

A photograph of two students, a young man and a young woman, sitting at a table in a classroom. The young man is on the left, looking down at something on the table. The young woman is on the right, wearing a yellow t-shirt with the text 'HUMAN 100% Natural' on it, and is also looking down. In the background, another student is visible, and the classroom has large windows and bookshelves.

# FUELGUIDE

## YOUTH IN SCHOOL

IGNITE CURIOSITY | SPARK CONNECTIONS

**FUEL**BOX

# WHY

**TO CREATE A GREAT LEARNING ENVIRONMENT IN THE CLASSROOM, KIDS NEED TO FEEL CONNECTED. THAT THEY BELONG AND MATTER TO OTHERS.**

Sharing with each other face to face triumphs everything when developing and strengthening connections between people.

In the classroom, strong connections are crucial to collaboration, learning, performance and wellbeing.

FuelBox will facilitate new and exciting conversations without a hidden agenda, while at the same time the students get to practice important communication skills.

# WHAT

**FUELBOX IS A TOOL TO ENGAGE PEOPLE IN GREAT CONVERSATIONS**

With more than 170 open ended questions FuelBox creates reflections, sharing and learning relevant to the relationship and situation.


FuelBox is a tool to develop students, teachers and the learning environment in the classroom. Great communication and high quality connections is not just something you get, it is something you work on, again and again.

# HOW

**TO ENSURE THAT FUELBOX BECOMES A REAL GAME CHANGER FOR YOUR SCHOOL, WE RECOMMEND THAT YOU USE THE BOX FREQUENTLY AND OVER TIME.**

This guide will give you tips on how you can implement and facilitate FuelBox with your students.

The purpose of FuelBox is to create a classroom and a culture where students and teachers thrive, connect, perform and collaborate together!



Create awareness, Inspire & Motivate

## INTRODUCTION

When you introduce FuelBox for the first time, share your thoughts with your students on the questions below:

- ❖ WHY are you going to use FuelBox?
- ❖ HOW are you going to use FuelBox going forward?

### FACILITATION

1. One person picks a card.
2. The person to the right starts to share their reflections.
3. Challenge the participants to be engaged, curious and to ask follow-up questions.
4. When everyone has shared, the next person picks a new question.
5. You are allowed to use «pass» on a question.
6. Summarize the session by asking the participants to share their experience



## Engage & Experience

## FACILITATION



## PROMOTION

### ❖ TALKSHOP IN CLASS

Split the class in groups and let the students pick cards placed on desks, question down. Use in pairs, learning groups//project groups.  
*\*2-4 students, 10-15 min*

### ❖ FUELLUNCH

Pick questions during the lunch break or invite another class for great lunch conversations.  
*\*4-6 students, 20- 30min*

### ❖ FUELWEEK

Select the QUESTION OF THE WEEK from FuelBox and challenge students and teachers to start conversations by asking five other kids or teachers this question during the week.  
*\*School, 1 week*

Develop a culture

**FUELBOX**





## SELF-REFLECTION


Let the kids have a pause to reflect on a question from FuelBox. Maybe someone wants to share their reflections in class?

## FUEL GROUPS & PARTNERS

- ❖ Use FuelBox in different groups facilitated by school nurse, counselor or other resources in the school. A great way to establish trust and psychological safety in a new group or to address specific topics.  
\*4-6 students, 30-45min
- ❖ For schools systematically using *learning buddies*, start every new buddy-period with a question from FuelBox  
\*2 students, 10-20 min

## FUELMOMENT

- ❖ Engage everyone with a question from FuelBox, at the same time every week. How about MORNINGFUEL every Monday morning or WEEKENDFUEL every Friday afternoon?
- ❖ Pick a card from FuelBox going in to a project. Let the group members connect from the start!
- ❖ Make sure there are boxes visible to the students. We recommend you have one FuelBox to use in every classroom!



## FUEL OUTSIDE

- ❖ Bring the box on hikes with the students.
- ❖ Use the box while having social events.
- ❖ Bring FuelBox outside for a walk to clear the heads!



## SPEED-FUEL

- ❖ Place one card on each desk, question down.
- ❖ Let the students sit in pairs.
- ❖ Change conversation partner every three minutes

## EDUCATIONAL TASKS

- ❖ Pick a card as an inspiration for writing or drawing. Can also be used as homework.
- ❖ Pick a card as a kickstarter of a plenary or group discussion.
- ❖ Pick a card to make new students feel welcome, and also use FuelBox every time you change learning buddies.
- ❖ Use questions from questions from FuelBox as the starting point for presentations.



People will forget

**what you said**

People will forget

**what you did**

But people will never forget

**how you made them ~~feel~~**  
*fuel*

Maya Angelou



# THE FUELTEAM

IGNITE CURIOSITY. SPARK CONNECTIONS.



## LET'S CONNECT



@fuelboxworld

**FUELBOX**