



WSU Tri-Cities College of Education is committed to quality learning during this time of uncertainty and new circumstances. “Teaching Tips” is a quick resource for families in their role as educators to their homebound children.

## “Tell Me Three Things” by Maria Moscatelli

*Suggested age/grade level: any*

Especially in these times of uncertainty, many students struggle with maintaining focus and processing their thoughts. I have a special needs child of my own who struggles with the amount of information traveling through her brain at any given time. To try and get a feel for what she’s thinking, I ask her, “Tell me three things.” This opens the door for her to process and respond to – not everything – just three things that are at the forefront of her thoughts.

Because this is open-ended, she has a much easier time articulating to me what her thoughts are. I then have the opportunity to ask her if she’d like to talk more or simply allow her to move on to additional conversation. Sometimes she does, and sometimes she doesn’t. Either way, the conversation allows her to process her thoughts, and I can get a glimpse into what she is thinking. Then when we go on to “Tell me something else you’re thinking,” she often turns the “Tell me three things” around on me, and I share three things I’m thinking.

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