

## 20 Questions: Getting to Know Your Team

**be nice.** action plan focus: notice, invite

**time: 45 minutes**

**materials:**

- None

**directions:**

This is a great activity to build connections on your team. What similarities can we **notice** about each other? What differences can we **notice** and appreciate? Try and find a balance between light-hearted and deep -- this is an activity to work on being introspective about ourselves and those around us.

1. Gather team in a circle and sit on the floor or in chairs
2. Establish ground rules
  - This is a safe space
  - Be respectful of each other's answers
  - No extra comments or side conversations
3. Ask the group one question at a time, and go around the circle and share. The questions go from easy / silly to more serious -- answers can be short and sweet! Alternate who shares first each round. Encourage everyone to share according to their own interpretation of the questions.
  - What is the last book you read?
  - What is your dream Olympic Sport to play (or favorite to watch)?



# be nice.®

notice invite challenge empower

- If you were a kitchen utensil, what would you be?
- On a scale of 1-10, how artistic are you?
- On a scale of 1-10, how musical are you?
- What is your favorite TV show?
- What have you enjoyed about our athletic season so far?
- What do you consider your greatest accomplishment / what is something you are proud of?
- What is a career goal for you?
- On a scale of 1-10, how loving are you to your friends?
- On a scale of 1-10, how loving are you to strangers?
- What is a life goal for yourself?
- Who are you closest to in your family & why?
- Who in your family do you want to grow closer to?
- Why are you here?

4. The 2nd section of questions allows your team to connect with each other.

- What question did you enjoy the most?
- Whose answer to a question did you enjoy the most?
- Who did you learn about the most?
- Who would you like to learn about more?
- Who do you think you're the most similar to?
- What did you learn from this activity?

