

What is a check in and check out?

Checking in and checking out is about sharing how you feel respectively at the beginning of a meeting and at the end of a meeting. Besides being useful to understand how everyone is approaching the meeting, these two parts are really important from a regenerative culture point of view, as they foster connection and they create a space in which all ways of feelings are valued, respected, and supported.

Things to bear in mind:

1. If it is the first time you are meeting, or is the first time a new person is joining a meeting, the facilitator should encourage people to also mention their name and their preferred pronouns when checking in.
2. Avoid interrupting the person speaking (even with noises or expression!).
3. Don't force people to open up and share if they do not feel like it.
4. Avoid giving suggestions or advice unless explicitly asked for it

Check in exercises:

1. Connect with yourself. Before doing the check in, a very good way to connect to how you feel is to have a brief mindfulness moment (3-5 min). One person in the circle should facilitate this following these steps (in order)
 - a. Close eyes;
 - b. Deepen your breath;
 - c. Focus on sounds around you;
 - d. Focus on the point of contact of your body with floor/chair;
 - e. Quick body scan to see what feels nice and what doesn't, what feels heavy and what feels light without trying to change anything, without any judgement, just noticing
 - f. Now connect to how you feel;
 - g. Come back to the body and focus on your breath, on the falling and rising sensation;

- h. come back in the space and notice any sound;
 - i. when you're ready, open your eyes
 - j. If you feel like it, stretch a bit
2. Solemn intention statement: This statement, helps reminding us why we are here today and why we are doing what we are doing. Read this at the beginning of a meeting, encouraging people to actively listen and feel what the words mean.
- a. Let's take a moment, this moment, to consider why we are here.
Let's remember our love for this beautiful planet that feeds, nourishes, and sustains us.
Let's remember our love for the whole of humanity in all the corners of the world.
Let's recollect our sincere desire to protect all this, for ourselves, for all living beings, and for generation to come.
As we act today, may we find the courage to bring a sense of peace, love and appreciation to everyone we encounter, to every word we speak, and to every action we make.
We are here for all of us.
3. [Promised Heart Connection exercise](#)
4. Stretch. A good way to get in touch with your body is to move it a little bit!
5. Bring something you care about. This could be done to get to know each other a bit better. Each person bring something that is important to them at the moment and share in 1 why it is important for them

Check out/break exercises.

These exercises are a fun way to end the meeting or to do during the break (which by the way it should happen! :)). These exercises remind us that we are not together only to “work”, but also to enjoy and have fun while “working together”, and value the process.

1. Playing ninja. The objective of the is to take turns swiping at the opponent's hands to eliminate them. In a game, players will stand in a circle, and place their hands together. There, the countdown begins, and each player must strike a pose. Players take turns

attacking their opponents by swiping at their arms and hands in a clockwise fashion, and must freeze in place once their attack is finished. If you do not wish to attack, you can reposition yourself and skip the turn. Defending players may dodge if they think they will be hit, and must also freeze once the attack is finished. If a player is hit, the hand that is hit is out but the other hand or arm is still in. If a player misses, they must stop moving immediately. When both hands have been hit, the player is out and must stand back until there is one player left. The only player left is the winner.

2. Round of compliments. At the end of the meeting, try giving each other a compliment! This might be a bit difficult for some people, but it's always very much appreciated and foster a beautiful moment of connection
3. Dance it off! Try dancing the [rebels' version of staying alive](#)