



At the beginning of most meetings, we recommend **Check-In Questions** that everyone can answer quickly (usually worth the time spent). Sure, make some silly, but also lean into wellness topics which opens up a little vulnerability (and therefore empathy) among your team.

Depending on the meeting size, questions can be answered in the chat box, in small groups, or in the big group. We recommend rotated responsibility for creating and leading the check-in questions.

Make it a question people can answer quickly, without thinking too hard or weaving a long story (you might need time limits). Ask for one thing, not a list. Also best to rotate responsibility for question-asking. Some options are below, to get you started, but no limit to the possibilities:

Wellness-oriented:

- What's 1 thing you've done for your mental health today/lately?
- What's 1 thing you've done for your physical health today?
- What is your favorite way to sweat?
- What is 1 health fad you've tried?
- If you could take any fitness class (free), what would it be?
- What's your fave break to take during a work day?
- What is 1 small thing you will do for your physical health tonight/this weekend?
- What is 1 small thing you will do for your mental health tonight/this weekend?
- What is a new health habit you've started since covid-19?
- What is your favorite healthy snack?
- How many hours of sleep do you need?
- When are you at your most mindful (attending to the present)?

Virtual-specific check-ins:



- What three emojis describe you best?
- Go find a (background) picture of one of your favorite places (they can share or make it a background).
- Play "Name that tune," with each person sharing a few seconds of a favorite song
- Name your favorite TED talk (and give the link in chatbox)
- Share a GIF of how you feel today.

Get to Know Ya:

In what city/state/province were you born?

Where will your next vacation be?

What was your first job?

What is a non-English word or phrase you regularly use?

What book do you recommend to others?

If you were elected president, what would be your first policy change?

What do you like to do (when you're) alone?

What is one of your early ____ memories (political, school, animal, TV)?

What was your favorite way to play as a child?

For Fun:

Which do you tolerate better: being hot or being cold?

What is a fun word to say (or your favorite word)?

What song do you like to listen to at high volume?

Who might play you in a movie biopic?

What would you tattoo on your body (at least temporarily)?

What country / continent would you like to visit?

If you had to eat one food every day, what would it be?

If you could have any superpower, what would it be?



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