

Activity Guide: Foundations Exchange

Time frame: 20 mins

Summary

Students share their top moral foundation value with a partner. Their partner then asks questions to learn where and how that value originated.

Purpose

Asking questions is a foundational skill for constructive dialogue but requires practice. This activity prompts students to practice asking questions aimed to learn about people's personal experiences, perspectives, and viewpoints.

Outcomes

Students will:

- Practice sharing personal experiences and stories with a partner
- Practice asking constructive questions designed to draw out personal sharing from others

Detailed Agenda

Silent Reflection

From the grid below, have students pick the value they connect with most. Ask: Which value guides your decisions, relationships, or beliefs? Allow a minute to decide.



Activity Directions

Instructions for pairs:

- **Person 1:** Share your moral foundation value with your partner.
- **Person 2:** Ask questions about personal experiences that explain why they hold that value. Use the constructive question list on the next page as a guide. You may need to dig!
- Take 5 minutes for the conversation before switching roles.

Examples of Constructive Questions

- What makes that value important to you?
- Have you always felt that way?
- How does that value show up in your life? Can you give an example?
- Have you ever encountered someone who doesn't hold this value?
- Is there a person or experience you've had that influenced your value?
- Can you say more about what you mean when you say _____?
- Why do you think that is?

Wrap-Up

Debrief Questions

- How did this go?
- What was it like sharing, listening, and asking questions like this?
- What were some constructive questions that you heard that went over well?
- Did anything surprise you about this activity?