

## 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.