

CHECK-IN QUESTIONS

bring
change
to mind



It is helpful to start each club meeting with a mini mental health check in or icebreaker to assist with the flow of conversation later. It is important to set a time limit for these ice breakers to ensure there is plenty of time for the main conversation or purpose of the meeting.

Mental Health Check-Ins

Song Check-in 🎧

- What is a song that describes or vibes with how you're feeling today?

Roses and Thorns 🌹

- Have each member reflect on their week leading up to the meeting and share one thorn (low of the week) and one (or two!) roses of the week (positives of the week). Encourage members to always end on a rose.

What Colors do you feel? 🌈

- Art expression is a great regulating practice to begin with. Have each member fill their small paper with colors, shapes and lines. Give time for students to share if they feel comfortable. Where in your body are those feelings located? What colors are hiding? What shape is the biggest?

General Ice Breakers

What is your favorite form of communication with your friends and family? 

What is the bravest thing you've ever done? 

If you had three wishes, what would you wish for and why? 