



National
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Center

www.nsrharmony.org

Check In Circle

Developed by JoAnn Dowd

Check In Circle allows folks to transition from life outside to being present at a meeting or CFG.

Process

Sitting in a circle, each person takes a turn sharing “where they are” to whatever degree they feel comfortable, or they can pass. Others do not respond. (1-2 minutes each)

Suggested Adaptations

- Good Thing, Bad Thing: Each person says a good thing going on in their life and then a not so good thing.
- Fill In the Blank: Everyone is asked to respond to a statement, such as “What comes up for me when we start to talk about what equity, diversity and democracy is (blank) ”