

10 & 10

10 Minutes of Writing & 10 Minutes of Reading and Sharing

TOPIC: Choose a topic you both agree to discuss

Sample 1: Write 5 qualities you admire in your parent/guardian (mother, father or both), sibling, or educator and why you admire those qualities.

Write 5 qualities you admire of your child/student and why you admire those qualities.

Sample 2: Discuss internet safety, future goals, social drinking or a topic you both agree on.

FORMAT:

1. Take 10 minutes...each person goes to a separate room and writes their thoughts about the chosen topic.
2. After 10 minutes return together and read what each person wrote.
3. Discuss what you read, starting each sentence with "I Feel".

FOCUS:

1. Connect through Communication
2. Understand different perspectives
3. Listen with respect to each other's feelings...they are never right or wrong.

GOAL: Goal is to take time together to do a 10 & 10 once a week choosing different topics.