- TOO EASY
- BOREDOM
- CONFIDENCE
- NO GROWTH
- QUITTING

# CAPABILITIES

- SPEED IT UP
- ARTICULATIONS
- DYNAMICS
- PHRASING
- TEACH IT

### • TOO DIFFICULT

- FRUSTRATION
- EMBARRASSEMENT
- NO GROWTH
- QUITTING

# LEARING

ZONE

## CHALLENGES

- SLOW IT DOWN
- BREAK IT DOWN
- REPETITIONS
- TAKE BREAKS
- ASK FOR HELP