



Car Talk for Birdie Week #6

Today's Core Lesson: Dealing with Challenges / STAR – A challenge is something that makes it harder for you to reach your goal. You are likely to face challenges as you work on the steps in your goal ladders. STAR is a tool you can use to help you deal with these challenges.

STAR

- **S = Stop and take a deep breath. Breath in through your nose, hold it, and breath out slowly through your mouth.**
- **T = Think of all the choices and options available to you.**
- **A = Anticipate what could happen (good or bad) as a result of these choices or options.**
- **R = Respond by selecting the best choice of what to do.**

Today's Healthy Habit (s): Energy – It is important to understand and make healthy choices about when to eat, how much to eat, and the types of food and drinks to provide the body the most useful energy.

Mind: The mind is a powerful tool for health. One's mind influences his/her emotions and behaviors and can be utilized for self-improvement, building confidence, and maintaining perspective.

Today's Golf Skills Fundamental: Target Awareness / Distance to the Target / Verbalize a target – Players learn how to determine how far they are from the target by using landmarks and yardage markers on the golf course. Players learn to become aware of their targets by using STAR. Players will stand behind their balls and go through the STAR steps. They will then announce out loud their intended and specific target. Players learn to develop a repeatable pre-shot routine that they use for every shot on the course.

Guiding questions and topics for parents to review with their child:

- **What kinds of things did you learn today? About golf? About a core value/core lesson? About a healthy habit?**
- **Why is it important to know how far you are from the target?**
- **Why is a repeatable pre-shot routine important and how do you develop one?**
- **What is the First Tee's techniques for a pre-shot routine and how do you use it?**
- **Can you use STAR in other areas of your life besides golf?**