



Notebook order

Number the cards in story order.

Leora writes nineteen again in her notebook.

Coach Sheindy names it the flat part and says not to decide she is finished.

Leora makes her wrist circles smaller and the rope catches at fourteen.

Leora writes twenty after two lower days.

At the showcase Leora writes her number and tomorrow's plan.



Fact or thought?

Mark FACT for what the story shows happened. Mark THOUGHT for the story Leora tells herself.

Statement	FACT	THOUGHT
The rope catches at nineteen.	☐	☐
I have reached my limit.	☐	☐
Ahuva jumps twenty-six.	☐	☐
My arms are not built for this.	☐	☐



Test, not verdict

Choose the sentence that treats a result as information. Rewrite one other sentence in your own words.

Sentence	Information?
☐ That is a test.	
☐ I am just not good at this.	
☐ Now I know what to try again.	

One sentence in your own words



One change at a time

Draw a path through the moves that help with a flat stretch.

Start

Change one thing.

Decide you are finished.

Write the number and what changed.

Breathe out on the jump.

Change five things at once.

Ask the coach.

A useful practice step



My practice log

Use a fictional person. Plan three tests for a skill that has stopped improving.

A fictional person's skill

Three one-change tests

What to record each time



Flat part reminders

Read the reminders with an adult. Choose one that fits. Final stickers are 2 1/4-inch squares.

**Flat is not
finished**

**Change one
thing**

**A test is
information**

**Compare with
yourself**

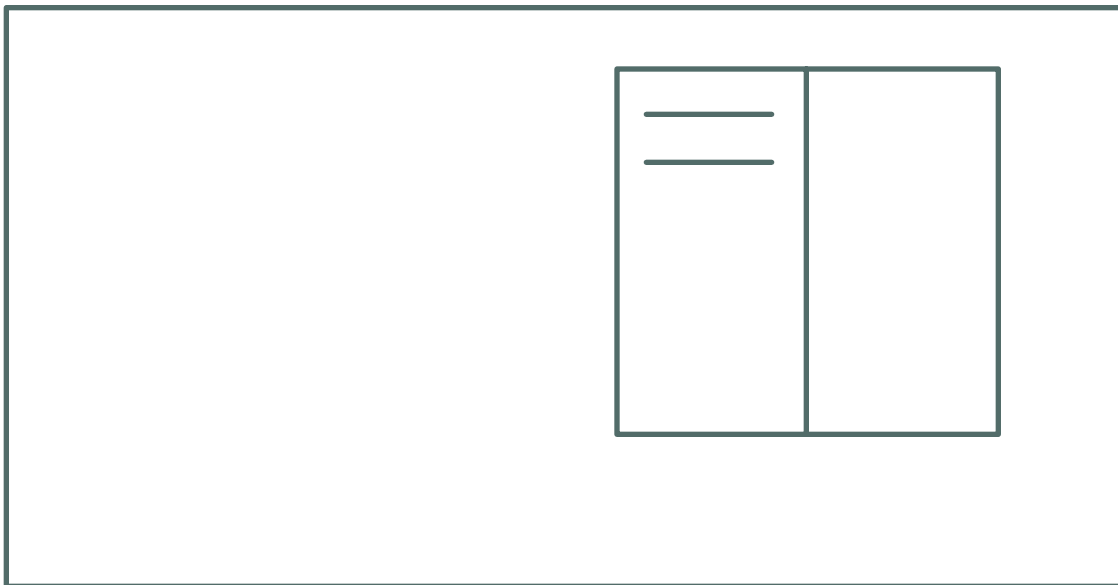
**Write what you
tried**

Breathe out



Rope and notebook

Draw a jump rope coiled on a gym mat beside an open notebook with a column of numbers.



A detail I add to the notebook or mat



Find the practice words

Find ROPE, FLAT, TEST, COACH, WRIST, COUNT, BREATHE, SHEINDY.
All go left to right. Tell one word's part in the story.

R	O	P	E	X	Q	Z	B	W	M
X	F	L	A	T	Q	M	D	F	G
Z	T	E	S	T	P	X	K	H	B
Q	C	O	A	C	H	V	D	W	N
X	W	R	I	S	T	M	Z	P	G
B	C	O	U	N	T	Q	D	F	G
X	B	R	E	A	T	H	E	M	C
S	H	E	I	N	D	Y	X	B	N
P	Q	M	Z	X	W	V	B	D	F
C	B	N	M	K	X	Q	Z	P	D

ROPE**FLAT****TEST****COACH****WRIST****COUNT****BREATHE****SHEINDY**

One word's part in the story



Parent notes and answers

Discussion questions:

What story did Leora tell herself about nineteen?

What did Coach Sheindy name the stretch where the number stays the same?

Why was fourteen called a test and not a failure?

What did Leora notice about her notebook?

What did she write after the showcase?

Parent tool: Flat stretches are normal in practice. Separate what the numbers show from what we conclude about ourselves. Change one thing at a time and record it. Do not promise a result. Compare with your own earlier numbers rather than with a friend.

1. Listed order 1, 2, 3, 4, 5.
2. FACT: The rope catches at nineteen; Ahuva jumps twenty-six. THOUGHT: I have reached my limit; My arms are not built for this.
3. Information: That is a test; Now I know what to try again. Verdict: I am just not good at this.
4. Useful nodes: Change one thing; Write the number and what changed; Breathe out on the jump; Ask the coach. Not useful nodes: Decide you are finished; Change five things at once.
5. Open. Example: change one detail, record it, compare with their own earlier numbers.
6. Open. No result is promised.
7. Open. No people needed.
8. ROPE: row 1, column 1, right; FLAT: row 2, column 2, right; TEST: row 3, column 2, right; COACH: row 4, column 2, right; WRIST: row 5, column 2, right; COUNT: row 6, column 2, right; BREATHE: row 7, column 2, right; SHEINDY: row 8, column 1, right