

CHECK-IN QUESTIONS TO BUILD BELONGING

FEELING CHECK-IN QUESTIONS - FOR ANY LEVEL

1. On a scale of 1-5, 5 being really positive and 1 being not so positive, how is your day going so far?
2. What is one word to describe how you feel right now.
3. Please show me with your thumbs how you feel right now.
4. If you were to compare your mood to the weather right now, what would it be.
5. Describe your day in two to three words.
6. If you were to compare your mood to a color right now, what would it be?

OPEN-ENDED QUESTIONS - ELEMENTARY

1. If you could have any animal as a pet, what would it be?
2. If you were a farmer, what would you grow?
3. If you had to spend a week living in a zoo, what animal would you want to live with?
4. If you could spend your birthday with one person, who would it be?
5. You have found a genie and he can grant you three wishes. What is your first wish (it can't be for more wishes)?
6. If you could be any other age than what you currently are, what would you be?
7. If you could have any super power, what would it be?
8. What is the most important quality you look for in a friend?
9. If you could have any animal as a pet, what would it be?
10. What is a nice thing you have done for someone or someone has done for you?

WOULD YOU RATHER QUESTIONS - ELEMENTARY

1. Would you rather be a small rock or a big tree?
2. Would you rather be able to fly or be invisible?
3. Would you rather have a pet dinosaur or a pet alligator?
4. Would you rather sing or dance?
5. Would you rather go to the beach and play in the sand or go to the mountains and play in the snow?
6. Would you rather be able to control fire or water?
7. Would you rather be a kid forever or become an adult right now?
8. Would you rather have a cat-sized dinosaur or a dinosaur-sized cat?
9. Would you rather be super strong or super fast?
10. Would you rather live in a house where all the walls were made of chocolate or bread?

IF YOU WERE A _____ WHAT WOULD YOU BE? - ELEMENTARY

Color, toy, animal, fruit, bug, cartoon character, ice cream flavor

LEVEL 1 QUESTIONS - SECONDARY

1. There is a car parked outside of school right now, where would you have it take you?
2. If you could time travel to any decade, which one would it be?
3. If you could be any other age than what you currently are, what would you be?
4. What is one activity on your bucket list?
5. On a scale of 1-5, rate your day so far.
6. What is your dream car?
7. What is one thing you are grateful for?
8. If you could travel anywhere in the world, where would it be?
9. When you were little, what did you want to be when you grow up?
10. If you could have any animal in the world and shrink it down to a mouse sized pet, what animal would you choose?
11. You have been given unlimited funds to design your own home, what is one thing you are definitely including?
12. What is the best fast food restaurant in this city?
13. What is your “spirit animal?” In other words, if you had to choose an animal to represent you, what would it be and why?
14. If you had to compare yourself to a fruit, which one would it be?
15. What is your idea for a great field trip?

LEVEL 2 QUESTIONS - SECONDARY

1. What advice would you give to teachers?
2. What is the most important quality you look for in a friend?
3. Do you wish you could hear what other people are thinking? Why or why not?
4. If you could give someone in your family a medal, who would it be and what would it be for?
5. What do you often find yourself daydreaming about?
6. If you could spend your birthday with one person, who would it be?
7. What inspires you or motivates you? This could be a person, activity, idea, etc.
8. How would you describe your perfect day?
9. If you could change one thing about your life, what would it be?

LEVEL 3 QUESTIONS - SECONDARY

1. How do you relieve stress?
2. Where is a place you feel like you can truly be yourself?
3. What do you find yourself thinking about the most?
4. What is one mistake you have learned a great deal from?
5. Apart from looks, what is a quality you look for in a person that you date?
6. What gets in between you and happiness?
7. Complete this sentence, “If I wasn’t afraid, I would...?”