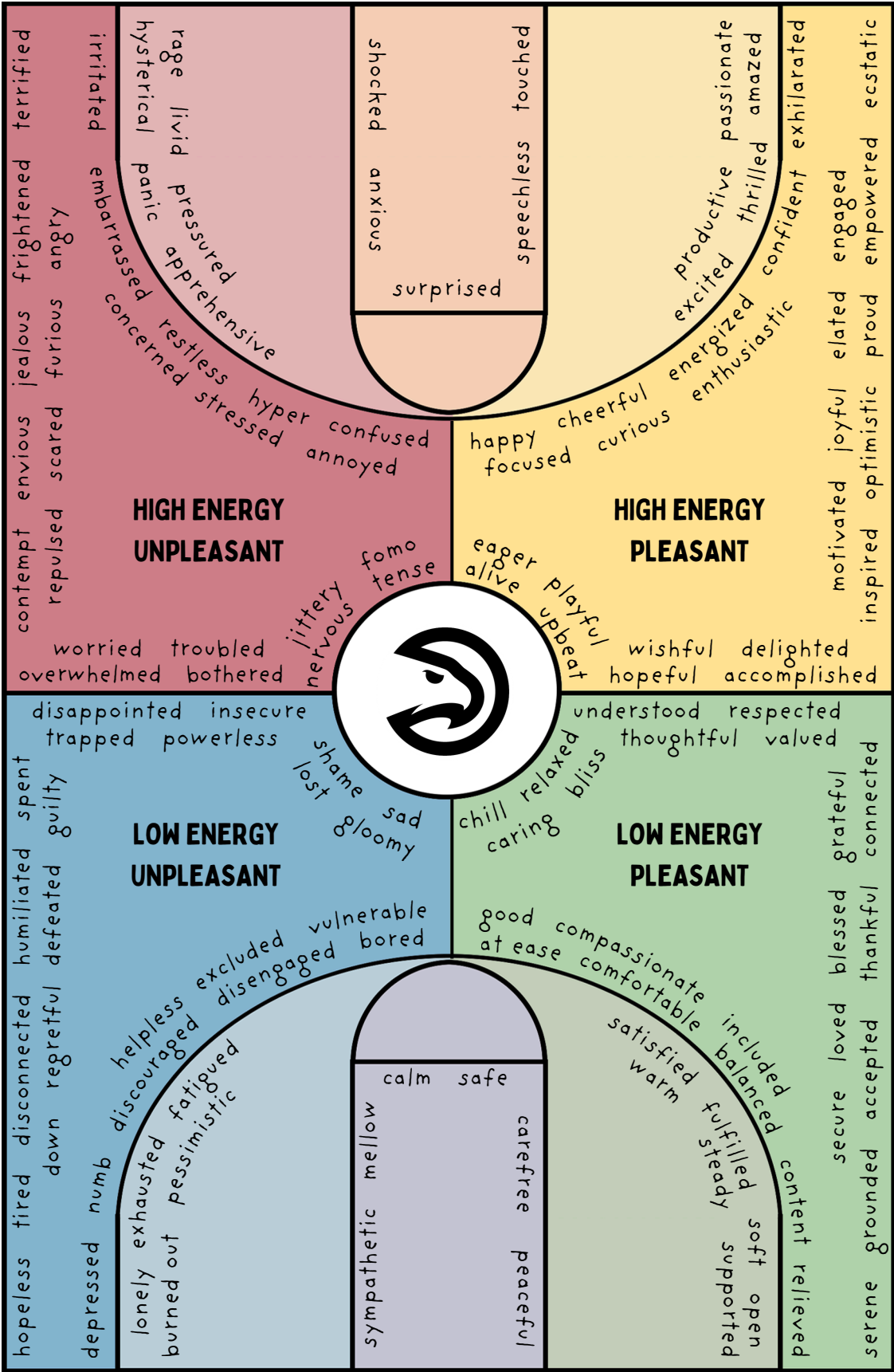
- Improved his attitude
- Became a better basketball player
- His body felt better
- Learned how to be patient
- Improved his physical health
- Helped his posture
- Improved his muscle movement
- Learned how to deal with stress

In what ways would you like yoga to help you?

POSSIBLE ANSWERS INCLUDE:

- Feel brave
- Relax my muscles
- Think clearly
- Be more flexible
- Feel happy, improve mood
- Calm down when mad
- Stretch my body
- Feel strong and balanced
- Calm my mind
- Sleep better
- Have fun
- Focus in school

KNOW YOUR ZONE, OWN YOUR GAME



EMOTIONS & FEELINGS WORD SEARCH

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S	V	U	L	N	E	R	A	B	L	E	S	S	E	D
S	M	I	L	O	R	N	J	O	C	Y	F	U	E	I
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C	O	N	T	E	N	C	A	R	I	N	G	D	P	E
T	P	P	A	C	J	L	A	E	O	R	E	I	N	
A	A	A	E	S	S	O	O	O	E	S	E	R	S	G
P	O	U	S	I	Y	S	U	C	U	C	U	S	C	A
S	S	P	B	S	C	M	S	P	H	Q	S	T	O	G
P	S	B	T	P	I	H	P	L	E	R	H	O	N	E
E	U	E	O	I	U	O	E	A	N	M	O	O	N	D
A	O	A	L	C	R	E	N	E	T	A	C	D	E	E
C	I	T	A	T	S	C	E	A	S	H	K	T	C	R
E	R	I	E	C	S	K	J	I	T	T	E	R	Y	A
F	U	D	J	W	D	E	E	T	O	E	D	T	E	B
U	C	T	C	F	L	Y	R	J	I	M	E	H	I	L
L	S	T	O	P	T	I	M	I	S	T	I	C	A	C

MY MINDFUL JOURNEY WORD SEARCH

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L	U	F	D	N	I	M	E	H	P	O	R	A	G	H
C	D	U	X	G	O	P	L	T	O	B	F	T	R	T
A	O	S	D	P	O	P	K	W	S	F	E	E	A	L
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H	E	L	E	I	P	S	U	P	P	O	R	T	E	W
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W	M	N	T	X	L	Z	A	Y	R	N	A	R	O	M
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T	C	E	L	F	E	R	S	G	W	Y	M	Q	P	A
B	R	E	A	T	H	I	N	G	S	Q	I	O	T	T

DOWNTOWN DASH MAZE

