



### Read this to your athletes:

“No act of kindness, no matter how small, is ever wasted.” –Aesop

How we treat each other on this team is important. We may not think about it very much, but it's nice to show appreciation and kindness to each other. Let's take a team challenge this month to do random acts of kindness for one another.

### Discussion Questions:

What can you do to show kindness to your teammates?

*>Safe Sport says: Kindness can be encouragement during a tough set. It can be picking up a teammate's equipment. It can be complimenting someone's work ethic. Kindness can also mean standing up for a teammate and making them feel included.*

What can you do to show kindness to your coaches?

*>Safe Sport says: Kindness can mean respect, listening, and working hard.*

What can you do to show kindness to the lifeguards and/or janitors?

*>Safe Sport says: Kindness can be leaving them a thank-you note on the whiteboard. It can mean that you clean up the pool deck of all equipment and make sure that the locker room is tidy when you leave.*

### Bonus Question:

What can we do as a team to pledge kindness to each other this month?

*A great idea is to do a “secret buddy” week. Have swimmers draw names of their teammates and do one or two really nice things for that teammate during the week. At the end of the week, talk with the team about what they noticed by carrying out acts of kindness for their teammates, and discuss how this attitude can contribute to creating a great team culture.*

**\*For Coaches: for more information and resources on team culture, visit [www.usaswimming.org/toolkit](http://www.usaswimming.org/toolkit). To report concerning behavior, contact Safe Sport at (719) 866-4578 or [safesport@usaswimming.org](mailto:safesport@usaswimming.org).**