



BLITZ CHAMPZ STUDENT WORKBOOK

I AM A CHAMPION

FIRST AND LAST NAME

FAVORITE SPORT OR ACTIVITY

ONE THING I'M EXCITED TO LEARN

3 STRENGTHS I HAVE

WHAT MAKES ME FEEL SUCCESSFUL

IT'S GAME TIME!

**SOCIAL-EMOTIONAL
LEARNING**



Name:

Score:

Section:

Date:

BLITZ CHAMPZ STUDENT WORKBOOK

Directions: If you have not done so already, please go to the front cover of this workbook and put your first and last name on the workbook.

In the Blitz Champz student workbook, you are going to learn about the skills involved in becoming a champion. Please note that the key word in the previous sentence is "becoming." The title of "champion" is not something that is given overnight. To become a champion, you must practice and work hard every day. There will be many challenges and obstacles that you will learn to overcome. This workbook will have some reading and quizzes to help prepare you for the Blitz Champz game. Your parent or teacher will instruct you about when Blitz Champz will be played.

WHAT AM I GOING TO LEARN?

1. GROWTH MINDSET
2. MY PERSONAL BRAND
3. CHAMPION MINDSET

Intro & table of contents



What is a growth mindset?

Name:

Score:

Section:

Date:

BLITZ CHAMPZ GROWTH MINDSET WORKSHEET

Directions: Read the quote below and answer the following questions.

"It has nothing to do with talent and everything to do with effort." -Ray Lewis

1. Do you agree or disagree with Ray Lewis's quote. Do you believe there is a difference between talent and effort?

Growth Mindset

"In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. (Dweck, 2015)

Growth Mindset

vs.

Fixed Mindset

2. After reading the definition of a growth mindset, what do you think a fixed mindset is? Is there something that you have a growth mindset or fixed mindset on? (Ex: I am working to get better at math (growth mindset.) vs. I am not a good math student (fixed mindset).



What is a growth mindset?

Name:

Score:

Section:

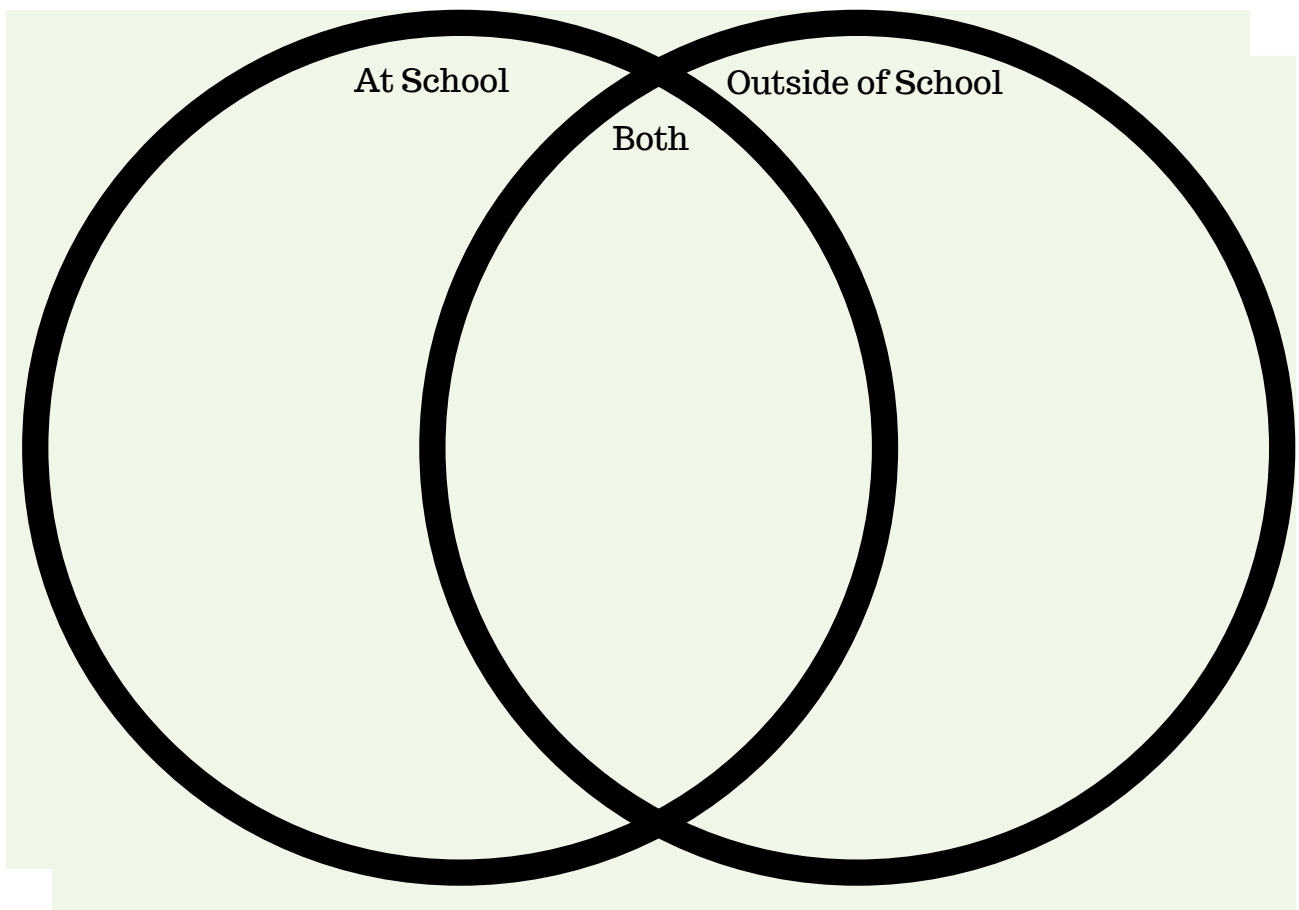
Date:

