



## **Car Talk for Eagle Week #4**

**Today's Core Lesson: Dealing with Conflicts / CARE.** At the First Tee, we use the acronym of CARE to help us deal with conflicts.

**C – Communicate.** Describe what you think happened and how you feel about it.

**A – Actively Listen.** Listen (without interrupting) and be open to what the other person says and feels.

**R – Review Options.** Talk it out together and work with the other person as a partner to look at several options.

**E – End with a win-win solution.** Find a solution where both sides “win” something or at least understand and empathize each other better.

**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.

**Play –** A variety of energizing play can help the body to stay strong, lean, fit, and be fun in the process. Sleep, diet, and other forms of re-charging allow one to engage in play on a daily basis. Play also helps to develop imagination and motor skills.

**Safety –** Physical safety includes playing in a safe environment and playing by the rules. Players protect their body with proper equipment, warm up, cool down, and by wearing sun protection. Players follow all safety instructions and learn that safety is very important in golf and sports.

**Today's Golf Skills Fundamental: Swing Rhythm / Swing Tempo.** Players develop a consistent overall speed of stroke and swing to develop good rhythm in their putting strokes, their pitching, their chipping, and in their full swings. Tempo refers to the overall speed of the swing or stroke. Rhythm refers to the sequencing and smoothness of transitions in the swing or stroke.

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

- What was fun/challenging/interesting today at The First Tee?
- What kinds of things did you learn today? About golf? About a core value/core lesson? About a healthy habit?
- How does good swing rhythm and tempo help you play better golf?
- What is the difference between swing rhythm and swing tempo?
- What does CARE stand for and how do you use it?