



GIRLS GET IN THE GAME FACILITATION GUIDE

KINDERGARTEN - 8TH GRADE EDITION



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“Girls who play sports become women who LEAD.”

INTRODUCTION FOR FACILITATORS



INTRODUCTION FOR FACILITATORS

Welcome, Coach!

First and foremost, THANK YOU for choosing to lead this important session designed to inspire and empower girls to engage in sports. You're stepping onto the court to lead a **Red Hot** session designed to empower and energize girls and young women to find their place in sport—on any team, in any role, and with full confidence in their game. Whether you're a veteran leader or new to the sideline, you've got what it takes to help these young athletes **take the shot** and discover just how powerful their presence can be in sports.

This program is built like a solid game plan: structured enough to provide guidance, but with plenty of room for flexibility and **fast breaks**. Sessions can run anywhere from **30 minutes to two hours**, depending on your setting and the pace of your team. You're the **point guard**—set the tone, keep the play moving, and adjust as needed based on the flow of the group.

Kick off your session with the “**Girls Get in the Game**” video, created by the WNBA All-Star Girls and Women Empowerment Committee. It's your **opening tip-off**, setting the tone for what comes next. Ideally, you'll watch it together as a group, but it can be sent ahead if needed. Either way, make space for a quick **huddle** afterwards to unpack what the girls saw and felt.

But remember—**don't dominate the court**. Your role is to **pass the ball**, not take every shot. Let the girls take ownership of the discussion. If they want to go into overtime on a particular topic, let them! That's where growth happens. You're there to guide, not to call every play.

So lace up, lead with heart, and help these girls see that they're not just on the sidelines—they're **Rising stars**, ready to light up the court.

Let's **get in the game** and get ready to make this session a slam dunk!

Sincerely,

The WNBA All-Star 2025 Host Committee

WELCOME & VIDEO



WELCOME & VIDEO (8 MINS)

Objective: To introduce participants to the importance of girls' participation in sports through a short, engaging video that sparks inspiration, sets the tone for the session, and encourages personal reflection.

Facilitator Talking Points

Before diving into the toolkit activities, it's essential to begin with a shared understanding of why this work matters. To kick things off, we'll be watching a short video titled **"Girls Get in the Game."**

This 6-minute video sets the stage for the entire experience. It highlights the joys, challenges, and importance of girls participating in sports and physical activity and introduces key themes like confidence and teamwork.

What to Do:

1. Gather the group together in a comfortable viewing area with a screen or projector if possible.
2. Say something like:

"Welcome, everyone! Before we get started, we're going to watch a short video called 'Girls Get in the Game'. This video is all about why playing sports and moving our bodies is powerful and fun — especially for girls like you. As you watch, think about what stands out to you and how it makes you feel."

3. Play the video.
4. After the video, take a few moments for quiet reflection or brief discussion before moving on to the next part of the session.

ICEBREAKER: SPORTS + SELF IDENTITY



ICEBREAKER (10-15 MINS)

Objective: Build trust, spark excitement, and ease the group into the session through movement, connection, and fun.

Facilitator Talking Points

This first few minutes is your **warm-up**—not just for the body, but for group energy, comfort, and conversation. Your goal is to create a space that feels **safe, playful, and inclusive** right from the jump.

Say something like:

“We’re going to spend some time today talking about sports, movement, and what makes each of us strong and unique. You don’t have to be an athlete to be here—just be ready to share, play, and have fun!”

Ask:

- “What’s your favorite way to move your body—dance, run, climb, swim?”
- “If you could play any sport with your best friend, what would it be and why?”
- “What’s one word you think of when you hear the word **team**?”

Facilitator Tip:

Be enthusiastic, model vulnerability and curiosity, and affirm all answers. Help every girl feel seen right away.



Activity (CHOOSE 1):

Option 1: Movement Name Game

Objective: Break the ice through playful physical expression.

Instructions:

1. Form a circle or stand in a loose group.
2. Go around and have each girl say her name and do a simple movement (e.g., a jump, spin, stretch, dab, etc.).
3. The group repeats the name and mimics the movement together.

“I’m Ava, and this is my spin!”

[Everyone spins] “Ava’s spin!”

4. Continue until everyone has gone. End with a cheer for the whole group!

Facilitator Tip:

If the group is shy, go first with an exaggerated or silly movement to show it’s okay to be playful.

Wrap Up the Introduction With a Quick Group Check-In

Ask something like:

“What’s one word to describe how you’re feeling right now?”

“What’s something you’re excited to do or talk about today?”

