

APPLICATION EXERCISES

How Can I Apply This Tool?

1. Part of showing up means slowing down. Take a few moments to think about how you can create space in your everyday schedule for conversations with the kid or teen you are parenting or mentoring. Life is busy for us as adults and it may feel impossible to be there for busy teens every day (we barely see them as it is!). Our friends at ParentCue.org have identified four key times parents and teenagers may have together on a consistent basis:

MORNING TIME: Instill purpose by starting off their day with encouraging words.

MEAL TIME: Connect regularly by scheduling time to eat together.

BED TIME: Interpret life when they occasionally open up at the end of the day.

THEIR TIME: Strengthen your relationship by adjusting your plans to show up when they need you.

2. If you're a coach, consider setting time aside for ten minutes before practice starts to check-in. Or parents, consider creating a regularly scheduled game night or backyard bonfire night to spark conversation. Create a conversation space in your house. Designate a specific room or a set of chairs as a "no phone and no judgment" zone. For instance, make the family dinner table a device free table.
3. Show up especially when they are hurting or they've had a tough day. Here are a few ways to show up in a practical way:
 - Text them a screenshot of an encouraging quote.
 - Put their favorite snack in their room with a note.
 - Pick them up early from school and do something fun together.

Take them on a short two or three-day trip camping, fishing, or watching their favorite sports team.