

## Facilitator's Question Tool Box

The following sample questions may be used to invite sharing or reflection prior to, during, or after experiential learning activities.

### Get to Know You (Icebreaker) questions

1. What is your favourite (TV show, singer, movie, recreational activity, teacher, school subject, App, place in your home community, family member, food, colour, bird, animal, drink, sport, community event, etc)?? Then ask: WHY?
2. What is your biggest personal strength or characteristic?
3. What are you really good at doing?
4. What do you want to get better at?
5. What are your dreams for the future?
6. Tell a short story about yourself.
7. Share something worth celebrating, or something you celebrated.
8. What is one thing that you (like to, have to, want to) do every day?
9. What is one thing that stresses you out?
10. What is your favourite restaurant to eat at?
11. Who was your all-time favourite teacher and why?
12. What is a current television show that you enjoy watching?
13. If you could possess one unique super power, what would it be?
14. When is your birthday?
15. What is one life goal?
16. What is your hometown/where were you born?
17. What is your best memory so far?

### Activity questions

1. What are you hoping to get out of this activity (your goals)?
2. What did you learn?
3. How did that make you feel?
4. What was your favourite moment during the activity?
5. What was your least favourite moment?
6. How was good (communication, supervision, leadership, teamwork) demonstrated during the activity?
7. What was your role or responsibility during the activity and assess how you thought you did?
8. Did you have any challenges doing what you were told? Then ask, WHY?
9. Did you understand what you were supposed to do?
10. What is your mood or emotion?
11. Have one person quiz the other by asking a question related to the activity. The facilitator will frame the question.
12. What (or who) were you proud of today?
13. Who showed good (communication, supervision, leadership, teamwork) today? How?
14. How are you going to use the skills, knowledge, or experience in the future?

### Debriefing Questions (from the Debriefing Wheelies)

### What Happened?

Describe something new you saw in yourself or someone else.  
Name one way you felt supported by others.  
Describe something that made you smile or laugh.  
Describe how the group supported one another.  
Describe the best qualities you observed in the leader.  
Describe the best qualities you observed in the followers.  
Describe what forms of non-verbal communication you observed.  
Who made suggestions for completing the task? What were they?  
Describe how the group worked together as a team.  
Describe the moment you believe was the turning point for the group.  
Give an example of when you trusted a team member.  
Acknowledge or recognize someone else for a job well done.  
Describe an important moment or situation that helped the group solve a problem.  
Describe a good idea that you heard.  
Describe a feeling you experienced.  
Describe how the group communicated.  
Describe the teamwork that you observed.  
Describe something that pushed you out of your comfort zone.  
How did your attitude affect the success of your experience?  
Were there any behaviours that negatively affected the group? Explain.  
Were there any AHA moments of learning? Explain.  
Describe something new you learned.  
What behaviours demonstrated leadership?

### So What?

What personal strengths did you have that you did not use? Explain.  
Why is this experience important?  
Describe something that pushed you outside of your comfort zone.  
Describe how trust affected the outcome.  
Describe the biggest lesson you learned.  
What did you learn and how will you use it?  
How did the group work together as a team? Describe.  
How could teamwork be improved?  
What do you think the purpose of this experience was?  
How did the problem solving ability of the group impact the results of the exercise?  
How did trust impact the results of the exercise?  
Describe something that was hard to hear.  
If you could do this activity again, what would you do differently?  
What was difficult for you? Why?  
What was easy for you? Why?  
Which contribution made you feel the best about yourself?  
How did the communication styles of the group impact the results of the exercise?  
Describe how communication could be improved.  
Describe how effective communication affects relationships.  
Describe how leadership (effective or not) affected the result of the activity.  
How did your actions affect others? Describe.  
How did your communication style impact the results of the exercise?

Describe how leadership affected the outcome.

### Now What?

What do you want to remember about what was experienced?

Describe some similarities from the real world that you saw in your behaviour here.

