

INCLUSION
STRATEGIES
& TOOLS

THE 2-MINUTE METHOD

EVERYDAY CONNECTION STRATEGY

The 2-minute method strategy helps build relationships between educators and children by sharing in children's interests.



Spend 2 minutes per day interacting positively with a child to build meaningful connections.

See results in just 10 days!



HOW TO:

- Interact positively. Focus on the child's interests when playing and conversing. For example, follow the child's lead, offer preferred activities, be curious, and ask questions to get to know them better.
- Engage authentically with the child. Validate what they share and elaborate with responsive facial expressions, gestures, and comments while doing something they like.

When educators focus on positive relationship building, they nurture trust and respect. This fosters stronger connections and helps reduce challenging behaviours.

CONSIDERATIONS:

- Be genuinely interested and get creative with your interactions.
- Make sincere comments and observations.
- Don't forget to share about yourself.
- Avoid being directive or talking about discipline and academics.
- See Connection Starters tip sheet for more ideas.

Repeat daily.