

CREATING A RHYTHM WITH YOUR WORDS...

in MIDDLE SCHOOL



Instill purpose by starting the day with encouraging words.

- Good morning!
- You look so handsome/beautiful today!
- I'm praying that you have an amazing day!
- How can I pray for you today?
- I believe in you!
- Can I give you a hug?



Interpret life during informal conversations as you travel.

- Who are your top three friends right now?
- What's your favorite thing in your life right now?
- What was something that was your favorite that you don't like anymore?
- What's a movie or song that all your friends are talking about?
- What would you do on your "perfect" day?
- What would be your dream job?
- Do you ever wonder what it was like to be me when I was a kid? What would you like to know?



Establish values with intentional conversations while you eat together.

- You're enough.
- The choices you make today will impact your opportunities tomorrow.
- I really appreciate how you _____.
- What would you do in this situation?
- Be yourself. I like who you are.



Listen to their heart by staying available—just in case.

- You know you can tell me anything.
 - If you can't talk to me, who would you feel comfortable talking to?
 - I will always love you no matter what.
 - Did anything happen today that was upsetting/frustrating?
 - What was the best part of your day?
 - Tell me more.
 - I'm sorry that I _____.
 - Good night. I love you!
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