



# 5 Steps to Creating Spectator Intelligence



## Step 1

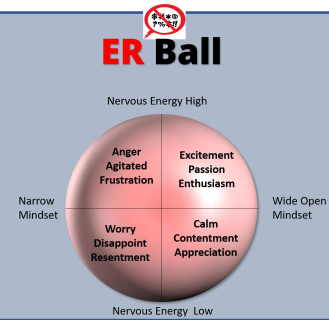
Remember the top 4 reasons why you put your kids in sports originally. From the mouths of Mini Tyke and Tyke volunteers...



1. Keep Active
2. Fun
3. Friendship
4. Build Confidence

## Step 2

Let go of your stress or busy day before you watch the game. Acknowledge where you are in the ER Ball. Where do you want to be? (see the back for full picture)



## Step 3

Move from surviving your day to thriving at your kids' game. THRIVE Breathing as **Spectator Pre Game Warm Up** while the players are warming up on the floor.

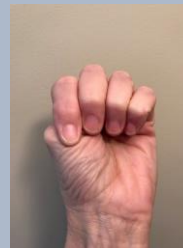
**Spectator Pre Game Warm Up**

**T** Take a Deep Breath  
**H** Get out of your head and into your HEART  
**R** Relax your shoulders  
**I** Intention to focus on a  
**V** Positive emotion like appreciation  
**E** Experience that feeling and continue to breath in and out of your heart

WHAT NOT TO YELL Adapted from heartbeats include content book. © 2019 What Not To Yell LLC

## Step 4

Know your triggers (what you react to). Create strategies to manage your own reactions and keep your emotions in.



**You can have emotions. Just don't let them lead the charge.**



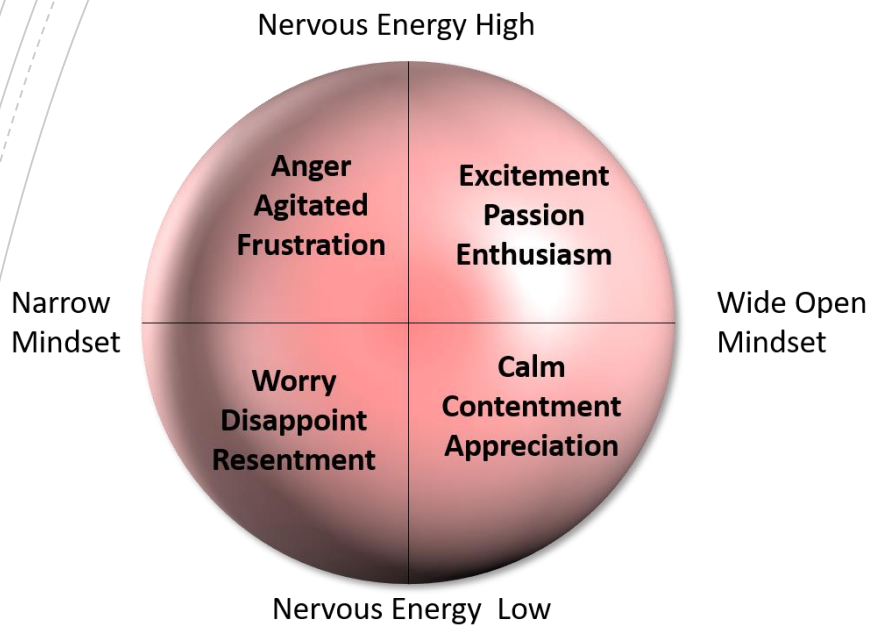
## Step 5

Learn the rules of the game. Words of wisdom from Midget to the organization. Our game officials are our kids too and learning...

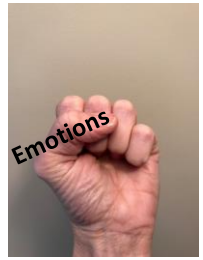


**Main Messages:**

1. You can Only control You
2. Reactions Are A choice
3. "S#!Tf" is going to happen. Its the experience that matters
4. It starts with Self Awareness



**WNTY Hand Signs**



Emotions are in charge



Reminder to bring in emotions



Remember why you are here



Hand to Heart as reminder to THRIVE Breath



Hand to head and Breath. Calms the emotions and helps to think more clearly.