

**B**HERO's  
Just in **TIME**

**Educator-to-Student  
Relationship Building  
STRATEGIES**

**BHERO**  
TECHNICAL ASSISTANCE CENTER

# B-HERO -- ENDORSED RELATIONSHIP BUILDING STRATEGIES

## 2 X 10 - GETTING TO KNOW A STUDENT

The 2x10 strategy involves taking two minutes a day for ten days to meaningfully interact with a student who may be disengaged.

# 1

"I love the 2x10 strategy because I believe that strong student/teacher relationships are vital to learning, not only about academics, but about oneself. Kids who feel significant to an adult will develop confidence and willingness to engage academically and socially. I believe that connected classrooms tend to have fewer behavioral difficulties, and relationships are key to developing social-emotional wellness." - A ND BHRC

## 36 QUESTIONS TO INCREASE CONNECTEDNESS AT SCHOOL

This resource is a great companion to the 2 x 10 strategy, including 36 prompts for use with students or co-workers to increase feelings of connectedness and develop interpersonal relationships.

# 2

[CLICK ON STRATEGY TO SEE THE FULL RESOURCE!](#)

# 3

## FLOW AND TELL

Flow and Tell is a strategy for students to take a moment of mindfulness, considering sensations and thoughts to later share their feelings and discuss what they felt in that mindful moment.

# B-HERO -- ENDORSED RELATIONSHIP BUILDING STRATEGIES

## MINDFULLY CREATING POSITIVE RELATIONSHIPS

Mindfully Creating Positive Relationships with Students is a practice for those who interact with students to reflect upon their emotional experiences with students to recognize and understand emotional patterns.

# 4

## DIALOGUE JOURNALS

Dialogue Journals are a strategy for students to stay in direct contact with their instructors through writing. Click on the applicable grade levels below for the strategy.

# 5

[FOR ELEMENTARY STUDENTS](#)

[FOR MIDDLE SCHOOL STUDENTS](#)

[FOR HIGH SCHOOL STUDENTS](#)

## FOUR CORNERS

Four Corners is an activity for controversial topics, where students move to one of the four corners of the room to indicate their views on a topic and explain their position.

# 6

# B-HERO -- ENDORSED RELATIONSHIP BUILDING STRATEGIES

# 7

## WHAT'S THE TINT OF YOUR GLASSES?

What's the Tint of Your Glasses can be used to help students learn how different perspectives stem from different backgrounds, and these perspectives are all valuable.

## PUT DOWN THE PUT-DOWNS

Put Down the Put-Downs provides students with an opportunity to reflect upon feelings that come from using hurtful names and behavior. Then, discussion leads to an action-plan to stop these behaviors in the classroom.

# 8

# 9

## CHECK-IN CIRCLE FOR COMMUNITY BUILDING

This technique for community building amongst students or school staff provides an opportunity for people to take a mindful movement and reflect upon how they are doing.

## CRUMPLED REMINDER

Crumpled Reminder encourages students to write down a mistake they made and how it made them feel, crumple the paper, and reflect upon how their mistakes help them learn.

# 10