



## Our Favorite Meal - Facilitation

**Learning Target:** To learn that asking questions helps you get to know your team as together you get to know each other. Facilitation is the “Art of asking Questions.”

**Materials:** 3-4 paper plates/team, pens and 1 “Facilitation sheet.”

**Welcome: (1 min)** *(Energetically greet your peers and set the tone for the lesson)*

“Hello everyone, we are excited to meet with you. Today’s lesson is going to help you with your facilitation skills. In this lesson we will learn the “Art of asking questions.”

**Introductions: (2 Min)**

Each executive mentor introduces themselves and shares a fact about themselves and.... split the mentors into small groups and have them sit together on the floor. Ask several groups to respond to the transition questions.

**Transition:**

When you hear the word facilitation, what does that mean to you? How many of you have had a class you really enjoyed? Why did you like it? Was it the content, or the teacher? What are the things your teachers do to make the class fun? What else?

**Ask:** How did your teacher get the class involved? What did they do?  
We call that facilitation...the Art of asking questions.

**Fist of 5**

With your hands - Rate yourself on a scale of 1-5 on how good of a facilitator you are right now. Give me a 1-5 raise your hand (hands). Why did you give yourself a 3?  
Ask a 4...why not a 5? Ask a 2...why not a 1? Who gave themselves a 5? Why?

Ok let’s see how we do! We are going to break up into teams of 5-6. Take a seat.

**Activity (12 min): Our Favorite Meal**

Count off 1-5 or 6 in your group. (Activity Facilitator make adjustments to the assignments based on the number in each group).  
Participant 1 you are the facilitator, I will hand out your instructions that are just for just your eyes. You will lead the activity.



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Participant 2 and 3 you are the observers. Remember 2 and 3 you are one of the most critical parts to this activity. Silently observe your team in action.

4-5 or 6 you are the participants.

Participant 1 - go ahead and give instructions to your team.

1. Take your plate and put it on your head.
2. Draw our favorite - protein,
3. Draw our favorite vegetable/fruit,
4. Draw our favorite starch,
5. Draw our favorite drink.

Teams... now go ahead and look at your plates.

Ask each team:

How many of you drew the same thing? Who has at least 2 items the same? Who did most of the talking? Why weren't all of the drawings the same?? Were the instructions to draw **your** favorite meal? What did you notice about my language? What is the activity called? (**Our** favorite Meal)

If you were drawing "**OUR** favorite meal," Why are they all different? - Shouldn't they be the same if we were drawing **OUR** favorite Meal? What happened?

What does this remind you of? When do we miss things in school?

What step did we miss? ...(asking questions, communication, giving input, observers seeing the big picture)

If you knew the objective was to create **OUR** favorite meal.

What would you have done differently?

If you were to do it again, what would you do differently this time? (option to ask - Why don't **all** the teams have the same meals?

Let's change rolls. #1 and 2 you will become the participants. #3 you will become the facilitator (facilitation sheet). #4,5,6 you will become the observers.

**Say:** As executive mentors you will be meeting weekly. This usually happens before school. Sometimes this includes food. So what are the things you like to eat for breakfast? As a team, come up with "Our favorite breakfast." You have two minutes to draw OUR favorite Breakfast.

Popcorn from team to team... getting each group to share 1-2 of their questions they asked this time.



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What can we learn from asking questions?

### **Step 4: Debrief (10 min)**

Ask the students to have a class discussion. **Note:** *It's your job to make sure that the discussion stays on topic and that the mentees really share out from the heart.*

**Note:** Remember to share the air, ask follow up questions and share personal examples.

1. Observers, what did you notice this time?
2. Participants: What changed for you?
3. Facilitator, What made it easy to give instructions? How did asking questions help?
4. As an executive mentor when should we be asking questions?
5. What is the benefit of asking questions? What do you gain?

\*\*\*Did some of you give up your favorite ingredients for the good of the group? How can having a team decision impact the groups you will be leading this year? We call this servant leadership. Giving up what I want for the needs of the group. Emphasizing servant leadership\*\*\*

How can this help your team?

As part of the **Ignite Way**, we believe in the Art of Asking Questions. Notice I called it an art? Why do you think asking questions... is an art?

### **Step 5: Wrap Up & Challenge:**

Asking questions not only helps you get to know your team, it really helps them get to know themselves and each other. We all deserve the opportunity to be understood. What an amazing role you play in getting to know a team of mentors and helping them know themselves. Practice the "Art of asking Questions" as you interact and lead your groups. On the arms/hands of your avatar please answer these questions:

1. One way you can put others first everyday?
2. What is one thing others can do to hold you up?