

## TEACHING RESOURCES FOR FAMILIES



**Alex Morgan says: "What is special about this team is our mentality. It is important to continue transmitting this spirit to the new generations."**

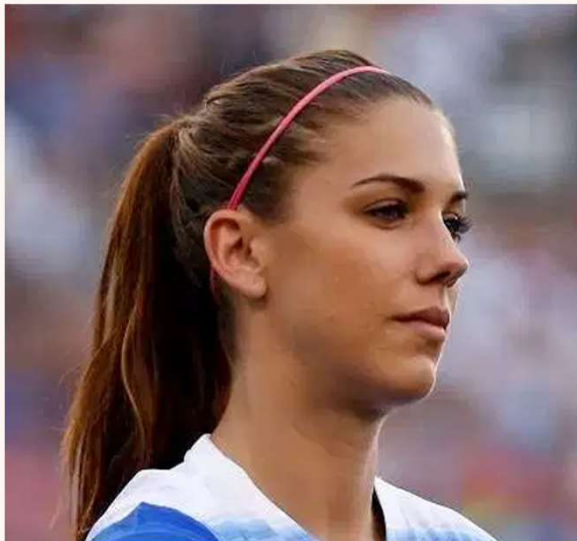
### **Ekkono questions:**

What would you highlight as positive about your mentality?

Why do you think it is a positive aspect?

What would you highlight as positive of your team's mentality?

Why do you think it is a positive aspect?



### **The value of Mental Strength:**

Thanks to mental strength we can face obstacles with greater determination and decision. To develop it we need time and consistency.

Genetics, personality and life experiences will determine the mental strength of each one.

