



2x10 Intervention: Building Positive Relationships

What is it? 2x10 is a simple proactive measure to help ensure the foundation of a positive relationship between a caring adult and student. This strategy provides positive attention through encouragement, acknowledgement and recognition of the student's strengths. By showing genuine interest and respect for the student, often that student will reciprocate.

When to use? Use with students who tend to be:

- new to campus
- struggling with attendance
- struggling to complete assignments
- not yet positively connected to the school
- **or with any student the teacher/counselor/admin feels needs support in connecting with other students, teachers or staff.**

How to do it:

1. Determine a time of day when you can speak privately with the student without interruptions. However, it does not have to be at the same time each day. The key is to have the conversation every day for 10 consecutive days

- In the morning before school
- During lunch
- At the beginning/ending of class before/after other students have arrived/left.
- During passing time

2. Spend 2 uninterrupted, undivided minutes (or as much time as feasible) a day talking with the student **about their life and interests with the sole purpose of building your relationship.**

3. Discuss *anything other than behavior or academics*

- Inquire about the student's hobbies, extracurricular activities, or other subjects in which you know the student may have an interest or aptitude
- Try to learn about or identify the student's strengths
- If the student will not answer your questions, offer information about yourself, refer to movies, sports, current events, etc.
- Offer genuine compliments
- Be careful to avoid making requests to improve behavior or critique work
- ***During these 2 minutes, your student can talk about anything she or he wants to talk about & you get to practice your listening skills***
- ***Also, be mindful of using "growth mindset" language and feedback with your student throughout each day.***

4. If appropriate, share stories about yourself from when you were a student to help build a sense of connection.

5. Invest these 2 minutes every day for 10 consecutive days (2x10). Record your reflections in the note catcher.



2x10 Notecatcher Template

Student's Initials:			
Day/Date	What new insights did you gain about your student from your 2-minute conversation?	What new insights did you gain about yourself in terms of how you engage with this student?	How was your student's day?
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			