What would you do differently next time?

What will we do with what we just learned?

How will you apply this learning to the real world (school, home, friends, work, social media)?

How does this relate to real life?

Describe a vision that you have for the future.

What did you learn about teamwork that will be helpful later?

What did you learn about being a follower that will be helpful later?

How will you use the information here in your everyday life?

How can we use (this experience, these skills, this knowledge) to help us in the future?

What is the one thing you may do differently in the future?

What direction would you like to see the group go?

What did you learn about communication that will be helpful later?

What did you learn about your own communication style that will be helpful later?

How will this experience change the way you communicate with others?

What did you learn about others that will be helpful later?

What did you learn about your leadership style that will be helpful later?

What did you learn about leadership that will be helpful later?

Describe one behaviour that you may change after this experience.

Describe the greatest insight or AHA moment that you had today.

### Conflict Resolution Questions

1. What is one thing you could have done differently?
2. How do you think the other party views this conflict?
3. How do you think their perspective differs from yours?
4. Describe your initial reaction to the conflict?
5. Who did you first discuss the conflict with? When and where?
6. Are you trying to cast blame? Why, or why not?
7. In the grand scheme of things, how important is this conflict?
8. Are you using old stuff to fuel this fire?
9. What will resolve this conflict, from your perspective?
10. How did your actions contribute to this conflict?
11. How did your communications contribute to the conflict?
12. How can your future communications help resolve the conflict?
13. How can your future action help resolve the conflict?
14. What is your perspective about this conflict?
15. What happened to get us here?

### Emotions Card Questions

What happened today that caused you to pick your card?

How can you improve your mood or maintain your positive emotion?

Did anyone in the group pick a card that surprised you? Why?

Do you feel like others see you differently than you see yourself? Why?  
 How would someone close to you describe you?  
 In what ways does your personality really show?  
 How does today differ from yesterday?  
 Is your current mood different from the mood that you want to have? What can we do to help you get to that emotion?  
 Do you find yourself having the same emotion every day?  
 Does your daily emotion change how others view you?  
 What caused this emotion today?  
 Why did you pick that card?  
 What caused you to feel that way?  
 If positive, what can you do to experience that emotion again?  
 If negative, what can you do to prevent that emotion from occurring again?  
 What control do you have over that emotion?  
 What emotions are the greatest to have as a (leader, teacher, parent, business person, friend, policeman, politician, doctor, etc)?  
 Who was the best actor (acting out the emotions) of the group?  
 Do you ever feel like you are acting when you show a certain emotion?  
 Is it ever appropriate to fake an emotion?  
 Do you think others fake emotions?  
 What emotions does this group need to display to work together effectively?  
 Do we need to change the emotions selected by the group as participation guidelines? What would you add or subtract?  
 What emotion best describes you?  
 What emotion is the hardest to define or mimic?  
 Did you wish that you had been given a different emotion card?  
 Rank (or line up) the emotions from happiest to angriest.  
 What new emotions did you learn today?  
 Is there any emotion you learned today that best describes you?  
 Did you ever find yourself needing a different word to describe your emotions?  
 What emotion do you use too frequently but now you have a new word to describe?  
 What was your emotion card's opposite emotion?  
 What are the strengths and challenges of the emotional opposites?  
 What is the right time and place to share emotions with someone else?  
 Did you share an emotion that has been held close? How did that make you feel?  
 Do you have a hard time talking or sharing your emotions with others?  
 Do you need to have a certain level of trust with someone in order to share with them?  
 Did you have a hard time choosing an emotion? Why?  
 Were you ever torn between two or more emotions following an activity or situation?  
 How can you choose which emotion to display during a hard situation?  
 Have you ever been around someone who acted a certain way but proved different?  
 What do you do when you find someone who is "two-faced"?  
 When can you act one way, but feel the opposite?  
 What steps can you take to act the same on the outside as you feel on the inside?