

## COMMON SCENARIOS

Below are some common scenarios an instructor might encounter while teaching. Fill in some possible phrases you could use to help motivate and connect with your students. As you select cues, keep the goal of inclusivity, connection, no judgement and celebration at the top of your mind.

### STUDENTS ARE CHOOSING TO NOT LIFT THEIR ARMS OVERHEAD

"If overhead isn't working today, do it at chest height!"  
"Try one arm at a time!"  
"See how I can do the same thing forward?"  
"Need to recover? Squeeze palms together instead."

### STUDENTS ARE OMITTING LUNGES OR SEEM WEAK OR UNSTABLE

"You can customize this."  
"When in doubt, squat it out!"  
"Try staying on one side longer."  
"Let's choose an option where we can really get into it!"

### STUDENTS LACK FULL RANGE OF MOTION

"Let's choose a way that helps us move more deeply!"  
"Full range of motion is better than bouncing!"  
"Find an option that lets you move more fully!"  
"It's not about being fast! It's about going deep!"

### STUDENTS ARE ONLY MOVING ARMS AND LEGS, LACKING TORSO MOVEMENT

"Make shapes with your body!"  
"Are you leaning into it?"  
"Loosen up the rib cage."  
"Let your whole body dance!"

### STUDENTS ARE STRUGGLING WITH QUICK TEMPOS AND CHANGES OF DIRECTION

"If it feels too bouncy, try this!"  
"Let's choose an option where we can really get into it!"  
"It's ok if you do it differently."  
"Let's not rush! Enjoy the dance!"

Any time you notice a student would benefit from correction, avoid focusing your attention on that specific student. Most students don't enjoy being corrected in a group setting. Many SHiNE LIGHT participants are new to fitness or coming back and may be feeling extra self-conscious.