



## Oskar's Not-So-Simple Comeback Design Your Own *Brainball!* Jersey

*Students will be able to identify individuals, skills, and images that make them feel supported and motivated.*

1. Have students discuss and list trusted individuals that make them feel safe. Who are the people they can go to for help when they need it? Parents, family, counselors, teachers, trusted friends?
2. Discuss skills, hobbies, or interests that make students feel motivated or excited. What gives them the energy and motivation to do their best and get better?
3. Hand out the *Brainball!* jersey print out. Encourage students to fill it with drawings and symbols of people and things that make them feel supported and motivated to do their best, even during a really challenging *Brainball!* game.
4. When done, have students talk about their design choices and identify those people and things.

**Design Your Own *Brainball!* Jersey**

