



LEARNING ABOUT ONE ANOTHER

We can learn more about other people when we take time to ask questions and really listen with an open mind and heart. Learning about each other helps us understand each other. It helps us grow closer—even with people we already know. Sometimes, we can learn things that surprise us. This activity invites you to interview someone in order to get to know them better.

Find a person who you would like to interview. Ask them if they agree to be interviewed and to also interview you in return. Who is it? _____



Talk with them to discover three things you have in common with them that you can't guess just by looking at them and then list each below.



Ask them these interview questions. If the person you are interviewing doesn't have an answer or wants to skip a question, that's ok. Move on to the next question. Remember to listen without judging or interrupting. After you finish your interview, switch roles and answer the questions yourself. Leave "your answer" blank until you switch roles and are asked the interview questions.



What is your favorite food? What do you enjoy about it?

Their answer: _____

Your answer: _____



Who is your hero or someone you really admire? Why do you admire that person?

Their answer: _____

Your answer: _____



What is one of your happiest memories?

Their answer: _____

Your answer: _____



What is something you've learned (or are learning) how to do that you really enjoy? What do you enjoy about it?

Their answer: _____

Your answer: _____



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What is something you're looking forward to in the future?

Their answer: _____

Your answer: _____



Write Your Own Question.

Your question: _____

Their answer: _____

Their question: _____

Your answer: _____



Which of their answers surprised you? _____



What did you appreciate learning about your partner? _____



Switch roles, so your partner can interview you and have your partner write down your answers. Start from the beginning. When your partner finishes interviewing you, have them answer: Which answer surprised you about me? _____

What have you appreciated learning about me? _____

Talk with your partner about what it was like to listen and share with one another. Did the two of you notice any thoughts, feelings or sensations as you did this activity?



TODAY'S CHALLENGE

Think about 1-2 more people to repeat this activity with. Write their names below.

