

Getting to Know Each Other Building Strong Relationships with RULER

Video 3

Activity Summary: In this activity, staff will connect and deepen their relationships with each other.

Time: 10 minutes (includes viewing the video)

Materials

- List of questions below posted for all to see

Facilitator Directions

1. Explain that just like youth in our program, we are all unique. When we take time to get to know each other, we learn about who we are and what matters most to us. We also can discover ways that we may already be connected, or uncover new ways to strengthen our relationships. Today, we will spend time learning about each other's interests and expertise.
2. Post the questions below in front of the room for all to see. Ask each staff member to read through the questions and select one question that they would like to answer with another staff member.
3. Ask staff to find a partner. Tell staff they will have 2 minutes to answer their question and then 2 minutes for their partner to share the answer to their question. Set a timer for each of the 2-minute periods.
4. Repeat as many times as you would like, going through the questions below (or other questions that you or staff would like to add).

Question Bank

- Name a place that you would like to visit, and explain why.
- What's something you're really good at?
- What's your best friend like? What makes you feel so close with them?
- What's your go-to song to sing or listen to?
- What do you find most rewarding about working with youth?
- What is your favorite book or movie and why?
- What do you like to do in your free time?
- What is the origin of your name?