

## ***Maximizing Teachable Moments through Pre and Post Game Huddles***

Stacy L. Frazier, Ph.D., Florida International University

Email: [slfrazi@fiu.edu](mailto:slfrazi@fiu.edu)

Website: <https://nafasipartners.fiu.edu/>

### **PRE-HUDDLE**

- Maximize engagement, physical activity, rule following
- Minimize disengaged or disruptive behaviors

<b>Common Mistakes</b>	<b>Pre-Game Huddle</b>	<b>Try Instead</b>
Distracted, fatigued adults	<b>H</b> Headspace	Have your head in the game
Disruptive, distracted kids	<b>U</b> United	Get everyone's attention
Don'ts and No's	<b>D</b> Directions	Give clear, simple, one-at-a time instructions
Dull, long explanations	<b>D</b> Demonstrate	Model all parts of the activity
Limited understanding	<b>L</b> Let them try	Ask for questions; Ensure kids understand
Enthusiasm limited	<b>E</b> Expectations	Have energy, enthusiasm, high expectations!

### **POST-HUDDLE**

- Reflect on observed examples of social-emotional skills
- Apply social-emotional skills to other situations, settings and interactions

<b>Common Mistakes</b>	<b>Pre-Game Huddle</b>	<b>Try Instead</b>
Lead with what went badly	<b>H</b> Highlights	Lead with what went well
Criticize, blame	<b>U</b> Understand	Reflect on what went wrong
Lecture, yell	<b>D</b> Discussion	What were you thinking and feeling?
No second chances	<b>D</b> Do-Overs	What would you do differently?
Limited application	<b>L</b> Life lessons	Generalize skills to home, school, peers
No time before next activity	<b>E</b> Exhale	Relax with a mindful moment