

# FUELGUIDE

## FuelBox KIDS

Congratulations on your new **FuelBox**!  
Get ready for some great conversations!

**FuelBox** KIDS contains 170 questions to create engaging, meaningful and entertaining conversations for and with children 2 to 5 years of age. These kids are emotional creatures and the questions in the box focus on enhancing emotional intelligence (EQ).

We have gathered some tips and advice to give you the best possible use of your **FuelBox** over time.

Please feel welcome to contact us for any further questions.

*Ignite curiosity.  
Spark connections*



# FASILITATION

FuelBox KIDS 2-5 can be used 1-1 or bigger groups at a time. We recommend that FuelBox is introduced in smaller groups, so that the adult can facilitate that all the children will be heard and gets a chance to speak. Small groups will also make it more manageable to ask follow-up-questions and help the children reflect on what comes up in the conversation.

## TIPS:

- Be curious and use active listening by using follow-up questions.
- Ask follow-up questions to give the children an opportunity to reflect and share more,. We recommend you to focus on emotions connected to the topic.
- Choose to avoid questions starting with “why”. These questions demand logical explanations, and emotions are often not logical.
- Be a good rolemodel by participating in the conversation, put your feelings into words and explain and reflect on your own experience if possible with the children.
- Be conscious on the way you meet the children and what they share, the children will copy you.
- Let the child or adult who is speaking hold something, f.ex a rock
- Let the children be able to draw their thoughts and emotions regarding a question you pick.

## TIPS follow-up questions:

The questions you find in your FuelBox are developed to kickstart great conversation.

To make that happen, follow-up-questions from the adults are essential:

How was that for you?

What more can you say about...?

What did you do then?

What did you feel?

Ask questions by repeating a word or sentence said.



# TIPS & AND IDEAS

## Fuel Groups

Let all the children in the group answer the question. Small groups are easier to facilitate than larger.

## Morning Fuel

Start the day off with the question of the day.

## Fuel Walk

Bring the box when you go for a walk with the children.

## Fuel Conversation child/adult

Let one child sit alone with an adult and pick a cards

## Fuel Whisper

Pick a card and let the children whisper their answers to each other.

## Fuel Drawing

Pick a card and let the children draw what comes into their mind.

## Fuel Meal

Let the box be a natural part of eating together in kindergarten.

## Teddy Fuel

The teddy or the doll wants to have a conversation with the children! Let the teddy pick a card and start the conversation. A hand-doll is a great helper!



# #FUELTHEKINDERGARTEN

*make it a better place...*

Do you have questions or need help to kick the great conversations off?

We have developed a 2 hours course to implement the great conversations for both kids and adults in kindergarten.

For development of leaders and kindergarten teams we provide  
**FuelBox LEADER** and **FuelBox KINDERGARTEN TEAMS**.

**FuelBox KIDS** and **FuelBox KINDERGARTEN TEAM** is developed in cooperation with EQ Institute in Norway, [www.eqi.no](http://www.eqi.no).

**FuelBox KINDERGARTEN TEAM** is a leadership tool to work on connections and performance with their team through sharing of knowledge, experience and personal stories.



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