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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |  |  |  |  |  |  |  |  |