








## Check-in Using an Earth Ball

-  A "Check-In" is a group process used to re-establish contact at the start of a meeting.
-  All members of the group check in to share feelings about their current projects, what's going on in their lives, what has happened since the last meeting ...
-  The earth ball is used as a talking stick. The person who has the earth ball can speak without being interrupted. The ball is then tossed to another member of the group to give that person a chance to report in.
-  The element of play from tossing the ball helps establish group solidarity.
-  Once all members of the group have checked in, the business of the meeting can continue.