



## Iowa 4-H Youth Development

# Knee to Knee

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### Directions:

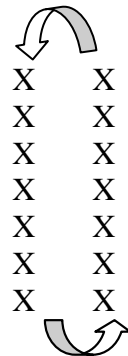
Line up with 2 rows of chairs facing each other. Participants sit in the chair so they are “knee to knee” with a partner (actually about 1 foot apart). Participants should introduce themselves to each other, then answer the question the facilitator will ask. Allow up to 2 minutes for answers to be exchanged.

At the facilitator’s signal, each person should move one chair to the right. Again, introductions are made and the facilitator asks a question for the participants to answer. Usually 5-6 questions asked is a good amount of time for the activity.

This activity is a great way for individuals in groups to connect with each other and develop a sense of belonging with the group.

### Questions to ask participants while knee to knee with each other:

- What is your favorite book and why?
- What is your favorite movie and why?
- What is your favorite part of 4-H?
- What was your favorite game or toy as a child?
- What is your favorite thing to do in your free time?
- Do you like speaking in front of groups? Why or why not?
- Do you prefer to do things yourself or delegate tasks to others?
- If you could only keep one of your five senses, which one would it be?
- How do you make decisions ... is it easy or difficult for you?
- What quality do you feel is most important for a leader to have?



### After the activity, ask the entire group:

- Did you discover new things about the members of the group?
- Why is it important to know other members in the group?
- How can you use this activity in the group you are working with?

*Adapted from:*  
*“10 Minute Leadership Lessons”*  
*by Anna Gilbertson, Pat Morreim, Carol Skelly, and Anne Stevenson*  
*University of Minnesota Extension Service, 2006*

... and justice for all

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