5 Questions to Ask Team Members

1. What are you looking forward to as a FIRST team member?
   *This sets the tone for a respectful conversation.*

2. What makes you smile or feel happy?
   *This helps you understand the youth’s favorite activities, strengths, reason they chose to be a part of FIRST, etc.*

3. What makes you angry or sad?
   *This lets you know what triggers there may be to behaviors so you can anticipate them.*

4. What does it look like when you are angry or sad?
   *This will let you know what you will see if a youth is angry or sad (gestures, facial expressions, etc).*

5. What should we do when that happens?
   *This lets you know what calming techniques work for the youth.*

Remember:
You don’t need to know a diagnosis!
You just need to know what will help the team member to be successful on your team.