



Integrate Check-In's in your youth programs

Description: To create space in Club programs to share feelings and build supportive relationships with youth. Club Staff will be able to assess member's "emotional temperature," and follow up if members are struggling.

Check-in Activity Ideas:

- **If you Could Be** (5 minutes): Ask students "if you could be one _____, what would it be and why?" Fill in the blank with any category you wish (animal, color, mode of transportation, type of shoe, etc.)
- **Scale from 1 to 10** (2-5 minutes): Have students rank how they are feeling from 1 (very bad/awful) to 10 (best they could be). Optional to ask the students why they feel that number
- **One Word** (2-5 minutes): Have students say one word to describe their mood.
- **Mood Faces** (5 minutes): Have students pick between pictures of faces expressing different moods.
- **Integral "weather report"** (5 minutes): Have students compare their feelings to the weather (i.e. cloudy, raining, sunshine, etc.)
- **"High/Low"** (5 minutes): Name the high point of their day so far and the low point of their day so far.
- **Pop-culture** (5 minutes): Have the students name a movie, song, or book that describes how they are feeling today.
- **Vacation** (5 minutes): Ask the students "If you were to go on a trip today, where would you go and why?"
- **Good Deeds** (5 minutes): Ask the students "What is the nicest deed you have seen performed so far today?"
- **Finish the sentence...** (5 minutes): Ask the students to complete the sentence, "The best news I heard today was..."
- **Sound** (2-5 minutes): Have the students make a sound to express how they are feeling (optional to have students guess how they feel).
- **Barometer** (2-5 minutes): Have students use hands as a barometer to show how they are feeling (ex: hands high above head means good, hands near feet means bad.)
- **Movement** (2-5 minutes): Have the students perform short movement to show how they are feeling (optional to have the group mirror the movement).

Steps:

- Introduce Check-in's as a regular activity to begin your Club program
- Choose a different check-in before each program
- Allow 2-5 minutes for students to share their feelings
- Follow up with youth who may express they are struggling or having a hard day
- Encourage youth to keep what is shared in your program confidential
- Share important information about youth with your colleagues

Resources to Support:

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