Say something like:

“Awesome, thanks to everyone who shared and participated. Now that we’ve warmed up, let’s jump into the next part of our game plan!”

BREAKING BARRIERS



BREAKING BARRIERS (20 MINS)

Objective: Help girls identify and discuss common challenges faced by girls in sports—and empower them with confidence, facts, and peer support to push through.

Facilitator Talking Points


This section is all about **naming the hard stuff**—but in a way that builds **strength, solidarity, and solutions**.

Say something like:

“Sometimes, girls hear messages that tell them they don’t belong in sports—or that they’re not strong, fast, or tough enough. Today, we’re going to bust those myths wide open and remind each other how powerful we really are.”

Ask:

- *“What might make it hard for a girl to play sports?”*
- *“Have you ever heard someone say something like, ‘Girls can’t play football’ or ‘You run like a girl’? How did that make you feel?”*
- *“What would you say to someone who didn’t believe in you?”*

 **Facilitator Tip:** Normalize the discomfort. Let girls know it’s okay to feel upset or uncertain—and it’s **brave** to talk about it.



Activity: Myth Busters – Fact or Fiction?

Objective: Debunk harmful stereotypes about girls in sports using discussion and facts.

Materials Needed:

- Printed cards or a slide with statements
- Two signs (or just designate sides of the room): “FACT” and “MYTH”

Instructions:

1. Read out a statement, such as:

- “Girls aren’t as competitive as boys.”
- “Most professional athletes are men.”
- “You have to be a certain size or shape to play sports.”
- “Girls can be team captains”


2. Girls move to either the “Fact” or “Myth” side of the room after each statement is read. Afterward, have a discussion together using the following questions as guidelines:

“Why might people believe these myth?”

“What’s the truth?”

“How can we respond when we hear things like this?”

4. Optional: Keep score of how many myths they bust as a team!

 **Facilitator Tip:** Keep the tone empowering—not shaming. Use this to **build awareness**, not call anyone out.



Wrap-Up Discussion:

Ask:

- *“What’s one thing that makes you brave in sports—or life?”*
- *“How can we help other girls who face these same challenges?”*
- *“What will you remember next time something feels hard?”*

Say something like:

“You are all brave—not because you never get scared, but because you keep going. Keep showing up, keep speaking up, and never let anyone tell you what you can’t do.”

GETTING STARTED/ STAYING IN SPORTS



GETTING STARTED IN SPORTS (15–20 MINS)

Objective: Help girls discover how sports can fit their interests, personalities, and comfort levels—and give them simple, approachable ways to take their first step.

Facilitator Talking Points


This part of the session is all about **discovery, not pressure**. The goal is to open girls’ eyes to the many ways they can get involved in movement and sport—whether that means joining a team, trying a new activity, or simply playing more confidently with friends.

Say something like:

“Getting started in sports doesn’t have to mean jumping into a big team or being the fastest or strongest. It’s about finding something that feels good, helps you grow, and makes you smile. Let’s talk about how we can each find the right fit.”

Ask:

- *“How do you think someone can pick a sport that fits them?”*
- *“Have you ever seen a sport and thought, ‘That looks fun—but I don’t know if I could do it’?”*
- *“What would help you feel more ready to try a new sport?”*

 **Facilitator Tip:** Remind the group that there’s **no one right way** to be involved in sports. It’s all about trying things out, having fun, and supporting each other.



Activity: Pick Your Path

Objective: Match personal interests to different types of sports in a fun, exploratory way—using only discussion and imagination.

Instructions:

1. Set the Scene (Group or Individual):

Say: “We’re going to explore different sports and activities based on what you like. I’ll describe something you might enjoy, and you tell me which sports sound like a good fit!”

2. Play the Matching Game (Verbally):

Read each of the prompts below and invite participants to shout out, raise their hand, or move to a corner of the room (if space allows) based on which sport or activity they think fits best. You can also let each girl pick her own answer without needing to match "correctly"—this is about exploration.

Example prompts:

- o “Who here loves animals? What kind of sports or movement activities might connect with that?”
- o “Who enjoys music or dancing around at home? What sports could be a fit?”
- o “Do you like video games or solving puzzles fast? What kind of fast-thinking sports might you enjoy?”
- o “If you love being outside, what kinds of activities could you try?”
- o “Who loves working in a team or with friends? What are some team sports you know?”



3. Reflection Question:

After going through a few prompts, ask:


“Which sport or activity would you like to try based on what we talked about?”

4. Bonus (Optional Movement Twist):

Call out interests one at a time and have girls move around the room (e.g., jump in place if they agree, strike a pose for a sport, or form a group huddle for team sports). Keeps energy up without materials!

