



**YOUR CHOICE:
CHOOSE WISELY**

TAKE TIME

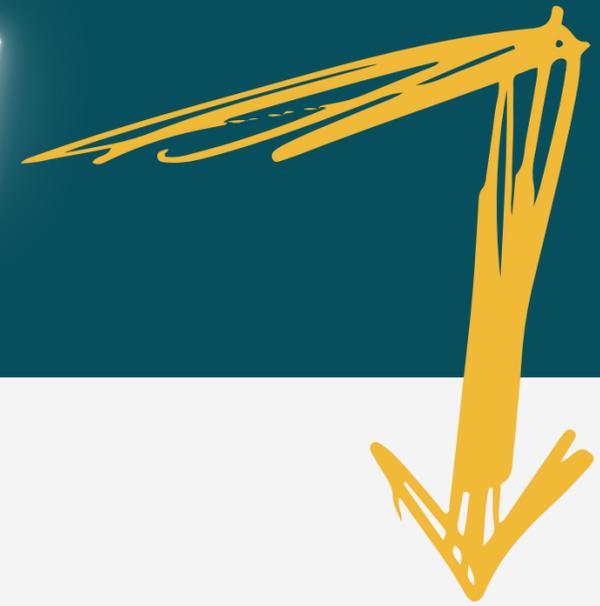


INTRODUCTION

Today, we will explore Naomi Osaka's bravery in prioritizing her mental health and wellbeing.



SEL CONNECTION



Self-awareness, responsible decision-making and **self-management** support professional athletes with navigating stardom.





ICEBREAKER

NAOMI OSAKA WITHDRAWS



ICEBREAKER



WATCH A VIDEO

NAOMI OSAKA WITHDRAWS

1) What do you know about Naomi Osaka?

2) Watch the video about Naomi Osaka withdrawing from the French Open.





NAOMI OSAKA WITHDRAWS

- Why did Naomi Osaka withdraw from the French Open?
- Why might high profile professional athletes experience anxiety?
- What connections can you make to Naomi Osaka's experience with anxiety? (personally, someone you know, or any other example)





LESSON PART ONE

LESSONS FROM NAOMI OSAKA



LESSON: PART ONE



WORK TOGETHER

LESSONS FROM NAOMI OSAKA

JIGSAW PROTOCOL

- 1) In groups of 3-4, read your assigned section of Naomi Osaka's Time magazine article.
- 2) Next, we will come together as a whole class and each group will share what they read.



LESSON: PART ONE



TALK ABOUT IT

LESSONS FROM NAOMI OSAKA

- What were Naomi Osaka's lessons?
- Why did Naomi choose to sit out of required tennis press conferences?
- What did Naomi mention about the media and public perception?
- What did Naomi mention about prioritizing your own mental health?
- Can you relate to Naomi's experiences or lessons? Why or why not?



LESSON: PART ONE



LESSONS FROM NAOMI OSAKA

Use the note catcher to consider how the two lessons that Naomi mentioned affect your life.