BLITZ CHAMPZ GROWTH MINDSET WORKSHEET

Preparing for game day is not just practicing the sport and remembering all the plays. Athletes must prepare long before the big game. They pay attention to what they eat, how many hours they sleep, and ask for help from their coaches and teammates so they can be their best during the game.

How can you practice having a growth mindset outside of school? How will this growth mindset help you in school?

Growth Mindset





Name:

Score:

Section:

Date:

BLITZ CHAMPZ PERSONAL BRAND WORKSHEET

Directions: Look at the section below and complete the questions on this sheet.

SnapChat



YouTube



Instagram



TikTok



1. What do you notice about the photos above?

What is your definition of the word, "brand"?

Please describe below:

My personal brand



Name:

Score:

Section:

Date:

BLITZ CHAMPZ PERSONAL BRAND WORKSHEET

Directions: Complete the fill-in-the-blank section below to learn more about your personal brand.

I am someone who likes _____

and dislikes _____. My goal is to

_____. If I could change anything in the world, it would be

_____. I am really good

at _____. Something I want to get better at and improve is

_____.

My personal brand



Name:

Score:

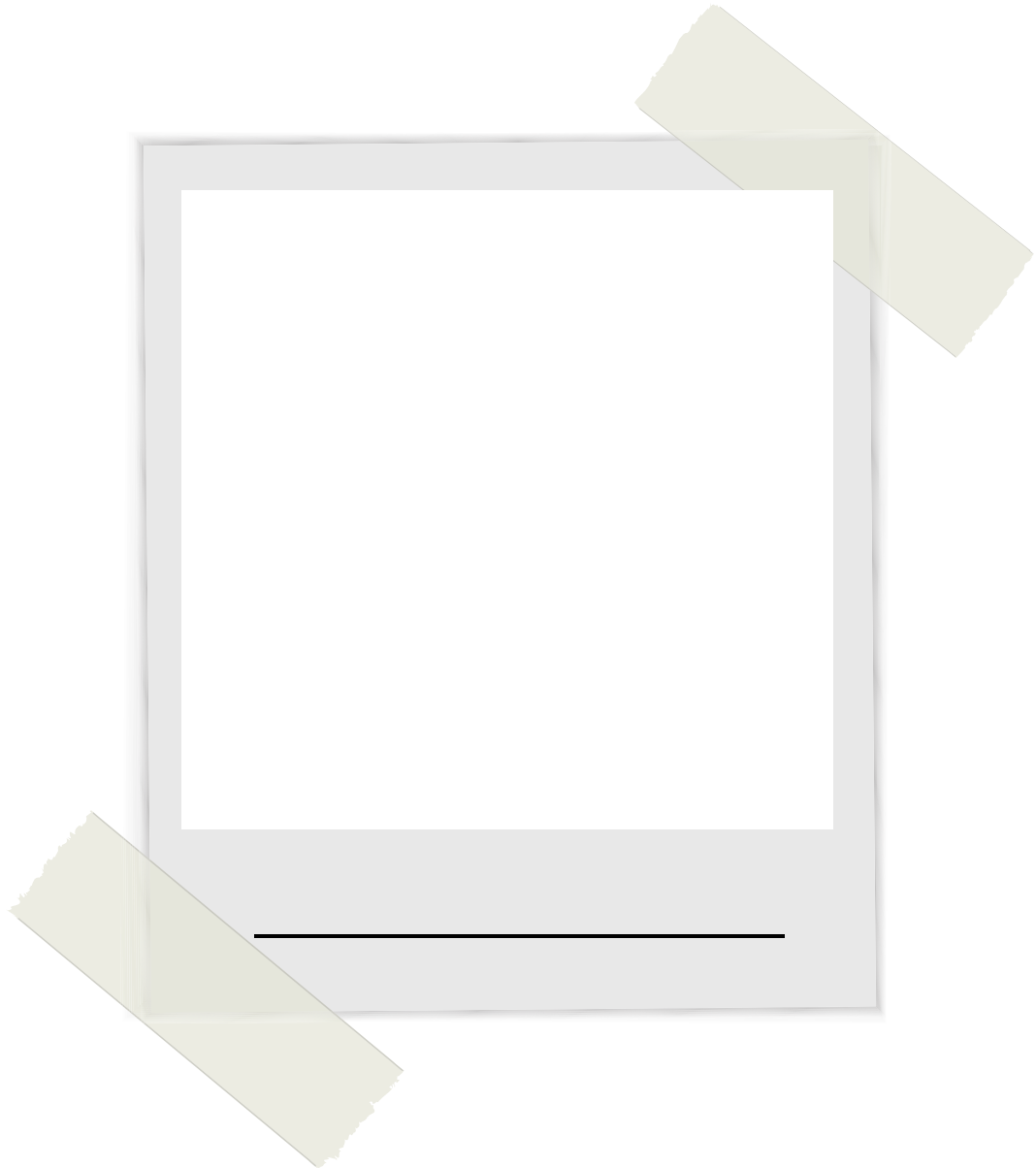
Section:

Date:

BLITZ CHAMPZ PERSONAL BRAND WORKSHEET

Directions: In the space below, draw or write your personal brand.

My personal brand





Name:

Score:

Section:

Date:

BLITZ CHAMPZ CHAMPION MINDSET

Directions: Using the word bank below, try to find the 10 qualities of a champion mindset.

Word Search

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

BRAVE
 COURAGEOUS
 FAIR
 HARDWORKING
 HONEST
 HUMBLE
 KIND
 LOYAL
 PATIENT
 RESPONSIBLE

10 of 10 words were placed into the puzzle.



Name:

Score:

Section:

Date:

BLITZ CHAMPZ CHAMPION MINDSET

Directions: Read the below affirmations of a champion mindset. Create your own champion mindset in the blank trophy spaces.



I WORK HARD TO ACHIEVE MY GOALS



I PRACTICE KINDNESS TO THOSE AROUND ME



