

Basic Self Advocacy Activity

Title: Hot Seat

Time: 15-20 minutes

Set Up: Group sits in a circle. The “hot seat” is a chair placed in the middle of the circle.

What is the Point? This activity will help people get to know each other better. It gives many an opportunity to speak in in a group.

Directions

- Welcome everyone
- Go around the circle and ask everyone to introduce themselves.
- Then say, one thing we like to do in self-advocacy is make friends and get to know each other better.
- We are going to do a team game called “Hot Seat.”
- Who is willing to sit in the “hot seat”?
- When you sit there we will take turns asking you questions.
- Now you can say pass if someone asks a question and you do not want to answer it.
- (If the group gets stuck here are some easy sample questions:
 - What is your favorite holiday? Why?
 - Do you have any pets?
 - What is your dream job?
 - If you could go anywhere on vacation, where would you go?)
- You can use this activity a each of your meetings. You could have one person be in the “hot seat” at each meeting until all members get a change to do it.