Junior Forum

Name:___________________________________________

Team Letter: _____
ALPHA STATE
Sit Up
Close Eyes
Breathe Deep
Peaceful Place
Look Up–Look Down
Open Eyes and Focus

Draw a picture or write a sentence about the peaceful place you visualize when getting into alpha state.

Alpha state will help me get in the zone during these situations in school:

•
•
•

Alpha state will help me get in the zone during these situations outside of school:

•
•
•