

Gratitude

2-5 minutes | Grades K-8

Coach cue	Gratitude means noticing something someone did and letting them know it mattered.
Game scenario	A teammate stays late to help you practice a move that's been giving you trouble.
Try it	Pair up and finish this sentence: "Thanks for ___ . It helped me ___." Then switch roles.
Huddle question	What's something a teammate does that could easily go unnoticed?

Player check-in

Read each question aloud. Have players vote A, B, or C.

1. **Which thank-you tells your teammate what helped?**
   - **A.** Thanks, whatever
   - **B.** Thanks for staying to practice passes with me
   - **C.** You should do that every time

2. **Who might deserve a thank-you after a game?**
   - **A.** The volunteer who helped set up
   - **B.** Only the highest scorer
   - **C.** Only the winning team

3. **A volunteer sets out cones before you arrive. What could you say?**
   - **A.** Why are there only six cones?
   - **B.** You should do that every week
   - **C.** Thanks for getting the court ready

4. **A teammate helps you learn a drill. How can you show you noticed?**
   - **A.** Wait until they ask for thanks
   - **B.** Tell them what their tip helped you do
   - **C.** Only thank them if you win

Ask the team	Name one thing you appreciated today, without naming the person.
At home	Who made your day a little easier today, and how could you thank them?

Coach answer key **1. B** **2. A** **3. C** **4. B**

One takeaway for our next practice _____