**Making yourself understood . . .**

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| --- |
| * ***Were your teammates attentive?*** * ***Did you “show and tell”, or just “tell”?*** * ***Could they clearly hear and see you?***      * ***Did you praise and encourage good effort? Good***   ***performance?***   * ***Turn the group away from possible distractions?***   ***(e.g., other groups, sun).***   * ***Did you check for understanding using a question or***   ***two before the start of an activity?***   * ***Correct Performance In a Constructive Manner***   ***(e.g.,“try it this way . . . “)***   * ***Were you enthusiastic?*** * ***Did you answer teammates’ questions for***   ***clarification?*** |

**Ask yourself**

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***& van der Mars, 2020, Champaign, IL: Human Kinetics.***