



# Check In Questions

Start a session by having everyone answer a question

## TIME

10 minutes



## MATERIALS

None

## TEAM STAGE

Any Stage

## SUMMARY

Ask a check in question before starting a session to help get a gauge on your group and help participants share how they're feeling with each other before beginning a session.

## SET UP

- Determine the order in which participants will share. Options include, going in a circle, having each participant popcorn to another participant, or having participants volunteer to share in any order.

## INSTRUCTIONS

- Ask a check in question to the group. Possible questions include:
  - *On a scale of one to ten, how focused (or excited, prepared, etc.) are you feeling?*
  - *What's one word to describe how you're feeling today?*
  - *What movie title (or song) best describes how you're doing right now?*
  - *What are you excited about for today? What are you nervous about for today?*
  - *What quote best summarizes you today?*
  - *What color of the rainbow are you feeling today and why?*
  - *What's one thing you're looking forward to this week?*
- Have everyone share their answer. Depending on the risk level of the question, give participants the option to pass or not answer the question, or ask everyone answer it.
  - **Facilitator Note:** Depending on the group stage, consider if the facilitator should answer first to set the tone or help participants to feel more comfortable. If there is a question that is not as straightforward or obvious as to how to answer it, the facilitator should answer first.

## VARIATIONS

- Consider asking these questions at the end of a session to use as a check out to close the day.
- 👥 **Large Group:** To facilitate this activity for a large group, pick questions that can be answered in just one word or a short phrase.
- 💻 **Online:** To facilitate this activity virtually, post an order of names in the chat and have the participants answer the question in that order. [\[click here for video\]](#)



## DEBRIEF QUESTIONS

- How might your answer affect your contributions today?
  - What about your answer can help you to follow through with our groundrules today?
  - How can your answer help you accomplish a goal/task today?
- **Facilitator Note:** As a general note, icebreakers are used for the purpose of breaking the ice and getting a group warmed up to participate in lessons and activities that will include debrief questions. Typically an icebreaker does not need to be debriefed, however, when done intentionally, inserting a mini debrief or thought provoking question after an icebreaker can help to set up the rest of the lesson and tie the entire experience together in a more seamless fashion. These are some sample questions that can be used or modified to connect to the lesson that will follow.