

## **Activity: Spirit Role Plays**

Read each coach/teacher interaction to the group, asking them to decide whether each represents the MI spirit and why or why not.

### **1. Acceptance, Compassion (MI spirit)**

**Student:** “I’m so tired of trying in Math. Do you know I study three hours a night and still fail?”

**Coach:** “You’re committed to succeeding in math and you’re going the extra mile, but it’s frustrating when you’re not experiencing success.”

### **2. Evocation, Collaboration, Autonomy (not MI spirit)**

**Student:** “I need to come up with some kind of plan to get back on track. Getting kicked offed the team has messed me up. I can’t think about anything else. What should I do?”

**Coach:** “First, I think it would really help you to read an excellent book on changing your behavior which I’m going to lend you. Why don’t you read the first chapter this week, and I’ll come back Friday, so we can discuss it. To help with your stress level, you could really benefit from practicing yoga or meditation.”

### **3. Autonomy (not MI spirit)**

**Student:** “The principle gave me a list of things I have to do to keep out of trouble. It is overwhelming. On top of studying and doing my homework, I have to stay quiet in class. It is too much. I just can’t do it. But I don’t want any more detention.”

**Coach:** [said with kind, caring voice] “You’re going to **have** to do this if you want to stay out of trouble. You don’t really have a choice anymore.”

#### 4. Evocation, Partnership (MI spirit)

**Student:** “I’m not going to study anymore after school. I’ve tried it for a week, and I continue to struggle. Why do I need math anyways?”

**Coach:** “OK. You’re feeling frustrate. Studying works for lots of students, but not for all of them. Maybe we need to consider a different approach. We have talked about some other ways to address the issue. What makes sense for you to try instead?”

\*\*\*This handout is based on a handout from Lee & Frey (2014)