



Hot Seat

Each person in the 'hot seat' gets to answer questions about themselves

TIME

10-20 minutes



TEAM STAGE

Forming

MATERIALS

Paper, writing utensils, hat or bucket

SUMMARY

One at a time, each person gets to spend a few minutes answering questions about themselves so the group can learn more about one another.

SET UP

- Have everyone sit in chairs or on the ground and form a circle. There should be one chair or space in the middle of the circle for the "hot seat".

INSTRUCTIONS

- Have everyone write down three or four questions on piece of papers and place them in a hat or bucket. These questions should be appropriate and applicable to anyone in the group.
 - **Facilitator Note:** Remind participants to only pick questions that are appropriate and that they think their peers would be willing to answer. Also ensure participants that they can pass on any questions that they do not want to answer.
- Have one volunteer sit in the "hot seat".
- Ask another volunteer to start by pulling a question out of the hat or bucket and asking it to the person in the "hot seat".
- After that question is answered, have the participant who asked the question choose to pass the hat or bucket to the right or to the left. Continue going around the circle in that direction, allowing each participant to ask one question.
- After three or four questions, have the person in the middle choose another participant to take their place in the "hot seat".
- Continue going around the circle asking questions until everyone has had a chance to be in the "hot seat".

VARIATIONS

- Try different structures for who gets to ask the questions. Consider going around the whole circle and having each participant ask a question each time someone new is in the "hot seat", popcorn around the circle by having each participant who asks a question choose who gets to ask the next question, have the person in the "hot seat" choose who asks them a question, or let participants volunteer to ask questions in whatever order they choose.
- This activity does not need to take place all in one sitting. Have a few participants take a turn in the "hot seat", then save the rest of the questions until a later date when the activity can be continued with new participants. Make sure to keep track of who has had a chance to answer questions, and keep finding opportunities to continue the activity until everyone has had a chance to be in the "hot seat".



VARIATIONS *(continued)*

-  **High Risk:** To facilitate a higher risk variation of this activity, skip the hat and pre-written questions and allow participants to come up with their own questions specifically for the person in the "hot seat". Either go around in a circle and let participants come up with a question on the spot, or open it up to whoever has a question they want to ask.
-  **Large Group:** To facilitate this activity for a large group, have participants get into two or more smaller circles with a "hot seat" in each one. This will allow more people to get to answer questions in less time.
-  **Online:** To facilitate this activity virtually, have participants think of questions to ask and write them down on a piece of paper or a word document on their computer. Take a volunteer to be in the "hot seat" and then post a list of three or four other participants' names in the chat. Have each of those participants ask one of their questions to the person in the "hot seat". Then, have the person in the "hot seat" choose someone else to replace them and post a new list of participants' names in the chat. Continue until all participants have had a chance to ask and answer questions.

DEBRIEF QUESTIONS

- How did it feel to be the center of attention in this activity?
- What did you gain from participating in this activity?
- How can our group benefit from this activity?

 **Facilitator Note:** As a general note, icebreakers are used for the purpose of breaking the ice and getting a group warmed up to participate in lessons and activities that will include debrief questions. Typically an icebreaker does not need to be debriefed, however, when done intentionally, inserting a mini debrief or thought provoking question after an icebreaker can help to set up the rest of the lesson and tie the entire experience together in a more seamless fashion. These are some sample questions that can be used or modified to connect to the lesson that will follow.