

Tips for Check In's & Check Out's (and centering words)

Centering Words/Chalice Lighting Words

Packet Quote Centering

Pick a quote from the packet and then after reading it, offer a blessing Turn quotes into blessings:

- "May tonight be a time when we also...*(repeat a phrase or line from the quote)*"
- "May this gift of _____ be what we offer and share with each other tonight." *(Fill in the blank with a phrase or line from the quote)*

Music-Guided Check In:

Pick a song from the [monthly playlist](#) and use it as your centering. Set it up by inviting people to get comfortable, close their eyes (if they want), and "turn inward." Before playing the song read a small portion of the song lyrics.

"Deep" Check-ins *(About "narrowing & going deep")*

- Spirit Check In: "How is it with your spirit? Share one thing filling your spirit & one thing draining it."
- Emotional Check In: "Name the dominant feeling/emotion you are coming into the meeting with, and - in just a sentence or two - share the source of that feeling/emotion (i.e. what is making you feel that way)."
- Put Aside Check In: "Share one deeper level thing that has your attention and might keep you from being fully present during our group. Name it so you can put it aside, and we can hold it in our hearts."
- Beneath Check In: "What took you beneath the surface this past month?"
- Epiphany Check In: "What big, or little, 'epiphany' showed up for you this month?" (i.e. an insight, revelation, sense of clarity, a connecting of dots, or a new understanding about yourself or life or others)
- Show Up Check In: How has _[the theme]_ shown up in your relationships this month?
- Source of Nourishment Check In: "Name one way you have stayed close to your sources of nourishment replenishment this month?"

Here are some more specific check in's to get at this replenishment idea:

- "Name one way you have stayed close to NATURE this month?"
- "Name one way you have stayed close to BEAUTY this month?"
- "Name one way you have stayed close to PLAY this month?"
- "Name one way you have stayed close to FRIENDS this month?"
- Self Care Check In: "What has been your most meaningful or impactful self-care practice this month?"
- Rose, Bud, Thorn Check In: "In a few sentences each, share something going well("Rose"), something you are looking forward to("Bud"), and something difficult in your life right now ("Thorn")."

Check-Outs (About “stickiness” & “holding on to the gift”)

*These don't focus on gratitude because we already do gratitudes
in the response rounds during group time*

- **Emotion Check Out:** “Name the emotion you came into our meeting with, and then the emotion you are leaving with because of our time together.”
- **The One Thing Check Out:** Share the one thing - a word, phrase, image or moment - from our time together tonight that you want to hold onto in the days ahead.
- **Promise Myself Check Out:** “Because of our time tonight and my work with the packet this month, I promise myself that I will _____.”
- **Imaginary Tattoo Check Out:** Imagine that tonight’s meeting so inspired you that you now plan to get a tattoo tomorrow to remember and honor some insight from tonight. So... Because of our time together tonight, what tattoo will you get tomorrow? And where will you put it?
- **Blessing Check Out:**
 - “Because of our time together, what blessing do you want to offer to the group? Offer it by filling in the blank: ‘May we all _____.’”
 - Alternative “Offer it by filling in the blank: ‘I wish _____ for all of us.’”
- **Longing Check Out:** “Often our time together triggers or clarifies a hunger in us. For instance, a longing to pursue a new goal, enrich ourselves or lean more deeply into joy in some way. So to honor that, I invite you to check out by completing the sentence: “Because of our time together, I am now longing to...”
- **Image Check Out:** “When thinking about the gifts we receive from our meetings, it is the ideas and insights that we most often focus on. But gifts from our time together also come in the form of images. So as a way of honoring this, let’s check out by naming 1 or 2 images that represent what we’ve received from our time together today.”

EXTRA

Creative and Fun Check Ins for Retreats or First Meetings, *from our UUA*

<https://www.uua.org/blueboat/youth/favorite-check-ins>