



Check-ins for Connection &

Care: A Growing, Collaborative of Questions and Prompts to Help Hold Space

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created April 30, 2020

link: bit.ly/checkins-connection-care

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During this global coronavirus pandemic, our virtual experiences seem to be creating more digital exhaustion than digital connection. I'm finding many online sessions missing an essential element to cultivating exchanges of connection and care, especially now, when many of us may be needing it the most: check-ins.

Check-ins offer us small, meaningful ways to design experiences that invite us to be present, seen, and heard. I started generating this list with the hope that it can be a collaborative, community resource that brings us closer to one another as we're facing distancing, uncertainty, grief, and complex life events in our day-to-day. Something we can use to nurture ourselves when we show up in shared spaces, sustain our creativity, bring joy, and get us attuned to what we're feeling, whether online or in-person—when that in-person future arrives for us again.

I invite us to ask ourselves:

- *What's the most memorable check-in question or prompt you've experienced?*
- *What questions do you wish someone had asked you in a shared space?*
- *When you think about holding space in and with your community, what do you want people to uncover about each other?*
- *What conversations do you want to have that embody care and connection?*

Within this document you'll find four sections:

- **Questions:** Reflective opportunities for group sharing.
- **Prompts:** Reflections that involve an action or activity.

- **References & Resources:** Links to the source of what's been added.
- **Contributors:** An opportunity for you to include your name and contact after contributing to the list, if you choose.

So, here we are. A growing, collaborative list of check-ins. Use them. Share them. I've added some of my favorites and have shared ones that I've come up with throughout my practice. As new ones are discovered or you create some of your own, I encourage you to add them to be a supportive resource for us all, during this time and beyond.

- With gratitude and hopes for better connected and caring spaces,

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P.S. — Not sure what question or prompt to use? [Generate a random number at Random.org](#).

Questions | Reflective opportunities for group sharing

1. What's something that's recently left you "pleasantly surprised?"
2. If a lyric could express how you feel right now, what lyric/s would that be?
3. What's making you bloom/wilt?
4. What's one thing you need to release/let go of in order to be present for this conversation? (5)
5. What do you need other people to know and remember about you?
6. What do you need to feel seen and supported during this conversation?
7. What do you need right now?
8. If you could express the intention you want to hold for this meeting in one or two words, what would it be?
9. What's been fueling your spirit lately?
10. Through a facial expression, sound and/or movement, share how you're showing up today.
11. What are you being taught about resilience?
12. If you could be the weather, what would you be and why?
13. If [the current year] was a food, what would it be and why?
14. Tell me 3 things going on with you right now—
15. What smells, sights, sounds are comforting you?
16. What are you dedicated to this season?
17. When was the most recent experience that brought you pleasure or joy?
18. Who is the You of today?
19. What's sparking curiosity and wonder in your life?
20. What's the story you're currently telling about yourself?
21. How are you nurturing yourself during this time?
22. How do you cultivate pleasure in your life?
23. What makes you smile?
24. Where do you find peace?
25. Who inspires you and helps you see the good in humanity?
26. When do you feel nurtured, honored, held, and whole?
27. How are you nourishing your body?
28. What are you looking forward to this week?

