



# Ground Rules Check In

Check in on the ground rules that were set when a group started working together

## TIME

10-15 minutes



## MATERIALS

Ground rules list

## TEAM STAGE

Storming, Norming, Performing

## SUMMARY

As a group continues to get to know each other, encounters conflict, or learns more about themselves, they may want to add or amend some of the ground rules they agreed on. This activity will allow them to do so.

## SET UP

- Make sure that there has been a previous conversation to set ground rules within the group, and make sure that the list of ground rules that were agreed upon is accessible and can be used in this activity.

## INSTRUCTIONS

- Remind the group that they previously agreed to a set of ground rules and ask them to reflect honestly on how their group has done with each ground rule so far.
- Go through the ground rules list rule by rule and ask participants to evaluate with a number or thumb scale how well they think they do at upholding that ground rule as a group.
- Discuss each answer and decide how to make changes to each rule so that they are a better fit for your group or discuss how to better uphold rules that are not being upheld.
- After the ground rules list has been discussed and amended as needed, ask participants to reaffirm their commitment to upholding and abiding by the ground rules.

## VARIATIONS

- Consider having participants individually evaluate and reflect on each ground rule before discussing them as a group.
- Do a mini "Plus Delta Evaluation" for each ground rule by having the group come up with what they're doing well and what they can change or improve about each ground rule.

 **Large Group:** To facilitate this activity for a large group, put participants in smaller groups to discuss and evaluate each ground rule. Then, have each small group report out on what they discussed before deciding as a large group what changes to make.

 **Online:** To facilitate this activity virtually, make sure that the initial ground rules list is in an editable online format, or recreate the list so that it can be edited. Use the chat or a polling feature for participants to evaluate each ground rule, and then discuss any changes and make edits to the ground rules list as necessary.