



RecipeCards

A Project of the Jeffco Student Health Advisory Council

HOT SEAT

An activity to learn more about one another.

Time
2-20 Minutes (2 minutes per round)

Group Size
5-30 Students

Materials
None

INSTRUCTIONS

1. Students gather seated in a circle.
2. One student is chosen from the group at a time to sit in the hot seat for either 30 seconds, 1 minute or 2 minutes [depending on instructor discretion], in which the other students may ask them anything, and they must answer as much as possible. If they feel uncomfortable answering a question they say “Hot Seat” and the class automatically, without question, moves on. Then the student in the hot seat chooses the next student to go.
3. No student can go twice. Everyone may not be able to go.

DISCUSSION QUESTIONS

- Why is privacy important? Is privacy good or bad amongst peers?
- Does peer pressure influence our willingness to share?