- 29.** What is your body telling you?
- 30.** What's one thing that you care deeply about that others in this group may not know?
- 31.** If you could call in the energy of someone to be with you during this meeting, who would that be?
- 32.** What would we be missing if [someone in your group] weren't here?
- 33.** What beauty are you either creating, cultivating or inviting in today?
- 34.** What's a recent experience of community care that was healing for you?
- 35.** What's one thing that you appreciate about someone in your group?
- 36.** What feels important today?
- 37.** How's your heart?
- 38.** Who are you, and what are you here for?
- 39.** Which element do you feel most connected to today and why: fire, air, water, or earth?
Which would you like to feel more connected to?
- 40.** How are you adding spaciousness to your days?
- 41.** What's one thing you'd like to manifest in your life?
- 42.** What did you do last week to feel more like yourself?
- 43.** What brings you joy?
- 44.** What makes you come alive?
- 45.** What feels important today?
- 46.** What would you like more time for?
- 47.** What have you read lately?
- 48.** What has caught your eye recently?
- 49.** What value or guiding principle are you bringing with you today?
- 50.** What do you need to share to be present for this conversation?
- 51.** If a temperature could describe how you're feeling, what would it be and why?
- 52.** What four nouns describe who you are today?
- 53.** What five things are important to you in your life right now?
- 54.** When negative emotions arise how do you deal with them?
- 55.** Today, what are you wanting/desiring?
- 56.** What does your ideal day filled with pleasure look like?
- 57.** What are 5 simple things that give you pleasure?
- 58.** What's the most compassionate thing you could do for yourself this week?
- 59.** What is something you are doing in your daily life that contributes to creating the better world you want to see?
- 60.** What kind of person do you want to be?
- 61.** What values do you want your life to affirm?

62. When you look back on the other side of your life, what do you want to see?
63. What is most important to you?
64. What kind of person are you becoming?
65. How do you think the world will change in your lifetime? What will it take to turn things around?
66. What are the scariest and most exciting things facing you in the next few months?
67. When was the last time you experienced a miracle?
68. What are your roots?
69. I am a person who... (how do you see yourself?)
70. You are a person who ... (how are others seeing you?)
71. When was the last time you surprised yourself?
72. What's been your happiest memory this past year?
73. What are you still trying to prove to yourself?
74. What lesson took you the longest to unlearn?
75. What feeling do you miss?
76. When you know you need to have a difficult conversation what feelings do you experience?
77. What's something about you that would surprise most people who know you?
78. What criteria helps you to say "no" to something or commit to it?
79. What is your most treasured memory and how has it taught or shaped you?
80. Which of your character traits do you think add the most value to the world?
81. How do you like to be thanked?
82. How do you like to receive care?
83. When you're feeling stressed how do you deal with it?
84. Think of a time when you felt amazing. What made you feel that way?
85. What digital boundaries are you creating/do you need to create for yourself?
86. What has been your most meaningful experience of digital connection? How do you deal with digital exhaustion?
87. What's the best thing you've ever said "no" to?
88. Hi my name is _____, And Also Too... (what can you share that no one in the room knows about you?) Can be funny, random, deep.
89. How do you find peace of mind during trying times?
90. How do you balance being playful and being productive?
91. What's your day been like so far?
92. How are you coping?
93. What's been on your mind lately?

94. What's a moment that reminded you of the scale of the universe, that you are a part of a greater whole?
95. What's a question you find yourself asking?
96. What have you been repeating with intention or delight?
97. When's the last time you laughed most deeply?
98. What's simply satisfying you?
99. What's one thing on your collective/self care menu today?
100. What are you trying to remember/hold onto during this challenging time?
101. What's one activity that has helped nourish or ground you?
102. What's one resource that has helped support you?
103. How are you being generous towards yourself today?
104. How has the concept of "home" been showing up for you?
105. How are you finding peace today?
106. What are you needing to feel full and fed?
107. What did you discover recently?
108. What's a/n [song, color, food, plant, animal, etc. — pick one] that describes how you feel today, in body, mind or spirit?
109. What color is your heart?
110. What are three things you know for sure, right now?
111. If you could describe the type of day you've had so far from the perspective of a body part, what would you say?
112. What's possible when you face (a challenge, fear, conflict, yourself, etc) and what makes it hard to face?
113. What's on your mind right now?
114. How did you get here?
115. What brings you here?
116. What do you want to have happen?
117. What experience and expertise do you have that may be helpful?
118. How do/can you incorporate mindfulness into your life?
119. What would you like to celebrate today?
120. I am coming to this meeting/space/conversation _____. I am coming from this meeting/space/conversation _____.
121. Describe what a TV show based on your life right now would be like.
122. Is there something you are thankful for now, even though you were not thankful for it at the time it happened?
123. Share and describe a time when you felt cared for in a digital/virtual space.

