

Check-Ins & Check-Outs

Recommended Age: 10+

Note to Facilitators

- Anytime you are doing a session with a group of youth, try to include a check-in and check-out. It allows youth to be able to connect with how they are feeling, encourages them to share how they are doing, and allows them to practice listening to the feelings of others. For people working with youth, check-ins/outs give you input about how things are going in the session or with the youth.

Sample check-ins and check-outs:

- Have youth say what kind of animal they would be and how they are feeling.
- Have youth say how they are feeling and one thing (activity/person/animal...etc.) that gives them strength.
- Draw how you are feeling: pass out a scrap or half sheet of paper and have youth draw out how they are feeling. It can be a facial expression or anything else. Have youth explain their drawing in a go-around to explain how they are feeling.
- Put a number of objects in the centre of the circle. Have youth pick out an object. Do a go-around where everyone explains how the object represents them today.
- In pairs, youth share with a partner how they are feeling for one minute. During the go-around, the partner introduces the other person and shares how they are doing.
- Ask youth to share how they are feeling and their idea of a dream date. This should not be an actual date they have had. (Well suited when talking about relationships.)

Compliment Check-In/Out

- Have youth write a compliment they have been given, heard someone else get, or would like to hear someone say to them, without writing their name or anyone else's. Remind them that it can be a compliment about their inside (personality) or outside.
- When they have all finished writing, pass around a small box or a bag as the check-in object. Have them crumple up their paper. When it is their turn, have them put their paper in the box or bag and say how they are doing today. (Facilitators keep the paper balls for the check-out.)
- At check-out, pass the box of compliments around as the check-out object. When it is their turn, have youth choose a paper ball from the box or bag, and read the compliment out loud to the group and share how they are feeling. *Note: If you are not sure the messages are appropriate, go through them before the check-out.*

Yarn Web Friendship Connections Check-Out

For this activity, you will need a ball of yarn or ribbon.

- Youth sit together in a large circle.
- Ask participants to “think of something you would like to remember about your experiences with this group. This can be a favourite memory or what you found most valuable about this session.”
- Begin the activity with the facilitator holding the yarn. While holding one end of the yarn, roll or throw the yarn ball to someone else for them to share their favourite memory/most valuable thing about the session.
- Tell them to hold onto the yarn and roll the yarn ball to someone else, who will be next to share.
- Continue doing this until everyone has had a turn and the ‘friendship web’ is complete.
- Ask youth to “hold the yarn with some space between both hands, and hold that position.”

- The facilitator walks around the circle and cuts the yarn between their hands. Ask youth to “hold up your right hand and let go of your left. Now, everyone can take their piece of yarn away with them.” Note: Sometimes, there are still two people holding one piece of yarn; just ask one of them to drop an end, as there is another piece on the floor in the middle of the circle.