

Instructions for Check In

1. Explain to participants that “we are going start today’s meeting with check in.” Explain that ... individuals all come to meetings with personal concerns, past, present and future. These personal issues can compete silently with issues to be discussed. The ritual Check In can build group and individual focus.
2. Review the procedures:
 - a. Group listens in silence.
 - b. Participants signal they are finished by saying “in.”
 - c. Individual don’t have to participate – they signal this by saying “pass.”
3. Start Check In by going first to model the process

