

Check-in Ideas (for staff and pupils)

Listen with curiosity. Speak with honesty. Act with integrity-*Roy T. Bennett, The Light in the Heart*

What's one new and interesting thing you've been thinking about lately?

What's one thing that brings you energy and joy?

What is your preoccupation today?

What kind of a day have you had so far today?

What is your personal weather status (cloudy, foggy, sunny breaks etc)?

What words would you use to describe where your head is? And where your heart is?

What are you noticing in your environment that relates to you?

If you could invite someone you respect to sit beside you and support you in making this meeting successful, whom would that be?

What's one thing you hope to accomplish today?

What is most currently living in you at this moment?

Who are the people of your life, living or passed, that you bring with you today?

What is one interest of yours that others in this group might not know about?

Share a one or two-word intention you hold for today's meeting/conversation.

What is something you came across recently that gave you hope or inspiration?

If you had to be trapped in a TV show for a month, which one would it be and why?"

Tell us an interesting fact that we didn't already know about you...

Who would be the one celebrity that you'd take on a year long road trip?

If you could be on any gameshow, which one would you choose?

If you could go back and eat one meal again, which one would it be?