



## Knee to Knee

**Objective:** To break the ice in a group of strangers, break down barriers in groups, or help group members get to know each other.

**Directions:** Set up chairs for your participants. Chairs should face each other so that participants are literally “knee-to-knee.” The program facilitator begins by asking that pairs discuss a question, allowing only 1-2 minutes to discuss the question. One completion of the discussion of that question, participants are rotated 1, 2, 3 chairs to the left. With each new pair, a new question is asked.

- Discussion:**
1. Begin with questions that are “introductory” in nature.  
Example – What are the three most unique things about you? What is your idea of a dream vacation?
  2. Keep discussion time short, 1 to 2 minutes.
  3. Rotate everyone at least one chair between each question.
  4. Limit time for total session. Quit while participants are still having a good time.
  5. Mix easy questions with more thought provoking questions. Well thought out, leading questions can get the group thinking and talking about important business to be conducted later.
  6. Ring a small, pleasant sounding bell to get the group’s attention to move the group to the next chair and present the next question.

Reference: Martin, R.R.; Weber, P.L.; Henderson, W. E.; Lafontaine, K. R.; Sachs, R. E.; Roth, J.; Cox, K. J.; Schaffner, D. (1987). Knee to Knee (Section 2 p.14). LASER D.I.S.C. Columbus, OH: Ohio State University Extension.