

First Name

Last Name

Class

**Essential Question: *How do our emotions impact our physical abilities?***

*Extra Credit* Episode 202: Mental Health

Segment: Raven Saunders, Shot Put (Time In Code: 5:10)

**Directions:** Before watching the video about Raven Saunders, the Shot Putter from The University of Mississippi, brainstorm a list of feelings/emotions you think world-class athletes experience as they get ready to compete on the national/international stage. Then, during and after you watch, write down how Raven Saunders felt during and after world-class competitions.

What emotions do you think world class athletes experience?	According to the video, how did Raven Saunders feel during and after competitions?