

# 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 in middle school?  
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!



## *Strengthen your relationship by adjusting your plans to show up whenever they need you.*

- What's the funniest thing that happened today?
- What is something you would like me to do with you that you love?
- I think you're so talented. You're really good at \_\_\_\_\_.
- You can tell me anything, anytime.
- Is there anything you would like to talk about?
- Let's take 30 minutes together today to do anything you want.
- I will always be here for you.