

Check-in/Check-out

10 minutes

Hyper Island

Beginner

Start and end sessions mindfully with brief personal sharing. Check-ins help people arrive mentally and emotionally; check-outs process learning and close...

H HOW TO RUN

1 Check-In (5 min):

- Each person shares briefly:
- How are you arriving? (mood, energy)
- What's on your mind?
- What do you need from this session?

2 Check-Out (5 min):

- Each person shares briefly:
- What are you taking away?
- How are you feeling now?
- What are you grateful for?

3 Variations:

- One word check-in
- Scale of 1-10
- Weather metaphor
- Physical gesture

KEY TIP

Keep it brief - 30 seconds per person max.

O OBJECTIVES

- > Build presence and connection
- > Transition into/out of work mode
- > Build trust through sharing
- > Process experiences together

M MATERIALS

- Comfortable seating in circle

P PARTICIPANTS

4-20

F FACILITATOR NOTES

REMEMBER

- Model vulnerability as facilitator.
- It's okay if people pass.
- The practice builds trust over time.
- Works better with consistent groups than one-off meetings.