



POSITIVE MENTAL HEALTH CHECK-IN

For minor hockey players and goalies

- ☐ I try my best, even when things get hard.
- ☐ I remind myself that it is okay to make mistakes.
- ☐ I talk to a coach, friend, parent, or trusted adult if I feel upset.
- ☐ I use a reset when a game does not go my way.
- ☐ I cheer for my teammates and show respect.
- ☐ I take breaks and rest when I need to.
- ☐ I do things I enjoy outside of hockey too.
- ☐ I treat others the way I want to be treated.
- ☐ I remember I play hockey to have fun and grow.
- ☐ I believe in myself no matter what the score is.

ONE PERSON I CAN TALK TO:
