



2 minute drill

for parents



monthly tips from Positive Coaching Alliance

Open-Ended Questions

When talking with your children about a recent game, use open-ended questions to get them to talk while you stay in listening mode.

“What was the best part of the game today?”

“What was the hardest part of the game for you?”

“What lessons can be learned from a tough loss?”

Without downplaying your child’s disappointment, lend perspective and fill their Emotional Tanks by pointing out things that did go well in the game.

“You were really in the zone for most of the game today. Your hard work at practice is really paying off.”

“Both teams competed so hard. I hope you can feel good about your effort.”

Then come back to the Big Picture.

“I can imagine it is disappointing to have lost today’s game, but I know you’re the kind of person who doesn’t let a setback keep you down. That kind of resilience will help you rebound from any obstacle life throws your way.”

adapted from *Positive Coaching in a Nutshell* by Jim Thompson



To purchase this and other books by PCA Executive Director Jim Thompson, please visit:
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