

Check in Activities - Check-ins are brief non-threatening, fun sharing of information by each member. Their purpose is to bring the group together at the beginning of a session or meeting. Here are some suggestions.

Say a phrase, five words or less, that describes your day yesterday.

Finish the sentence: The best news I've had in the past week is...

Finish the sentence: When I was little, I thought I wanted to be...

Name one skill you have that no one in this group knows about.

Name the last book you read that you thought was worthwhile.

Finish the sentence: The next time we meet, we should...

What do you need to get from the group today?

If you could be any other age, what would it be?

What is one thing that you would like to accomplish before your next birthday?

What is the biggest challenge you face in the first 10 minutes of your day?

What is the most interesting thing that happened to you last week?

If you could relive one event, what would it be?

What are you likely to daydream about today?

If you could interview someone for half an hour, who would it be?

What was the last good deed you did?

What one quality would you most like to see people exhibit?

How would your next-door neighbor describe you in two words?

Using only facial expression and body language, show how you feel now?

If you were going on vacation today, where would you go and why?

What animal do you feel like today?

Name a movie, book or song that describes how you felt yesterday.

If you won the lottery today, what would you be doing tomorrow?

Name the worst movie you've seen recently.

Tell the group a funny thing that happened to you as a child.

If you were a weather report, what would you be today?

How do you relieve stress?

When you doodle, what do you draw?

What was/is your favourite cartoon character?