- 124.** Tell us something about your love life (whether past or present).
- 125.** Based on your astrological sign: Water: how have you watered yourself lately? Air: How have you breathed life into yourself lately? Earth: How have you grounded yourself lately? Fire: How have you tended to your inner fire?
- 126.** What question do you want to be asked?

Prompts | Reflections that involve an action or activity

- Draw your current "stress" and what's keeping you "calm"
- Pick an object with a color or pattern that describes your current emotion.
- Share an object that is meaningful to you. What makes it special?
- Draw, write or act resilience?
- If you could be the weather, what would you be and why?
- Out your latest encounter with nature, or the encounter you're dreaming of.
- Take and share photos of what's been keeping you grounded lately.
- Ask each person what each part of the tree represents for them; roots (what are your roots, your community), trunk (what holds you, keeps you steady), leaves (what are you hoping for or giving to the future).
- Draw or cut out four circles. Using a circle for each question, respond to the following: What lights me up? What sustains my soul? What do I need to let go of? What do I need to hold on to?
- Write and share an experience about when you felt a deep sense of connection using only three sentences.
- ***Find an object that was gifted to you. Share your connection with that person and how receiving the gift made you feel. (can relate to the fact that a support system is super important and vital after termination)
- Make a collage of words, images, and/or shapes that describe the week you've had.
- Using markers or colored pencils, what is the color and shape of your soul today?
- **What's on your plate?:** Draw a circle or use a paper plate. In the plate, draw, write or collage what a week in your life looks like - activities, projects, care, people, interactions, responsibilities.
- **Past, Present, Future:** Through drawing, storytelling or performance share: The Past (Why do you do this work? What brought you to it?) The Present (What projects are you currently engaged in?) The Future (What are your goals and visions for the future?)
- **Living Your Dreams:** Partner with someone you don't know that well or have been wanting to connect with. Giving 2-3 minutes for each person to respond, share the following:

- **Pass the Sentence:** One person starts by saying five or more words in a sentence. The next person picks it up and freely associates to add another sentence and so on, until a story is formed.
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- **Life Map Activity:** In chronological order, create a map of 10 impactful life events that have shaped who you are today. Integrate color, symbols, images. Pick one of the events and share.
- **Time Capsule:** If you were making a time capsule to document your life right now, what are 1 or 2 objects you would place in it? Gather them from your space and share with the group.
- **Make three lists:** What are you longing for in the future? What are missing from the past? How do you feel in the present?
- Draw your current mood, then compare with another person.
- Show the first photo in your camera roll. Explain.
- Press shuffle on your music library. Explain the first song that comes up!
- Share a story about something remarkable you've experienced but tell the story only using movement.
- **Zoom Mandala:** [Free Download: Remote Facilitation Tools - Design Impact](#) making art without being in the same room. (h/t Design Impact)
- **Spiral Journal:** Invite participants to divide a sheet of paper into 4 quadrants (eg folding a piece of A4 or drawing lines on paper or tablet, etc. Ask everyone to draw a continuous spiral in the middle of their page as slowly and tightly as possible for 2 minutes. When the 2 minutes is up, invite people to complete a statement for each quadrant (they can be picked from Questions above) Could be followed by small breakout groups for soft landing into longer meetings.
- Play a meditative song and take deep/medium/short breaths to the rhythm of the beat.
- [add yours here]

References & Resources

- [Hyperisland Toolbox](#)
- [The Circle way](#)
- [Awakening the Creative Spirit](#)

- [Interplay: unlock the wisdom of your body](#)
- [Empathic Wisdom Cards](#)
- [Questions & Empathy deck](#)
- [The School of Life](#)
- [The Space Dec](#)
- [Moon Lists](#)
- [Yes! Jam: Facilitation Manual](#)
- [We're Not Really Strangers](#)
- [Icebreaker](#)
- [Remote Facilitation Tools](#)
- [OGUR](#)
- [Liberating Structures](#)
- [Check-in generator Daresay](#)
- [Lifecat Starters](#)
- [Conferences That Work](#)

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