



Building empathy +
trust

Big Questions

Copyright Greg Van Kirk 2019

Facilitator's Instructions:

The set up:

- Partner with someone random in the room

The activity:

- Tell the group that they have 6 minutes to answer a question that you pose (3 for each person)
-

1. If you could choose anyone in the world to have dinner with, who would it be?
2. What would constitute a perfect day for you?
3. When did you last sing to yourself? To someone else?
4. Is there something you have dreamed of doing for a long time? Why haven't you done it?
5. What is your most treasured memory?
6. If you know that in one year, you would die suddenly, would you change anything about the way you are living now? Why?
7. If you could change anything about the way you were raised, what would it be?
8. Share an embarrassing moment in your life.

- Have a couple of volunteers share how they felt after the exercise

Leadership:	1-2 people
Room structure:	Each person partners with one other person that they have never interacted with
Required resources:	Series of questions, timer
Time needed:	1 hour
Group size:	More than 6
When to use:	