GAME ON BUTTERFLIES!

Why do you get butterflies in your stomach?



Your brain and your body are connected. When you are afraid or nervous —like if a bear is chasing you or if you are facing a penalty shot —your body prepares you to rise to the challenge. To help you, it sends signals to divert blood and oxygen away from your stomach to your hands and legs so you can step into action.

This lack of oxygen in your stomach causes a fluttering feeling—like butterflies kicking! This might even make you feel sick or frozen in place or want to run away - but it's 100% normal

DEEP BREATHING HELPS!

Deep breathing —in through your nose and out through your mouth— brings oxygen back in to your stomach and helps get your butterflies out.

When you are excited, your brain prepares your body the same way. So, whatever the challenge, turn fear into excitement and imagine butterflies want to play the game too!

Download coaching toolkits
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GAME ON, BUTTERFLIES!

What helps when butterflies show up?



Draw a line from each butterfly to something that can help.

Butterflies can show up when we feel nervous or excited. That's normal!

















My butterflies show up when: _____

_____

One thing that helps me is: _____

_____