

Two@aTime project

SESSION 2

UNLOCKING OUR STORIES





SESSION 2

INTRODUCTION

Welcome back to the Two@aTime Project! Remember, the goal of Two@aTime is to empower young people like yourselves to be able to better communicate with people who are different from you...people with different skin colors, backgrounds, beliefs and experiences. The project has challenged us to set down our phones and our social media and start having more face-to-face conversations.

OUTCOMES

- Understand the Two@aTime project.
- Reflect on your social media usage and its impact on you.
- Analyze the analogy of using different keys to unlock someone's story to apply to your own life.
- Reflect on and use different questions when meeting someone new.
- Contribute to creating group guidelines for having face-to-face conversations.
- Understand some of the issues regarding race and ethnicity.

LEADER PREP

1. Review the Leader Guide sections on “The Red Basket” and “Creating a Supportive & Safe Space for all Team Members”.
2. Have the basket/box with Team Member’s journals ready to pass out at the beginning of the session.
3. Have poster paper and markers available for group guidelines.
4. Print out the Open-Ended Questions sheet and cut each question out and put in fish-bowl/basket.

Session Map

🕒 1 hour

Setting the Stage	10 min
Inside the Episode	25 min
Activity	10 min
Two@aTime Work	10 min
Closing Credits	5 min

MATERIALS NEEDED

- [Session 2 video](#)
- Basket/Box and journals from session 1
- Set of keys
- A fish-bowl or basket for questions
- Printed out and cut open-ended questions sheet
- One large poster-board paper
- Markers
- Optional: A Red Basket (if you choose to have students put their phones down)

VOCABULARY

- Respect
- Goodwill
- Brainstorm
- Open-Ended Questions
- Active Listening



ACTIVITY

SETTING THE STAGE

🕒 10 Minutes

- Team Leader passes out white envelopes to Team Members.

During the last session we talked about the benefits of having Two@aTime face-to-face conversations. We also discovered how much time we spend on social media and which platforms we liked the most. So I'm curious: Have you thought about or reconsidered the amount of time you want to spend on social media? Let's talk about it.

✓ WEEKLY CHECK-IN QUESTIONS

- Who this week has THOUGHT about spending less time on social media? Put your thumbs up if you have.
- How many of you DECIDED to spend less time on social media and then DID it? Put your thumbs up if you did.
- How did it go if you did either of these, thought about it, or tried it?

Last week, we closed out our session by jotting down some ideas that you feel are most important to talk about regarding issues of race and ethnicity. Who would like to share some of your ideas from your white envelope?

- The Team Leader has several Team Members share their ideas from their white envelopes.
- While the Team Members are sharing,

★ FUN IDEA

If the Team Leader decides to use a red basket to hold Team Members phones now would be the time to ask Team Members to come drop their phone in the basket and see how it feels to truly put their phones down, step away from social media, and focus on face-to-face conversations.



the Team Leader can ask followup questions like: "Why do you feel this is important? How would our country be different if we talked about these things?"

While we watch episode 2, let's see if any of your ideas are discussed.



INSIDE THE EPISODE

🕒 25 Minutes

So we're about to watch Episode 2, which is our first Two@aTime conversation, between Madison and Rodney. These are two very, very different people with different skin colors, experiences and perspectives. What we're going to discover in this episode is the power of asking great questions when you're getting to know someone.

While you're watching this episode, I want you to FOCUS ON ONE THING:



Keep track of how many questions they ask each other.

And starting today, during each episode, we are going to pause midway through and have a fun POP QUIZ.

It is time for us to watch episode 2 of Two@aTime

WATCH EPISODE 2

<https://www.youtube.com/watch?v=Gih-gNvjPKI>

Team Leader **pauses** the video when cued and asks following questions:

POP QUIZ QUESTIONS

- How many questions do you think they asked each other?
- Have you ever asked that many questions to someone you didn't know? Why or why not?
- Why do you think it is important to be curious and ask questions?

Continue Watching Episode 2 to its conclusion.

Now that we have watched episode 2, let's talk about it...

WRAP-UP QUESTION

- What was your favorite part of Madison and Rodney's conversation?
- (Optional question): What do you think made this conversation so successful?

ACTIVITY

UNLOCKING A STORY

🕒 10 Minutes

We've now seen how a question is a powerful tool. It's like a key that can unlock many doors. (Leader holds up keys) In a conversation, questions are the keys that unlock stories...getting people to talk and tell stories about their lives. Next I want to talk about what makes a great question.

