

Why do we do a check in?

Asking people to identify a feeling promotes emotional intelligence

Naming a goal helps orient us toward the future

Asking for help reinforces that we have a responsibility toward one another

Consistency and reliability are critical parts of building trust

CHECK-IN



HUDDLE/CHECK-IN

- how are you feeling?
- how do you want to feel at the end of the day?
- how will you use your safety (or reset) plan if you have one?
- what is your goal for the day?
- who can help you with that or encourage you?