



# Four Quadrants

## **purpose:**

This exercise is meant to quickly gauge the temperature of the room. It is a low key introduction, and is often used as a check-in of the day for multiple day work sessions/ training. It is an ideal context to lighten the mood and at the same time get a nice impression of the people participating.

**timeframe:** 5 - 10 minutes  
**facilitator:** 1  
**group-size:** 10 - 20 people  
**materials:**

tape or rope to create cross on the floor

## **instruction**

Prepare a minimum of four and a maximum of 6 categories or themes on which you would like to poll your participants. In each theme you provide 4 possible answers. Always make sure there is a 'lightweight' category to begin with, and work your way up to the more heavy, contextual questions.

For example, the first question can be: *How do you feel this morning?* Answers can be:

- I am great, thank you!
- I need one more coffee, but then I am there!
- I wish I was still asleep.
- Morning? I already have done a full day's work.

A more serious question can be:  
*What are you looking forward to this meeting?*  
With answers like:

- Getting to know new people.
- Learning new things.
- Not being in the office.
- other,...

Try to be creative with your questions and your answers.

When you have your minimum of 4 themes prepared you can start the exercise. Create a large cross on the floor by using either tape or rope – or assign four areas in the room.

Ask all participants to gather around the cross or at the centre of the room. Ask your first question and assign each answer to one of the four quadrants you've created.

Participants are now asked to move to the quadrant that fits their answer best.

Once people have settled into their quadrant do a quick check with one or two people in each quadrant on why they are in that particular quadrant.

When you are content with your first results, ask the second question and reassign the quadrants. Again, ask the participants to the most fitting quadrant, and shortly interview people on where they are.

Continue this process with each category you have created.