

# ROSE, THORN, & BUD Check-In

## **WHY:**

We do this check-in for many reasons based on positive psychology. When we discuss our ROSE, we tap into gratitude which acknowledges that good is happening in a possibly chaotic environment. When we can mention something that is challenging, we are open to vulnerability (what is mentionable is manageable) and this builds trust and empathy. Hearing others' thorns, creates a shared humanity and a realization that we are not alone. The BUD creates hope and a learned optimism by looking for the good. It is important to end with the bud, not the thorn, to keep it positive.

## **WHAT:**

**ROSE** – What is something that is going well, something that you are experiencing that is going great? It could be at school, at work, or at home.

**THORN** – What is something that is challenging or difficult for you right now? What is pricking you?

**BUD** – What is something you are looking forward to, or something you are excited about that is coming up? What is getting ready to bloom?

## **HOW:**

Get your staff or students in groups of 3 or 4. Choose who will go first by having the person with the brightest shoes or longest hair (be creative) introduce themselves and start off the circle. From there, go to the left or right. Tell them how much time they will have for this discussion. Each person will speak to a ROSE, a THORN, and a BUD and then the next person will go until everyone has had a turn. Make sure they are aware of time so that each person gets an opportunity to speak

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