
9 Ways to Start Check-In Conversation

1. Ritual starting moments gathering focus
(e.g. candle, silence, joke, song, etc)
2. How are you?
3. Give us a sense of where you are by a Thumbs Up / Middle / Down.
4. With regard to _____, how are you on a scale of 1-10?
5. What animal(s) best represents how you're feeling today? Devise your own gesture and noise that expresses your feeling.
6. Describe one highlight and one lowlight for you today?
7. If you're feeling _____, go stand over here.
If you're feeling _____, go stand over there.
If you're feeling _____, go in the middle.
8. Place yourselves in a straight line according to how positive/negative you feel about
_____, with positives at this end and negatives at that end.
9. What question is really sticking with you about _____?
Find others who share a similar question and place yourselves in a small group of no more than 4 people.

Find a partner outside of your group of 4 who thinks they have the answer to your question and discuss.