



## Check In Questions to Build Relationships

Secondary	Elementary	Ealy Childhood
<ul style="list-style-type: none"><li>○ What's one thing I could do better tomorrow to help you learn?</li><li>○ What was the best and worst part of class today?</li><li>○ What is something that you want me to know?</li><li>○ What 5 words best describe you?</li><li>○ What part of school do you find the most fun?</li><li>○ Where is the place that you feel most like yourself?</li><li>○ Think of a teacher that you like. What is one thinkg that they said or did that made a difference for you?</li><li>○ If you could make a rule that everyone would have to follow, what would it be?</li><li>○ What is one thing you wish had never been invented?</li><li>○ If you had three wishes, what would they be and why?</li><li>○ What do you need right now?</li></ul>	<ul style="list-style-type: none"><li>○ What three emojis best describe your day so far? (have pictures of different feelings, animals, and objects)</li><li>○ If you could be a superhero for a day, which hero would you be and why?</li><li>○ What do you like to do when not at school?</li><li>○ How can you tell if someone is a good friend?</li><li>○ What are you good at?</li><li>○ What do you want me to know about you? About your family?</li><li>○ What do you want to learn about this year?</li><li>○ What does it mean to be a “good student”? Are you a “good student”?</li><li>○ What do you need help with?</li><li>○ What helps when you are sad, mad, or frustrated?</li><li>○ If there was a TV show about you, what would it be called?</li></ul>	<ul style="list-style-type: none"><li>○ How are you felling today (use feelings faces chart)?</li><li>○ What is your favorite type of animal?</li><li>○ What do you think that you are good at?</li><li>○ How can teachers help kids?</li><li>○ What is your favorite thing to do?</li><li>○ What is something that scares you?</li><li>○ Would you rather be as big as an elephant or as small as an ant?</li><li>○ If you could buy anything, what would it be?</li><li>○ What is your favorite food?</li><li>○ Which do you like better, sunny days or snowy days and why?</li><li>○ What do you like best at school?</li><li>○ What is something your parent/caregiver always says to you?</li><li>○ What is the hardest part of school?</li><li>○ What are you proud of?</li><li>○ What do you need help with?</li></ul>



# Check In Questions to Build Relationships

Use **open ended questions** to get more thoughtful answers and promote a back-and-forth dialogue.

1. Check for Understanding	2. Search for Meaning	3. Inspire to Action
<b>Clarifying:</b> (avoid “why” questions which can elicit defensiveness)	<b>Interpreting with Empathy</b>	<b>Problem Solving</b> (resist the urge to give advice first)
Would you tell me a little more about...?	I’m imagining that felt ___ for you...	What will you do next?
Tell me what you mean when you say...?	That seems like it would have been _____	What would happen if...?
I’m curious to know more about...	How did you feel about that?	What resources are available that would help?
Can you give me more details on...?	How do you think ___ might have felt?	What outcome do you desire?
<b>Paraphrasing</b>	<b>Reflection and Connection</b>	<b>Supporting</b>
So, I think I hear...	What makes you think ___?	What can I do to help?
In other words...	What are some of the things that led to ___?	Who should we talk to next and how can I best support that?
Let me see if I understand...	How does that compare to ___?	When can I follow up with you on this?
Let me make sure that I am getting this right...	What did you observe?	What do you need from me to accomplish that?