Hot Button Activity

We all have hot buttons: things that might drive us crazy about another person. When these sensitive areas aren't communicated, they can become sources of conflict. Here are some common hot buttons that staff members who work together might experience:

- Consistency
- Appropriate expectations for the age of each child
- Organization and cleanliness
- Supervision of children
- Communication between staff members
- Planning
- Environmental set-up

Use the following page to lead a discussion with staff members about their hot buttons. Follow these directions:

1. Print one page for each staff member involved in the discussion. Provide a box of colored pencils, crayons, or markers.
2. Ask each staff member to independently write down hot buttons (the things that make them angry or frustrated). These can be related to interactions with children, adults, or any facet of their work.
3. Ask these questions to help the staff members reflect on and open up about their hot buttons:
   a. Look over your list. Do you see any themes or similarities? Use a colored pencil to color code your responses by theme (i.e., color all of the items related to “cleanliness” green).
   b. You don’t have to share specifics today, but what general topics seem to be your hot buttons?
   c. What should your co-workers know about you and your hot buttons?
   d. What is one easy fix that would solve one hot button issue for you?
Hot Button Activity
Write a “hot button” issue in each circle.