



DEAR PARENTS & GUARDIANS,

Did you know that practicing gratitude is proven to increase happiness and sports satisfaction, improve team cohesion, reduce stress, and lower levels of burnout?

Citrone 33 aims to identify, develop and support methods to deliver mental-wellness skills that are practical and accessible. We strive to personalize those everyday skills to speak to the needs of the communities we serve. Each of us, regardless of age, race, gender, or faith, is entitled to mental well-being that is supported and respected by others. By completing the 33 Day Gratitude & Greatness Challenge, your students will be learning how to focus and reflect on their lives off and on the field. From understanding how to navigate stressful situations, creating healthy habits, reflecting on the small moments of joy in our lives, and learning how to grow through adversity, your students will find that spending a few minutes each day will have a huge impact.

While the 33 Day Gratitude & Greatness Challenge will be completed as a team, you don't have to be a sideline player. We encourage you to ask questions, craft your own responses to the daily questions, practice your own gratitude, and talk with your children about how they can use Gratitude Skills in their everyday lives to improve their mental well-being. You can request your own copy of The Little Black and Gold Book of Gratitude at citrone33.org.

GAME ON,

CITRONE

thirty / three

EVERYDAY MIRACLES HAPPENING EVERYDAY

WWW.CITRONE33.ORG | INFO@CITRONE33.ORG



DEAR COACHES,

Did you know that practicing gratitude is proven to increase happiness and sports satisfaction, improve team cohesion, reduce stress, and lower levels of burnout?

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As Coaches, your team will be looking to you for guidance, support, and for a little push to start the conversation. Spend 5-10 minutes each practice tackling each 33 Day Gratitude & Greatness Challenge; help students to write down their responses, encourage them to be honest and vulnerable, and share out your own thoughts! Keep it fun and allow the act of practicing gratitude and kindness to mentally prepare your team for a successful practice, championship game, team building activity, or cool down to recenter themselves after a stressful day on the field. As a team you will all learn that being mentally strong is just as important as being physically strong! Are you ready for the challenge?

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