- Team Leader reviews with the group what makes a good question and discusses active listening.
- Review Tips and Terms

REMEMBER... Active listening is giving another person your full and undivided attention by stopping what you are doing and looking at them. Being focused on what they are saying and listening for the facts they are communicating as well as the feelings and needs behind the facts.

REMEMBER... Open-ended questions are questions that can not be answered quickly with a yes or a no and instead get the other person telling a story. Example: "Tell me about your family."

! GOOD QUESTION TIPS

- Good questions are fun to ask and answer!
- They get people talking a lot and telling a story about their life.
- A good question also involves more than a yes or no response.
- The types of questions that best become keys to unlocking a story are called open-ended questions.

Now that we know what a good question is, we're going to do a fun activity.

I have a fishbowl here (hold it up) with a lot of really fun and interesting open-ended questions that could be possible keys to unlocking someone's story. I'm going to pass it around and everyone is going to take one question out of the bowl. Then you're going to pick a partner next to you and practice asking each other questions.



The first person asks a question, then uses their active listening skills while the other person answers. Then you reverse that. So everyone will have a chance to ask and answer a question.

- Team Leader passes the bowl around the room so that everyone can pick one question
- Team Leader then has everyone choose partner who is next to them.
- Once they are paired up, the first person asks the second person a question. After two minutes they reverse roles.

I am going to give you 2 minutes to answer the question you're asked. Then you'll switch. I'll let you know when your time is up. Does everyone understand the setup? Awesome, let's get to it!

- Run the activity to completion.

QUESTION UPON COMPLETION

- What was your favorite question that you either asked or answered?

ACTIVITY

TWO@ATIME WORK

🕒 10 Minutes

Now that we practiced asking and answering open-ended questions, we are going to break off into small groups and do some Two@aTime work!

- Have the Team Members divide into groups of 4-5.

In episode 2, we saw Rodney and Madison get handed a white envelope question that they both answered. Now, it's your turn to answer the white envelope question!

But before we do that, I want to go over something...

Another goal of the Two@aTime Project is to make sure that everyone in this room feels comfortable in sharing their thoughts and opinions and feels like their voice matters. While we're having our conversations today, can we all agree to treat each other with goodwill and respect?

REMEMBER... *Goodwill* is a kind, helpful, or friendly feeling or attitude.

REMEMBER... *Respect* is a feeling or understanding that someone or something is important and should be treated appropriately. Respectful treatment of another should include: listening without interrupting, looking at them, not raising your voice, showing appreciation.

REMEMBER... *Brainstorming* is the generating and free-flowing of ideas without any censorship or judgement. Brainstorming allows individuals to feel confident to share big, bold, and wild ideas without the fear of being wrong.

So beyond goodwill and respect, what else would you say is important for us to remember about how we treat each other as we talk? Let's brainstorm that for a couple of minutes and I will write down what you all agree on.

These will be our Group Guidelines for our discussions.

- Team Leader will have a poster board and markers ready to create guidelines.
- Team Leader helps the group generate ideas for guidelines. Allow Team Members 3 minutes to create their group guidelines in a group discussion format.
- Team Leader writes agreed-upon guidelines on a poster board.
- Team guidelines will then be posted during all sessions.

The goal of the Two@aTime Project is not to change your opinions or beliefs but to get us to talk to each other face-to-face. And these guidelines will help us do that.

Next, using our new guidelines, let's discuss the white envelope question in our small groups.

- What are the differences that keep us from coming together in the area of race, and how have these influences impacted you personally?

Give the small groups five minutes to discuss the question.

CONCLUSION

Wrap up as you would like.



CLOSING CREDITS

 5 Minutes

In our last couple of minutes, I want you to grab your journal. Write the following:

Remind each student to put down:

- Session Number and Keyword
- YOUR NUMBER, which is their comfort number for having a face-to-face conversation with someone different than themselves.
- SOCIAL MEDIA NUMBER, which is the average amount of time they spend daily on social media.

Remember, these numbers might be different this week than last week.

Finally, at the end of today's episode, Courtenay challenges us to come up with four open-ended questions to ask someone. On your paper, create 4 fun open-ended questions and write down the names of the 4 people who you plan to ask.

Next time I see you, I will be asking for volunteers to share how their challenge turned out!

When you're finished, drop your journal in the basket/box as you are leaving.