



positive
Vibes
only[®]

KEEP THE VIBES
POSITIVE
IN THE CAR
RIDE HOME!



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The game went pretty well, they didn't win but the kids seemed to be enjoying themselves. Your child made some errors, missed a goal but also made some good saves, great passes and tried really hard.

They came off the field smiling, chatting with their friends and you head to the car.

As you head home, you start to analyse the game, giving your child instruction on what to do better next time to avoid the errors that happened today. You're not being negative, it's just critique and help so they can do better next time right?

They came off buzzing but now they are just staring out the window. Their mood has changed. And you were just trying to help.

Whilst the tendency may be to unpack every moment of the match or competition, and evaluate every aspect, this process is best led by your child.

Being able to reflect critically, but positively, on a performance is a really valuable tool to learn and improve for next time. It is also a valuable life skill that can be applied in other areas of a young person's life.

We also want that reflection to be a positive experience that your tamariki and rangatahi find valuable so it can become habitual. Here are a few reflection tips to make that car ride home a positive one for all:

- Give them space and time to reflect internally before all the questions. Read the room (or car) – you'll quickly know if your child is keen to talk about anything – or not!
- Your child may prefer to journal, or write things down in a notebook. This is a valuable reflection tool and may lead to them having further conversations with you – or not!
- If you are lucky enough for your child to start talking about the match or competition – be a great listener. You can also use guided questioning such as “What were your goals for the game?”, “Is there anything you wish you had tried or done differently?”, “What could you focus on next time?”, “Is there any help or support you need from me?”

If the end goal is learning and improvement for next time, ensure that your child's car ride home looks like care, feels like love, and sounds like happiness (and maybe includes a pie on the way home!).