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
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?