Diary entry 1

Inclusiveness

Today I worked on my inclusiveness skills. I included others when I noticed no-one passed the ball to JJ in our game of basketball. I made sure I passed her the ball several times when she was free for a shot. JJ was able to score 2 baskets off my passes. This meant JJ felt she was part of the team. I know this because she was so excited about making the basket and the smile on her face when the other team members congratulated her.

My use of the interpersonal skill of inclusiveness made a positive impact on our team as JJ felt more valued when she scored a basket and because of this our team won the game. This made everyone feel part of the team and valued by others.

To improve my inclusiveness skills I will make sure there is a team play that includes all players so that the opposition will have to worry about marking all players on the court.

Diary entry 2

Today I again worked on my interpersonal skill of inclusiveness. TW was sitting on the sideline. I said to TW, “You sub for NM next time the ball goes out of play in the basketball game. TW felt valued as he was able to contribute to the game. I know this because when everyone high fived him after he scored the next goal shortly after coming on the court.

This made a positive impact on the team as we were able to regularly sub players in our team so they could have a rest. This meant we could keep up with the tempo of the game. This helped us defend our 2 point lead in the last minute of our semi final game and we were able to progress to the finals.

Next time, I will set up a sub roster so all team members are included and have equal playing time in the finals.