

# Banking Time Strategy

## PURPOSE

Use this evidence-based strategy to build trust through predictable and consistent student-led joint activity and conversation (Hamre & Pianta, 2006).

## DIRECTIONS:

Use the strategy and suggested process below to create predictable time and space for individual relationship building.

## Strategy:

In the Banking Time strategy, teachers arrange for brief, regular, interactive and play-based sessions to better get to know students. Research conducted on the Banking Time strategy shows decreased levels of cortisol in students, increased student engagement and teacher behaviors that are less directive and display less negativity toward students (Hatfield & Williford, 2017).

### BANKING TIME



- Teachers meet with an individual student for 10-15 minutes, 2-3 times a week, to engage in a student-led activity and focus on the positive.
- Teachers follow the student’s lead and they do not attempt to teach. They listen to students, narrate what students are doing and validate their emotions.
- Banking Time is not a punishment or a reward; sessions are held regardless of the student’s behavior that day.

## Plan:

Determine the logistics for meeting and how to frame the session. For example, *“I would like to take some time for us to get to know each other better. I was hoping that we could meet a few times a week and do something that you enjoy. What do you think?”*

<b>Student:</b>	
<b>When and Where:</b>	

Not every session needs to be formally planned, and consistency is key. However, it may be helpful to brainstorm a few of the student’s preferred activities together.

Activity Bank:	Possible Prompts:
	<p><i>“How would you like to spend our time together?”</i></p> <p><i>“What would you like to do?”</i></p> <p><i>“What’s something that you’re good at? Could you show me?”</i></p>

## Reflect:

How did this help you learn about the student in new ways? Did you notice any changes in your relationship with the student?