



What to Ask vs. What Not to Ask



(8 Emotions in Swim Lessons)

✓ What's your favorite part of being in the water?

✗ Can you calm down and stop splashing?

Excited



Would you like to try with me holding your hand, or just watch first?



Why are you scared? Don't be scared.



Afraid

✓ How did it feel to do that all by yourself?

✗ That was easy, why didn't you do it sooner?

Proud



✓ Would you like a short break or to try it in a different way?

✗ You just need to try harder.



Frustrated

✓ Want to show me your favorite game in the water?

✗ Stop playing, this is serious.

Happy



✓ Do you want a hug from mom/dad or to sit on the side for a minute?

✗ Stop crying, it's not a big deal.



Sad

✓ Do you want to float and rest, or finish with one more glide?

✗ We're not done, you have to keep going.

Overwhelmed

