

Ideas to Build Relationships and Rapport:

- Give eye contact, smile ☺
- Ask what they like to do, hobbies, show **interest**
- Be **empathetic**- validate their feelings and notice their body clues or facial expressions
- No judgement = **I noticed** statements..._____
- Compliments
- Be sincere, open, understanding and honest, Show that you care and mean it= **Genuine**
- Be predictable, stable, **consistent**, non –reactive
- **HALT** = Hungry?, Angry/ Anxious?, Lonely?, Tired? = Basic needs met first
- **Listen** to them, repeat what they say in question form to understand= reflective listening
- **Stay Calm** , “go brain dead” – don’t argue with them, use a one liner

My one liner = _____

- Make sure they know what you mean – ask questions to **check understanding**, have them repeat back directions
- **Share** personal stories, something about myself they can relate to
- Identify common interests you both have or like
- Allow them to guide or **lead** the conversation
- Pull aside the students that are withdrawn – **privately ask**, “Are you ok... you seem ____?” “Did something happen to you today?”
- **Ignore** small annoyances, correct behavior matter of fact tone of voice
- Assume they DON’T “know better” = “Kids do well if they CAN” – Dr. Ross Greene
- **Teach the behavior** or skill you want them to do – stay in teacher mode
- Joke around, make them **laugh**, humor (at an appropriate time)
- **Follow through** and do what you say you will do, no empty promises → builds trust
- **Playing** together or do something while you talk = puzzle, color sheet, legos
- Get to know their past, family, **background**
- Be **patient** and don’t take behavior personally
- The 3 houses = dreams, worries, good things = build a good foundation
- Be ok with **silence** and just sit next to them, don’t make them talk
- 2 min a day, 1 on 1 time to talk = 10 min per week of extra attention. (**2 and 10**)
- **Give 2 choices** as often as possible so they have some control _____
- DON’T bribe or threaten to get them to behave or stop...
- Give them an out – a way to leave or go **calm down space/ tools/ plan**
- **Remove** any **audience** to avoid embarrassment
- **Learn their Love Language** = give them what they need (even when YOU don’t want to)
Words of affirmation, physical touch, quality time, gifts, acts of service

Other ideas=

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