

Worksheet - Communication Prompts Sheet

Daily communication supports emotional safety, trust, and understanding.

Questions for any day

- “What was the best part of today?”
- “What felt tricky?”
- “Is there anything you want help with?”
- “Would you like to talk about dance, or something else?”

Before Training

- “How are you feeling about class today?”
- “Is there anything on your mind?”
- “Would you like a quiet start or a chat on the way?”

After Training

- “What did you enjoy?”
- “What part felt new or interesting?”
- “Would you like to talk now or later?”

During Busy or Stressful Weeks

- “How can I help you feel more settled this week?”
- “Is anything feeling too much?”
- “What would make tomorrow easier?”

When They're Upset

- “I'm here. Take your time.”
- “It's okay to feel this way.”
- “Let's pause and breathe together.”

When They Compare Themselves to Others

- “Everyone learns differently.”
- “Let's think about your journey, not anyone else's.”
- “What felt meaningful for *you* today?”

Phrases that build trust and emotional safety

- “I saw how hard you tried.”
- “You don't need to be perfect.”
- “You're doing well, keep going.”
- “It's okay to make mistakes.”