Jumping Hurdles: Hurdles Processing Questions

- In the song it says, "Hurdles are hot I run and I hop, I keep myself going with good self-talk." How can positive self-talk help you to jump your hurdles?
- Do you think it's true that, "Hurdles are fun when you run with friends"?
- How can friends help you to jump over your hurdles?
- The song tells us that, "Grinding it out will make me stronger, So every time I run I run a little bit longer." How does jumping the hurdles make you stronger?
- When the song says, "You've got to work your muscle got to work your brain," what are they talking about? What muscles are the most important to use when jumping hurdles? Why?

Other discussion questions or ideas: _____