

The Bridge

Purpose: The purpose of this team activity is for players to recognize their inherent value as a human. We want the team to take time to understand their value goes beyond things they own and what they have achieved, but also who they are as a person.

We walk away knowing that we are multi-dimensional individuals who are valuable simply because you are.

You have value simply because you are. You might be an amazing athlete, however, that does not make you any more or less valuable. When you are involved in sport, it is sometimes hard to see beyond the next game. Performance is all important. However, it's crucial to remember that sport is just one of the aspects that makes you who you are. There is life outside of sport (!) and it's vital to remember this, especially on the days when you have a bad game.

The bridge image represents all the things that make you who you are. Have a go at filling out the planks on the bridge. Use the following prompts to help you:

- Think about the relationships that are important to you
 - are you 'son', 'daughter', 'cousin', 'friend'?
- What are you good at (apart from sport)?
- What's your day job?
- What do you enjoy doing in your spare time?
- What do you like about your personality?
- What are your key values?

Owning and naming the many variants that make us who we are reminds us that we are multi-dimensional. We can have a shocking day on the field but still be a really good friend, an excellent cook and a hard worker. Our value is not defined by how we perform on any given day. You are valuable simply because you are.

**Remember, E Tū Tāngata:
You Have Value**

