

# Check-in prompts



Check-ins are used as a way to start a meeting, offering everyone the chance to be present and draw breath. Benefits include; Helping to build and maintain positive relationships, helping people to develop empathy and improve social and emotional skills, create a safer, happier working environment, reduce instances of bullying, create common ground, open a dialog, and they can help you arrive at a resolution to help colleagues heal and recover from conflict.

Check-in consists of two parts, the first question is usually 'How are you turning up today?'. When choosing a second question, it is useful to think about the purpose of the gathering and the participants, as creating a safe environment in key.

## Prompt inspiration . . .

### Light Touch



- If you could go back and eat a meal again, which one would it be?
- What is one of your family food traditions?
- What sport would you compete in if you were in the Olympics?
- Which fictional character would you most like to have as a mentor?
- What's your theme song today?
- What superpower would've helped you today?

### Humour



- Where would you be a fly on the wall?
- If you could be any Disney villain, who would you be?
- If you were the eighth dwarf in Snow White, what would your name be?
- If you could be on any game show, which one would you choose?
- What is your most memorable haircut?
- If you could choose any person from history to be your friend, who would it be and why?

### Wellbeing



- What three words describe your day?
- What is your personal weather status?
- What is one thing that you're grateful for right now?
- One positive thing and one pre-occupation for you?
- What is a high and a low from today?
- What inspires you when your battery is a low, what do you do to recharge?

### Hobbies



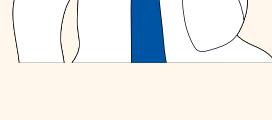
- If you could choose anywhere to have your breakfast/ lunch/ dinner today, where would you choose?
- What's the first ever life performance you went to?
- What's the first ever single you ever bought/ streamed?
- What was your first job?
- Which language would you choose to be fluent in?
- If you had an unexpected day off, what would you do?

### Connecting

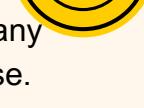


- What's one thing that brings you energy and joy?
- What is one interest of yours that the others in this group might not know about?
- Who would narrate your autobiography?
- If you could go back in time to a time in history, when would you go back to and why?
- If you had a magic wand and you could change one thing, what would it be?
- What are you most looking forward to over the next week?

### Random



- Would you rather have a time machine or a teleporter, why?
- If you had to smell one smell for the rest of your life, what smell would you choose?
- What type of drink best describes your current mood?
- What's the first thing you would show to an alien?
- If you were a musical, which one would you be?
- What would you do if you won £200?



Remember to keep check-in questions positive and light, to avoid any difficult feelings being evoked, this is a great team building exercise.