



A questions-based exercise which pushes participants to reconsider their instincts and sharpen their listening skills, while learning the value of asking the right questions at the right time



Learning experience



Topic

Awareness, values and responsibility



60min



Participants

- Know more about each other's way of thinking and learn to fight the instinct of answering questions immediately
- Understand each other's ways of thinking, their priorities, and associations
- Are able to listen better to each other and asking meaningful questions to reflect on our way of thinking



Suitable for  
all course participants



Practical sessions  
Theoretical lessons  
Digital session



Outdoor F2F  
Indoor F2F  
Digital



Materials needed

- Pens
- Post it notes

More activities under [see-project.eu](https://see-project.eu)



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- Flip charts set up per section for people to add their questions (on post it notes)
- Bell or foghorn to make sound of end of round and to move to others
- Music



## Preparation

The goal of this activity is to add to each other's questions without providing answers. Therefore, participants are encouraged to sharpen their listening skills and provoke their thought processes, which can lead to new discoveries.

Examples and topics need to be defined in advance. The room needs to be organised so that participants have enough space to do the exercise standing (preferably in groups of 3, but this is adjustable)

## Activity instruction

### INTRODUCTION

Start with an example session. You will need 3 people to demonstrate:

Person 1 (setting the scene with a scenario to ask questions around): I was hiking in the mountains, in an area renowned for its birdlife, turned a corner of a high ridge and right in front, a few metres on the rock face was an eagle, on its nest. I paused and stood still. The majestic creature rose from its nest and flew off. I didn't even have time to get my camera out, but it was the most thrilling encounter, and I've never forgotten it.

Person 1 (asking the question to the other 2 participants): Why did the eagle fly away, even though I was so still and quiet?

Person 2 (responds with a question): Did you feel bad that you made the eagle fly away?

\*Person 1 writes it down

Person 3 (responds with a question): If you knew eagles were likely to be in the area, why did you go there?



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\*Person 1 writes it down

- Repeat the same process with person 2's scenario
- Repeat the same process with person 3's scenario

## WORKING IN GROUPS

Form the groups of 3.

Everyone will be asked to consider an interaction they have had with nature whilst taking part in their sport.

Once they have that scenario in their mind. Pose a question about that scenario to the other 2 people. (\*In further rounds, the leaders of the exercise provide the participants with the scenario/topic to question.)

Music sounds. Or bell or horn to move around and find another 3 people who you haven't already spoken to

Personal Choice. How can you change your choices in order to lower the impact on the environment - even if it means your "freedom" of doing whatever you want will be narrowed.

Person 1 q

Person 2 q

Person 3 q

Go round multiple times until questions are exhausted.

Music sounds, or a bell or horn to move around and find another 3 people who you haven't already spoken to.

GEAR- and sustainability. The production, materials use, life cycle, etc.

How can we call our sports sustainable if everything we use isn't?

Person 1 q

Person 2 q

Person 3 q

Go round multiple times until all the questions are exhausted



# THE POWER OF WHY



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## Reflection and discussion

Invite one or two to share the development of the first question asked to the last one. On the same topic. Everyone gets invited to ponder the questions and follow-up conversations later on.

## Potential variations

You can either let participants generate the questions from their group or ask them to moderate their original question based on other questions they have received during the exercise from other participants.

In an online environment, you can split participants into breakout groups of 3 in a Zoom meeting. For them to write down their questions, you can use an online tool like Jamboard or Padlet. Make sure you have a moderator who will either jump from group to group to let them know the rounds have come to an end or who will broadcast short messages to all groups during the session to remind them of the rules, topics, and time. After the end of individual sessions, you can close all the breakout groups and have a short concluding discussion with all participants together. They can share their insights and questions that have been particularly impactful for them - this can then be reflected in the Jamboard for example, by changing the colour of the sticky notes to red for the most impactful questions that we want everyone to reflect on in the future.



## Background knowledge

This activity is especially beneficial when covering topics connected to values and ethics. In response, in our example participants re-examined their Outdoor Sports practices and reconsidered their choices related to different activities they engage with.



# THE POWER OF WHY



Co-funded by the Erasmus+ Programme of the European Union

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Key words

#powerofwhy  
#framingquestions  
#listeningskills  
#ethics #values



Source

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