

# Pop-In with Purpose: A C.A.R.E.S.

## Conversation Guide for Morning Meeting and Advisory

Support classroom communities by joining morning meetings or advisories to facilitate meaningful conversations centered on Fly Five and the C.A.R.E.S. competencies.

### Why use this resource?

- Student voice builds community. When students feel heard, they feel valued.
- It strengthens the ongoing development of essential life skills. This circle supports positive identity, belonging, and connection.

### When should I use this

- Perfect for pop-ins. Use during a classroom visit, advisory, morning meeting, or small group time—no prep required.

### Leadership Tips

- Be a guest, not a leader. Step in with curiosity—let students take the lead.
- Build ownership. Ask a student to be the circle greeter or closer.
- Keep it brief and meaningful. 5–10 minutes can go a long way.

### Advice for a Meaningful Flow to Your Pop-In

#### Start with a Mindful Moment

- Take two deep breaths together.
- Or go around and have students share one word describing their feelings.

### CARES Connection Prompts for Discussion

- “Tell us about a time you acted responsibly this week.”
- “How did someone show empathy to you lately?”
- “What helps you cooperate with others when it’s hard?”
- “When was a moment you practiced self-control today?”
- “What does assertiveness look like in a kind way?”

### Reflection Share-Out

#### Invite students to share:

- One word or feeling from today’s circle.
- A takeaway or appreciation.