Adaptable Prompts List:

- Love animals → horseback riding, dog agility, nature hikes
- Love music/rhythm → dance, cheer, gymnastics
- Like games/quick thinking → fencing, goalie, ultimate frisbee
- Love outdoors → biking, hiking, trail running
- Love teamwork → basketball, volleyball, soccer
- Love creativity → figure skating, dance, martial arts

 *Facilitator Tip:* Reinforce that it’s okay if they don’t know yet. Trying is part of the fun.

Wrap-Up Prompt

Ask:

- “What’s one sport or activity you’re curious to try now?”
- “Who’s someone you can ask to help you get started?”

Say something like:

“There are so many ways to move, play, and grow stronger. Whether you start today, next week, or next year—you belong in sports, and there’s a path that’s just right for you.”

ROLE MODELS AND REAL STORIES



ROLE MODELS & REAL STORIES (15 MINS)

Objective: Inspire girls by sharing stories of real female athletes and leaders—and help them imagine their own path in sports.

Facilitator Talking Points


This moment is all about showing girls that they belong in the story. Seeing and hearing about other women and girls in sports helps them believe: “She did it, so I can too.”

Say something like:

“Today, we’re going to hear real stories of girls and women who have done amazing things in sports. Some are famous, and some are right here in our own communities. These women didn’t give up, even when it was hard—and you’ll see, they started a lot like you.”

Ask:

- *“Have you ever had a role model—someone you look up to?”*
- *“What makes someone inspiring to you?”*
- *“Have you ever done something that made you feel like a role model to someone else?”*

 **Facilitator Tip:** Emphasize that role models can be athletes, coaches, family members, or even friends—what matters is how they *inspire courage and effort*.



Activity: Story Circle

Objective: Share stories of real female athletes and open space for reflection and conversation.


Materials Needed:

- Printed bios or story cards (e.g., Tamika Catchings, Serena Williams, Simone Biles, a local coach or athlete)
- Comfortable space for sitting in a circle

Instructions:

1. Choose 2–3 short stories or bios to read aloud or summarize. You can rotate who reads, or have a leader narrate.
 - o [Another option is to ask 3 adults/participants share about a female athlete/coach/mentor and their story, or share their OWN story]
2. After each story, ask questions like:
 - o *“What challenges did she face?”*
 - o *“What helped her keep going?”*
 - o *“What part of her story inspires you?”*
3. Encourage girls to connect personally:

“Does her story remind you of something you’ve tried or want to try?”

 **Facilitator Tip:** Include a mix of stories—different sports, backgrounds, body types, and paths—to reflect the variety of ways girls show up to sports.

CLOSING CIRCLE AND REFLECTION



CLOSING CIRCLE & REFLECTION (10 MINS)

Objective: Bring the session full circle with gratitude, reflection, and a big boost of empowerment.

Facilitator Talking Points


This moment is your **final team huddle**—a time to slow down, breathe, and send girls off with power and positivity. Help them realize: This wasn't just a session—it was a spark.

Say something like:

“Before we go, let's take a minute to reflect on today. You've shared your voice, your stories, your moves—and your courage. Let's honor that with one final circle together.”

Discussion Prompts (Pick 1–2 to keep it focused):

- “What's one new thing you learned today?”
- “What's one thing you'll try this week to be active or brave?”
- “What's something you're proud of yourself for doing today?”
- “What advice would you give a girl who wasn't sure about trying sports?”

 **Facilitator Tip:** If time is tight, use a talking object (like a ball or marker) to pass around quickly. Each girl shares one short thought.



Activity: Power Pose Practice

Objective: End the day with movement, confidence, and a memorable message.

Instructions:

1. Stand in a circle (or lines) and guide the group:

“A power pose is a stance that makes you feel strong. Like a superhero, athlete, or leader. Stand tall, hands on hips, head high!”

2. Once everyone is in pose, lead them in repeating the message:

“Girls who play sports...” (pause for them to repeat)

“...become women who lead.”

3. Take a moment to breathe and say one final affirmation:

“You are strong. You are brave. And this is just the beginning.”

Final Send-Off:

*“Before we head out, I want you to take one last look around. You are standing in a circle of **strong, smart, bold girls**—and that includes you.*

*Today, you tried new things, you used your voice, and you lifted each other up. That’s what athletes do. That’s what **leaders** do.*

*So the next time someone says, ‘You can’t,’ you say, ‘**Watch me.**’*

The next time you feel nervous or unsure, remember: you’ve already done hard things. You can do more.

Thank you for taking the first step to get in the game today!”