LESSON

PART TWO

KNOWLEDGE OF SELF



LESSON: PART TWO



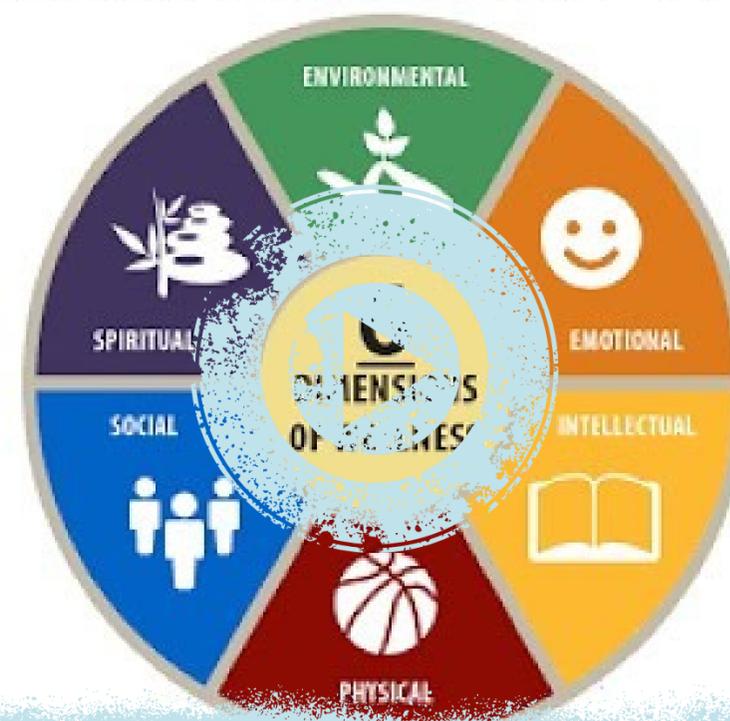
WATCH A VIDEO

KNOWLEDGE OF SELF

Watch the video about the 6 Dimensions of Wellness.



Six Dimensions of Wellness



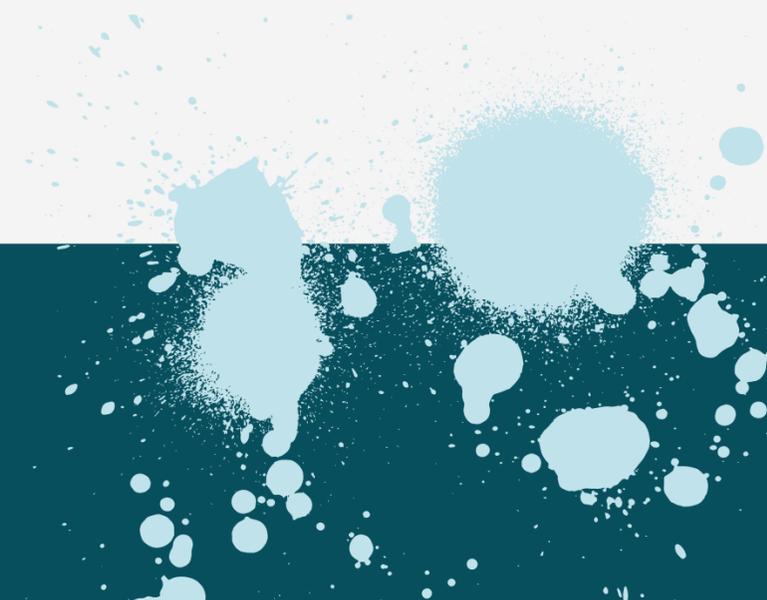
LESSON: PART TWO



KNOWLEDGE OF SELF

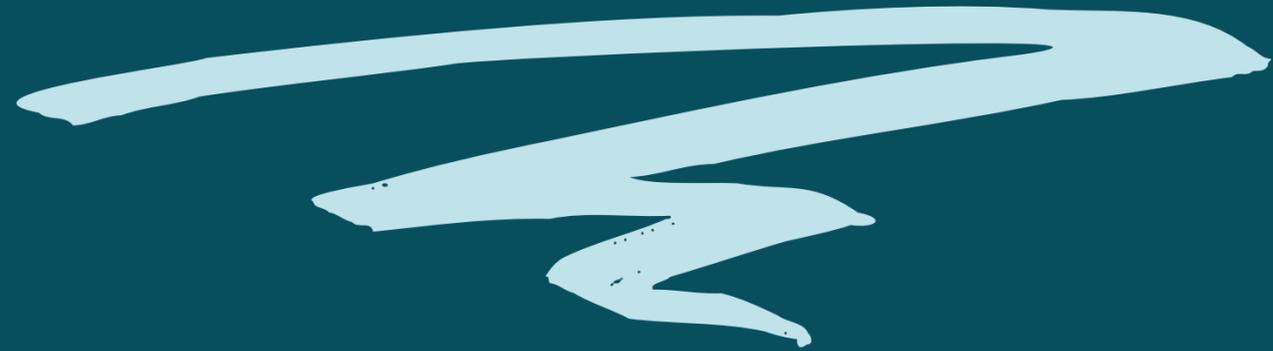
Use the note catcher to think about the six dimensions of wellness alongside the two lessons from Naomi Osaka.

Share out as a class.





DEBRIEF / EXTENSION



EXTENSION



ACTIVITY



TAKE TIME

Create a playlist of 5-10 songs that lift you up when you may feel down or anxious.

