

Check-in / Check-out

The Purpose of the Activity

- To create presence and make it easier for everyone to speak up. The activity is not an actual energizer as it is not used in the midst of lesson but rather at the beginning and end of the day.

How to Use It

- In order to maintain the presence and continuity of the activity, it is recommended that it be used every day for a limited period of at least one week. This supports the message that it is important that everyone is seen and heard every day. It can, for example, be used in the week after a holiday, during a theme week or in a week where special focus is placed on Network or well-being.
- You start the day by "checking in" and end the day again by "checking out".

Description

- The students stand in a circle. Then you take a round where all students take turns checking in by saying one sentence, which for example tells something about how you are feeling right now, or what kind of morning you have had. An example could be "I did not manage to eat breakfast this morning" or "I have been looking forward so much to this theme day!".
- You stand in the circle yourself and demonstrate the exercise by being the first person to check in. When you have checked in, you take one step forward – so that a smaller circle is created in the middle.
- For some, it can be nice to have a fixed framework for what to check in with. It may, for example, be that you have to check in by saying what you are looking forward to on the particular day.
- It is important to remember to check out again when the day is over. Here you can, for example, highlight something you found surprising during the day.

Practicalities

- **Time consumption:** About 5 minutes per round.
- **Requirements:** The activity requires that all students can stand together in a circle. Alternatively, you can do the exercise without the physical part, so you just check in while sitting in your seat.
- **Preparation:** None.

Tip!

- Remember that there are no right or wrong ways to check in or out.
- It is important that each student only makes one short statement.