Autonomy supportive statements (or questions) I can use when teaching my PE class(es)

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| **TECHNIQUE** | **Concrete examples** | **Positive expectations if implemented as planned** | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** | **HOW DID IT FEEL?****☺ :I ☹** |
| **Providing rationale** |   |   |   |   |   |   |   |   |
| **Using non-controlling & informational language** |   |   |   |   |   |   |   |   |
| **Acknowledging negative emotions/feelings** |   |   |   |   |   |   |   |   |
| **Displaying patience** |   |   |   |   |   |   |   |   |