

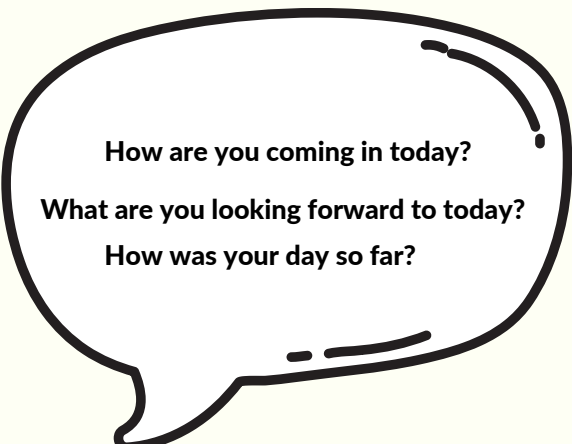


# The Value of Checking In and Out

Checking in and checking out is a practice to open and close supervision sessions, events, workshops, shift changes, and staff meetings. It acts as a transition into and out of a space of focused intention. It's also a way to build and maintain connection among the group. Checking in/out is usually lead by the group leader or facilitator, who models the way by going first. It can be done either popcorn style (people speak up in random order) or round robin (in the order people are positioned in the room).

## Checking In

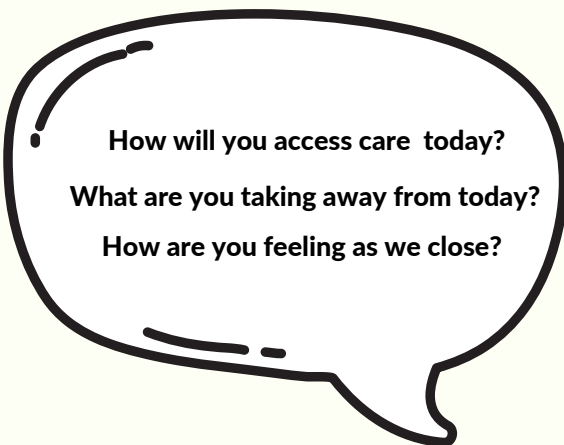
A check in is a way to begin making connections among group members who are gathered for a shared purpose, whether that is participating in a meeting, sharing feelings and thoughts at a debrief, or learning something new at a workshop. Having an opportunity to check in and hearing the check ins of others can build trust and safety among the group. It can also give the group leader some information about what the needs of the group may be.



How are you coming in today?  
What are you looking forward to today?  
How was your day so far?

## Checking Out

Checking out is a way to transition participants out of the group space and into the rest of their day. It can be used to inspire thoughtfulness about the shared time together, what they need to transition out of the group, or how they will carry the impacts of the shared space into their lives.



How will you access care today?  
What are you taking away from today?  
How are you feeling as we close?

For more information on a deeper check-in, visit the online Holistic Check-In module <https://abrpo.org/resources/module-1-holistic-check-in/>

