



HEALTH IS WEALTH

SIMONE BILES AND THE TWISTIES



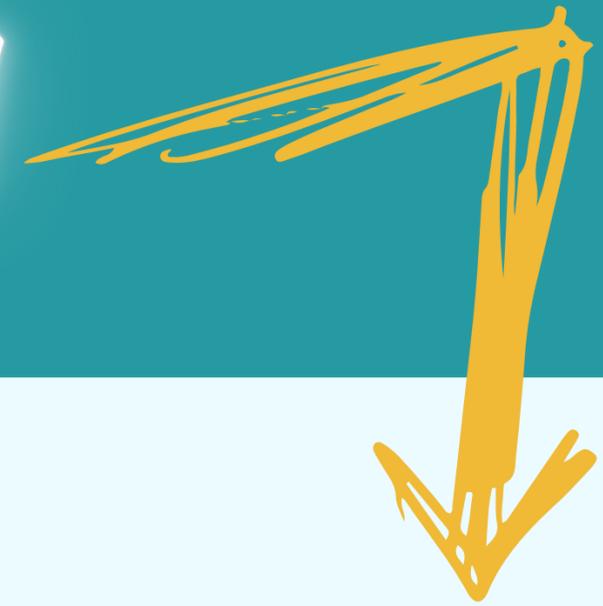
INTRODUCTION



Today, we will learn about American gymnast Simone Biles and consider her choice to exit a competition for mental health reasons.



SEL CONNECTION



Today, we will practice **social awareness** through reflecting on the actions of Simone Biles and **responsible decision making** by considering Biles' choice to exit the competition.





ICEBREAKER

WHO IS SIMONE BILES?





WHO IS SIMONE BILES?

- Who is Simone Biles?
- Why is she a prominent figure?
- What do you know about gymnastics?



ICEBREAKER



WATCH A VIDEO



WHO IS SIMONE BILES?

- 1) Watch the video about Simone Biles' greatest moves.
- 2) Discuss as a class.





LESSON PART ONE

THE TWISTIES





THE TWISTIES

Read and discuss the *Wall Street Journal* Article, "Simone Biles Withdraws From Olympic All-Around Final."



LESSON: PART ONE



WATCH A VIDEO



THE TWISTIES

Watch Simone Biles' interview after withdrawing from the Olympics.





THE TWISTIES

Reflect on the video we just watched.

- What were the reasons for Biles taking a break?
- Why was her decision controversial?
- How did Biles choose to take care of herself?
- How are the mind and body related?



LESSON: PART ONE



WATCH A VIDEO



THE TWISTIES

Watch this short video explaining the Twisties in more depth.





LESSON PART TWO

WHAT ARE YOUR OWN TWISTIES?





WHAT ARE YOUR OWN TWISTIES?

TWISTIES

- 1) The loss of awareness in gymnasts when they have a mental and physical fog/block.
- 2) An event, person or circumstance that throws us off balance and creates physical or mental stress.



LESSON: PART TWO



WRITING

WHAT ARE YOUR OWN TWISTIES?

- 1) Consider your own “Twisties,” or challenges that create stress.
- 2) Write about what you have control over in the situation — just like Simone Biles.





DEBRIEF / EXTENSIONS



EXTENSION



WATCH A VIDEO

Learn more about how Simone Biles handles hate.

