

# FOCUS on Youth

## Behavioral Health Newsletter

June 2025

### Information Center

#### Sports Teach More Than Physical Exercise

- **Teamwork**– learn how to communicate as a team and anticipate your teammates needs.
- **Communication skills**– learn both verbal and non-verbal cues.
- **Persistence**– develop skills and the desire to keep trying despite challenges
- **Social skills**– learn to interact with people from different backgrounds to accomplish a common goal
- **Reduce stress**– physical activities release endorphins which improve mood and overall happiness



### Caregiver Corner

Create your very own relay/obstacle course in your home/back yard.

- Use every day items from your home/yard such as sticks, hoola hoops, balls, etc.
- Create small, but accomplishable, steps such as do 5 jumping jacks, toss and catch the ball 3 times, etc.
- Challenge yourself to get your best time completing the obstacle course or do a family challenge to see who gets the fastest time.
- Gather your children's ideas for the obstacle course and adapt it as many times as you desire.



### Connection Question

Try using these conversation starters in the car or during meal time

**If you could play any sport, individually or as a family, what would you want to do and why?**

### Did you know?

There are over 8000+ sports played around the world! Despite this, there were only 39 sports played in the Summer and Winter Olympics combined.

### Resource of the Month

Interested in trying a new sport without spending a lot? Check out your local YMCA.



### Important Dates

TBRI Caregiver Series Mondays 9:00–4:00 in June at Berachah Baptist Church in Middletown

### Staff Spotlight

**Ms. Amy**

Clinical Supervisor



**Q: What is your favorite way to play?**

I love playing sports especially soccer and disc golf. I love being around my kids and learning new rules for the games that they enjoy playing or creating. Allowing them to get creative with rules helps with problem solving skills, creativity, and team building.

