



# 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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