



# Week 2

## Hot Seat – Light Edition

### Purpose

To promote peer connection, communication, and respectful curiosity through a light-hearted, student-led question activity.

### Focus

Social Awareness, Relationship Skills

### Materials

A “Hot Seat” chair or spot in the room

Stick Notes

Pens or pencils

Anonymous question submission box

Timer or clock to manage pacing.

## Introduction (2–3 min.)

### Say:

“Today we’re kicking off one of our student-led sessions: *Hot Seat*. The goal is to get to know each other better in a fun, low-stress way. You’ll hear some questions that are light, silly, or just interesting, and we’ll rotate a few volunteers through the “Hot Seat” to answer them.”

### Next, read the rules below aloud:

Be respectful and mindful with questions.

Laugh with, not at, your classmates.

Do not pressure others to answer questions.

Questions may be skipped by choice.

### Then, use sample questions below to illustrate appropriate questions:

If you could have any animal as a pet, what would it be?

What is the last thing you searched on YouTube?

What is the weirdest food combination you enjoy?



## Activity (15–18 min.)

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### **Hand out Sticky Notes and say:**

“We are now ready to start the activity. Please write a question for someone in the Hot Seat to answer. You can either read them aloud or drop your questions into this submission box for me to read aloud.”

### **Say:**

“Are there any volunteers that want to take the Hot Seat first (if not, choose one)?”

Once the seat is taken, the student will answer three questions either from the submission box or from another student directly.

## Reflection/Wrap-up (2–3 min.)

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### **Say:**

“Thank you all for your participation in today’s activity. Today was about becoming more closely connected to others in a light, fun way. Before we end for the day:...”

### **Ask:**

“What’s one thing you learned about someone today?”

“How did you feel while in the Hot Seat?”

“Why do you think it is important to be able to answer questions we do not expect?”

## Notes

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If every student’s question is answered, have each write another until it is time to wrap-up. Questions can carry over from student to student in the Hot Seat if they have not been asked yet.

\* For the third reflection question, connect the activity to the importance of interview skills briefly (it is a future activity).