

## 2 x 10 Relationship Building Strategy

Spend two minutes per day for ten consecutive school days engaging in non-contingent conversation with a selected student.

### WHERE & WHEN?

Before school, passing time, recess, lunch, during seat work, in the hallways, or after school.

### HOW?

Keep your interaction positive and focused on the student's interests or anything else they want to talk about. Try to listen more than talk!

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## 2 X 10

### IS...

- Dedicated time provided for a student to be heard
- Catered to the student's interests and personality
- An opportunity to learn more about a student
- Allowing the student to guide the conversation

### IS NOT...

- Earned by the student
- A time to evaluate school performance or check in on assignments, etc.
- Related to academic progress or grading

## TIPS AND TRICKS FOR MEANINGFUL CONVERSATIONS

- Avoid overthinking it! Thinking about the 2x10 as an opportunity for **casual, yet meaningful conversation** can help!
- The student does **not** need to know that you are implementing an **intervention**.
- **Observe** the student as opportunities present themselves and **take note of their personality traits** to determine topics for conversation. Pay attention to what the student talks about with friends, writes or draws about in assignments or during free time.
- Attempt to **make connections between the student's interests and your own**. If you can't find one, you might try being a learner instead! You could say something like, "I noticed you enjoy \_\_\_\_\_. I don't know much about that, but I would love to hear more about it since I know you enjoy it!" You might also consider connecting on something you both **don't** enjoy.
- **You don't have to lead with a question**. For students who are hesitant, shy, or distrustful, you might consider starting by sharing a bit about your life and personality (book you are reading, plans for your weekend). This approach will build trust and eventually help the student feel comfortable enough to share.
- **A full two-minute conversation may not be possible at first**. It's okay if the student seems suspicious or doesn't respond. Try for one, positive, non-school related interaction per day, and build from there.

## ADDITIONAL PROMPTS TO START THE CONVERSATION

### ➤ "Would you Rather" Questions

- Visit the mountains or the ocean?
- Travel back in time or travel to the future?
- Play video games or go outside?
- Superpower: fly or be invisible?

### ➤ Favorites

- Activity to do with family
- Ice cream flavor/dessert
- Snack/meal
- Most prized possession
- Sport to play or watch - and are they different?

### ➤ Other

- Would you like to be famous? In what way?
- How would you describe your "perfect" day?
- For what in your life do you feel most grateful?
- Where in the world would you like to travel, right now, if you could?
- Have you ever had deja vu? What was it, and what was surprising about it?

### ➤ Special Memories

- Memory from school
- Experience with family
- Most amazing thing you've seen in real life
- Favorite holiday tradition

### ➤ "Just One Question"

- If you could ask \_\_\_ just one question, what would it be?
- Character from a book
- Teacher or Principal
- Famous person
- Family pet

### ➤ Future Focused

- What career are you interested in?
- Where do you want to live?
- What are you most excited to do as an adult?
- What would be your dream job? It can be totally ridiculous!
- If you could wake up tomorrow having gained one quality or ability, what would it be?

## NOTES CATCHER

1. Keep on a clipboard and use to capture information about the student following your two-minute conversations.
2. Use these notes to guide ongoing interactions.

| STUDENT NAME: |       |
|---------------|-------|
| Date:         | Date: |
| Date:         | Date: |
| Date:         | Date: |
| Date:         | Date: |
| Date:         | Date: |