

A GOLDEN CHECK-IN

A simple tool for knowing how everybody is going and monitoring each other's wellbeing is through a GOLDEN Check-in.

One at a time each person get's to talk and answer the check-in questions while holding a talking object. You may go around in a circle or popcorn by just passing it to someone, it is really up to you. To help you we have created a way to remember the questions to be answered during a check-in.

All that you need to do is remember the word **GOLDEN**.



G O L D E N C H E C K - I N

- G.** how are you **going** overall?
- O.** what have you been **occupied** with,
what have you been doing?
- L.** what have you **liked** recently?
- D.** has anything been **difficult**?
- E.** what are you **excited** about?
are there things you have you been
worried about?
- N.** what support do you **need**?

TALKING OBJECT

Each group will need to find and agree on something to use as talking object.

It can be anything from a stick, to a piece of fruit, a teddy bear, a crystal or pretty much anything that you can think of.

We ask that you please follow the 3 rules of the talking object:

1. Only the person holding, or with the object in front of them talks. Everyone else listens and doesn't make jokes, interrupt or ask questions. This is very important as we are trying to create a safe place for people to be comfortable to share.
2. The person talking doesn't talk about theories and what is going on in society, they just talk about themselves, their own feelings and their own stories.
3. It is a confidential discussion. Whatever gets shared in the circle, stays in the circle and we don't go and tell other people without the permission of the person who shared.

Have a time limit per person if they are in groups, 2 minutes is a good amount. Important to give 30 seconds warning so that people don't get suddenly cut off.

SHARING OF STORIES

You may want to expand on the GOLDEN check-in and go a bit deeper. An effective way to do this is through the sharing of stories.

ASK THE STUDENTS TO DO A GOLDEN CHECK IN AND THEN SHARE A STORY ABOUT A PARTICULAR TOPIC. HERE ARE SOME EXAMPLES:

Something you got in trouble for when you were young,
If you could do anything you wanted when you left school what would that be?

Who do you live with at home?

What is your favourite thing to do when you are not at school?

What is your favourite movie and why?

