

ACTIVITY

- Groups of 3 (1 child, 1 parent, 1 observer)
- Choose a scenario that resonates with you
- Child:
 - imagine the scene
 - picture yourself in that moment
 - really feel what it would be like
 - don't hold back!
- Parent:
 - get down on their level
 - listen
 - what are they feeling?
 - what's important to them?
- Observer
 - help with guesses
 - notice body language

ROLEPLAY SCENARIOS

- You messed up, blowing the game for your team
- You don't want to go to practice
- The ref made a bad call, costing you the game
- It's the night before your first competition
- You got hit in the head with the ball
- You won your match, but didn't play well
- You were losing, then gave up and stopped playing

