

# ROBERTO CLEMENTE JR. // Reflection Guide

ATHLETE/ ENTREPRENEUR



**1. Roberto was 7 years old when his father, the famous baseball player Roberto Clemente, died in a plane crash. Roberto, Jr. felt guilty that he did not do enough to stop his dad from getting on the plane. He explains that feeling guilt is natural after losing a loved one. Talking about his father alleviated the guilt he was feeling; it also**

**helped him to realize that there was no way he could have prevented his father's death.**

It is not unusual for kids to feel guilt after a parent's death. They believe that they could have prevented their parent's death in some way. This is especially true for younger children. As we grow and mature we realize that we are not responsible for the death of our loved one. What, if any, feelings of guilt have you experienced related to your loved one's death? What helped you understand more about the circumstances of the death and realize that it was not your fault?

**2. After his father's death a family friend told Roberto that he was now the man of the house and needed to be strong for his mother and his brothers. Roberto took this to mean that he had to be tough and couldn't cry.**

Often well-meaning adults tell children and teens what they *should* do after a parent dies... be the man of the house or the mother, help with chores or take care of younger siblings. What would your reaction be in this kind of situation? What you say or do if someone told you how you should or should not express your emotions?

**3. Roberto explains that, after a major loss, people need to move forward and make the best out of their situation. He suggests that you try to live from the memories of your parent or loved one and try to become a better person.**

What were your favorite memories with your loved one? How can you use those memories to become a better person?

**4. Being involved with sports was very helpful for Roberto. He enjoyed his time on the field, track and court. He also found great support from coaches and teammates. Those activities kept him busy while grieving the loss of his father.**

What activities have you found to be the most helpful for you? What makes those activities work well for you?

**5. Roberto advises that among life's challenges, losing a parent is among the most difficult. He emphasizes that you must share your feelings, don't keep them inside. Be vocal about it. Find a positive focus, reach out to others. In fact, he recommends that you "Talk about it as much as you can; it will make you feel a lot better."**

With whom do you feel the most comfortable? Who among your friends is a good listener? How much and how often do you express yourself with these people?