A. Rate your *enjoyment* of participating in \_\_\_\_\_\_\_\_\_ (the tinikling dance lesson) and tell why.

1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4\_\_\_\_\_\_\_\_\_\_\_\_\_\_5

not enjoyable enjoyable very enjoyable

Reason:

B. Rate the *challenge* of participating in \_\_\_\_\_\_\_\_\_ (the tinikling dance lesson) and tell why.

1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4\_\_\_\_\_\_\_\_\_\_\_\_\_\_5

not challenging challenging very challenging

Reason:

C. Describe the positive social interactions (encouraging words or gestures, helping others, support from others, cooperation with teammates) that occurred when you were participating in \_\_\_\_\_\_\_\_\_ (e.g., creating a dance about referee signals).

## Figure 20.2 Standard 5: self-report assessment.