

A BRILLIANT ME IN ACTION ONE PAGE GUIDE TO...

ALLEN MENDLER'S 2X10 STRATEGY

WHAT?

Allen Mendler is an American author and educator. His work focuses on positive behaviour management. Mendler suggests this relational approach to get to know pupils who are struggling / challenging.

Mendler suggests: spend 2 minutes a day for 10 consecutive school days having a conversation with the child. A conversation that is about them – their hobbies, interests, favourite games or pets et al. It is important that the conversations are not about school work and / or behaviour.

The goal is to get to know the child outside of school in an authentic manner.

Mendler suggests acknowledges this may seem impossible given the pressures of time. It is important to make this commitment (or as close as possible) so that there is time to overcome any initial awkwardness or wariness.

WHY?

For a child (and the rest of us) being known is crucial for creating a sense of safety and belonging.

Regular positive interactions boost self-esteem, create a sense of belonging, and encourage engagement. From a neuroscience perspective, these positive foster secure attachment, lower stress, and promote oxytocin release, leading to better self-regulation and readiness to learn.

SEL?

Connecting with pupils is 'SEL in the everyday'. It is modelling skills, creating safety and building trust.

FIND OUT MORE

- **Mendler, A. Connecting with Students, ASCD, 2001** – '2 x 10' is one of the strategies suggested in the book.
- **Article: 2x10 Relationship Building: How to Do It (and Why It Works!)**, Nick Woolf, Panorama Education. (*Good summary of the 'what?' and 'how?'*)
- **Jean Gross – Creating the We: Ideas for building pupils' belonging in school**
- **Henze, E.E.C., Burley, T., Coon, T. et al. Validating the 2x10 Intervention. Contemp School Psychol 29, 575–589 (2025).**

SEE ALSO

- **Professor Tim Brighthouse - 20 things that teachers do**
- **Conversation Starters / Getting to Know you Questions**

