

TRY OUTS

Name:

Date:

It is important we are able to interpret our friends emotions. When we correctly interpret how our friends are feeling, we are able to support these emotions (e.g., supportive look or comments).

In this video, Mike is disappointed he didn't make the team. Mike is looking for support from his friend. Did his friend provide support? Why or why not?

What could his friend have said or done instead?

Can you think of a time you were disappointed? Tell me about it. What would have helped you feel supported?

