

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!

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 déjà 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: