



Car Talk for Eagle Week #5

Today's Core Lesson: Be a Go-To Person – We often turn to our family or friends when we are facing a problem or are feeling concerned about something. Being a Go-To Person is a life skill strategy we can develop, enabling us to not only help others but also volunteer our time and talents in our communities.

Today's Healthy Habit (s): School – Success in School – learning, building relationships, and contributing to the school environment – leads to success in other areas of life.

Friends – Players maintain healthy relationships including surrounding one's self with friends and supportive people while effectively handling challenging situations.

Family – When family members participate in activities together – share meals, communicate, and establish roles and responsibilities – they are more likely to be successful in achieving their goals and harmony in their daily lives as a family and as an individual.

Today's Golf Skills Fundamental: Pre-Shot and Post-Shot Routines / STAR / The 4 R's – Players learn to use STAR to increase awareness of thoughts and emotions. Players learn to use the 4 R's to stay emotionally neutral to an undesirable process or outcome and to store a desirable outcome in their memory. STAR: S = Stop and take a deep breath. T = Think of all your choices. A = Anticipate what could happen (good or bad) as a result of each choice. R = Respond by selecting the best choice of what to do. The 4 R's: Replay – Think about what you did versus what you wanted to do. If they match, then take a moment to enjoy what you did well and store it in your memory. If not, then proceed to the next steps. Relax – Take some deep breaths. Ready – Think about what you will do differently next time. Redo – Imagine yourself doing it better. You can also take a practice swing that matches what you are imagining.

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

- What was fun/challenging/interesting today at The First Tee?
- Why are pre-shot and post-shot routines important in golf?
- What are the First Tee's techniques for pre-shot and post-shot routines and how do you use them?
- Can you use STAR and the 4 R's in other areas of your life besides golf?
- What is a Go-To Person and why should you be one?