

Topic: Teamwork

Breathe

Our focus today is teamwork, so let's try a little yoga for football players! More and more athletes of all backgrounds are embracing yoga practices to help condition their mind and body for the game. In this video, Stanford Football's sports performance director Shannon Turley shares his favorite pre- and post-training yoga sequence for his players.

[Click here](#)

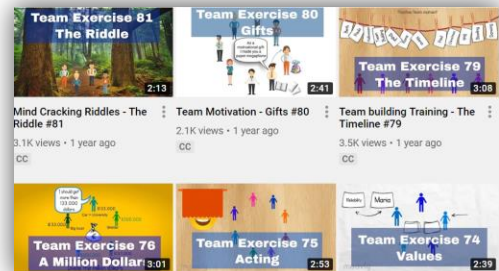


[Click here](#) for a talk about mindfulness in the NBA with Oprah and Phil Jackson

Learn

Teamwork is a skill learned through practice. Below is a link for a YouTube channel where you will find over 100 team exercises you can do to improve cooperation and communication. Great activities for families that may be feeling a little bored these days!

[Click here](#)



Move

Today's topic is Teamwork, so grab a partner and follow along in this non-stop, fat burning workout routine!

[Click here](#)



Grow

Family Discussion- Teamwork

- What does it mean to be a member of a team? What can a team accomplish that one person working alone cannot?
- What positive and negative experiences have you had as team member or a team leader?
- How is a family like a team? What is your role on the team?
- What does the term "team player" mean to you? What does a team player do?
- When is conflict healthy in a team?
- Does teamwork require caring for each other personally?
- What is a time you worked well as part of a team?