



CHECK IN • LISTEN • CONNECT • LEARN

The purpose of these questions is to support you to connect with others, name and acknowledge feelings, and together make sense of our experience during this time.

If you were to pick a color or an animal to describe how you are feeling right now, what would it be?

What is a high point and low point (today, since I saw you last, this week)?

We may have mixed emotions - let's list the different feelings that people may have in this time.

We all have many parts of us, different sides that show up at different times. Name three parts of you that have come up during this spring.

What do you miss most and least? What has been the same and what has been different?

How have you changed during this time? What new things have you had to do or learn?

In the future, when you look back at this time, what strengths and qualities will you see you showed in this time?

When you feel stressed, how do you calm down, reset or feel better?

What is in your power? What ways can you be helpful during this time?

How do we want to be together during this time? What helps us show up this way together?

**What has been one of the best moments for you recently - where were you, who were you with, what were you doing, how did you feel inside?
(describe it or draw)**

If you know someone has a background of trauma or is currently in a challenging situation, choose the questions that you feel confident will benefit them. If a response is elicited that concerns you, refer the individual to a mental health professional for further support.