

# Check-In Circle for Community Building

**GOAL:** Students and educators sit in a “virtual circle,” center themselves with a mindfulness moment, and respectfully take turns answering a question about how they are doing.



## Instructions for Virtual Adaptation:

1. Schedule a time to meet with students via Zoom, Google Hangouts, or another video-conferencing service. Ask caregivers to assist and co-participate, if possible.
2. Start by explaining the purpose of this activity: to provide an opportunity for students to share what is going on for them and to acknowledge what is on the mind and heart of others.
3. Lead everyone in a mindfulness moment: *close or lower your eyes, take a deep breath, and listen to the sound. Open or raise your eyes when the sound ceases.*
4. Explain that you will pose a question for everyone to consider, and then call on students one-by-one if they raise their hand.
5. Pose one of the below questions, and provide your own answer first before calling on students:
  - Tell us about a high and low point in your life in the past week.
  - *Hold up your hand with fingers raised to reflect how you are feeling. 5 fingers raised = 'Terrific/I am great'; 1 finger raised = 'I am struggling/I could use help'*
6. Close with a quote of your choosing.

**Source:**  Greater Good in Education  
SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS



**Related Research:** [Evidence That This Activity Works](#)