

## **Guide to Using People Science Relationship Makers**

People Science exercises are applicable to a wide variety of situations. They can be used in large groups, in small groups, in a few minutes, or over the course of weeks. However, the end goal is the same: to build relationships. People Science exercises are specifically designed to build and strengthen **relationships** in a given group of people. To maximize the effect of these exercises, please follow the following guidelines:

### **1. Focus on relationships**

Relationships are the backbone of all People Science activities, and are best built when we are actively focusing our energy on using these exercises toward that purpose. Do not gloss over the relationship building aspect of these exercises – that is where our impact truly lies.

### **2. Combine and iterate**

These exercises can be used as stand alone activities, but feel free to combine two complementary exercises if you have the time available! Many of these exercises can be very successful used together or in the course of the same gathering.

### **3. Help us improve**

As you begin to use these exercises, please help to improve the quality of these. Comment, rate, send feedback, provide ideas, or alternative options. Share with others what worked and what didn't work . Please

send all ideas/options/edits to [info@peoplescience.info](mailto:info@peoplescience.info)

Thank you so much! And Enjoy!

Keep the People Science **Principles** in mind at all times:

- Intentionally connect people to make an impact
- Use data and artificial intelligence to achieve these interconnections
- Change the way we have conversations -intelligently network your knowledge and relationships
- Apply data-based Design Thinking to organizational structure

An open source change platform: intentional relationships can empower re-wired communities to drive exponential impact. Models and implementation design curated by [The Value Web](#) & paid for/sponsored by [Way Better Work](#). Relationship Maker Exercises licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](#).

## **100 Common Questions to ask groups to get started**



## **Timing**

5 - 15 minutes, <5 minutes

## **Purpose/Objectives - Quick Description**

Just a list of questions to be used to your heart's pleasure in whatever form you like. Sprinkle a question or two here and there to spice things up, or use them to kickstart the day.

## **Process**

Can be used in any way you see fit. The standard icebreaker involves introducing yourself, what you do, and answering one or two of the questions below:

Where did you live between the ages of 9 & 12?

Who is the person closest to you?  
What was one of the happiest moments in your life?  
Who was your best friend when you were younger?  
Describe the worst thing you ever had to wear to school.  
Who was your favourite music group in high school?  
Who was your favourite teacher in school, and for what subject?  
What time period would you have lived in, if you could have lived at any time?  
What Biblical character inspires you the most? (Besides Jesus)  
What would you do if you had won a million Rand? (can't be spiritual)  
What historical (non-Biblical) figure interests you the most? (Besides Jesus)  
Describe your favourite cousin.  
What is your favourite style of music? (Christian isn't a style)  
What is your favourite piece of art? (it doesn't have to be famous)  
Whose eyes are most like yours in the room?  
How are you like your mom? Your dad?  
What is your favourite worship song?  
What is your favourite praise song?  
If you were unlimited by money, where would you spend a vacation?  
What planet would you visit if you could go to any one?  
What is your favourite hobby?  
What is the meaning of your name?  
What is your favourite book?  
What is your favourite Bible verse?  
How did you end up at this cell?  
How did you meet your best friend or spouse?  
What would you like to be known for?  
Where were you born?  
What is your favourite family Christmas tradition?  
Tell an unusual fact about yourself.  
Describe the favourite place you've lived in.

What kind of car did your family have when you were growing up?

What is your dream car?

How many brothers and sisters do you have?

If you could not fail, what would you do?

If you were going to live on the moon and could take one thing with you, what would you take? (Besides your Bible)

If your house were on fire, what is the one thing you would grab (assuming all family and pets were safely out)?

What is the hardest thing you ever had to do?

Do you have any phobias?

What do you do when you have free time

Where did you live between the ages of 7 and 12

How many brothers and sisters did you have?

What kind of transportation did your family use?

Who was the person you felt closest to?

What was the happiest moment of your life

Tell us about your first date

What is the greatest regret of your life

The greatest compliment I ever received

Let me tell you about my best earthly friend

The hardest thing I have ever done

Describe a typical Tuesday in your life

My greatest disappointment

The gift I will never forget (apart from my conversion with you)

The thing I most enjoy in my spare time

What is your favourite time of day

What is one thing you would like your obituary to say about you

Share one of your strengths and one of your weaknesses

What is your favourite spot in your home or yard

My favourite comic strip is

People might be surprised to find out that I .....

Using weather terminology, how would you describe your week - stormy, sunny, partly cloudy, foggy, etc.

If you could not fail, what would you like to do?

If you had to live your life over, what would you change?

If you were to go to live on the moon and could carry only one thing, what would it be?

If you could be doing anything you wanted at this time next year, what would it be?

You have been granted one hour with the leader of your country. What question will you ask? What advice will you offer?

If you had an all-expenses-paid trip to anywhere in the world, where would you go? Why?

What would you do if you were to see ... a person being robbed? ... a person drowning? ... a house on fire?

Before I came to (Institution), my main interests were...

The way I would describe my family is...

The thing I remember most about high school...

My fondest memories of another person are...

My most unusual friend is...

The things I value most are...

My favorite pastimes are...

Some of the things that make me happy are...

Where I hope to be five years from now...

The thing I would most like to accomplish this year...

If you could have an endless supply of any food, what would you get?

If you were an animal, what would you be and why?

What is one goal you'd like to accomplish during your lifetime?

When you were little, who was your favorite superhero and why?

Who is your hero? (a parent, a celebrity, an influential person in one's life)

What's your favorite thing to do in the summer?

If they made a movie of your life, what would it be about and which actor would you want to play you?

If you were an ice cream flavor, which one would you be and why?

What's your favorite cartoon character, and why?

If you could visit any place in the world, where would you choose to go and why?

What's the ideal dream job for you?

Are you a morning or night person?

What are your favorite hobbies?

What are your pet peeves or interesting things about you that you dislike?

What's the weirdest thing you've ever eaten?

Name one of your favorite things about someone in your family.

Tell us about a unique or quirky habit of yours.

If you had to describe yourself using three words, it would be...

If someone made a movie of your life would it be a drama, a comedy, a romantic-comedy, action film, or science fiction and why?

If I could be anybody besides myself, I would be...

Share a nickname that you now have, once had, or would like to have and then explain the reason or story behind the name

## **Tags**

5 - 15 minutes, <5 minutes, connection points to participants, energizer, flexible, front of the room, icebreaker, interactive break, interesting facts, introductions, networking, people science, questions, small groups

## **Source:**

Multiple sources. Origin unknown.