

# TALK TO YOUR KIDS ABOUT:



## QUITTING A HOBBY/SPORT:

Did a peer say something negative about their hobby or about their ability?

Will there be "consequences" if they quit? Are they letting friends/teammates down?

Would they rather be doing something else with their time? What would they rather do?

Have they tasted success or are do they want to quit because it's too hard or they feel like they're not good enough at it?

Did they have a squabble/misunderstanding with (or are being teased/bullied by a) teammate or a friend in the class? Are they trying to avoid a difficult social situation?

How long have they been wanting to quit? Is this a whim or is this a consistent desire?

Is their coach/teacher supportive or demeaning or too demanding?

Have they tried their hobby/sport long enough to get a really good feel for it? Have they only been practicing or have they competed/performed?

Are they no longer enjoying themselves even once they get there? Or do they not like the process of getting ready or getting there?

Are they feeling overwhelmed or over scheduled? Do they need more sleep or more downtime and just can't verbalize it?