

_____ 's Check-In Calendar

MONTH:

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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HOW TO START THE CONVERSATION:

Set aside time just for checking in.

Turn off devices to avoid distractions.

Ask open-ended questions like:

- What did you like about today?
- What could have gone better?
- What are you excited about?
- How can I help you make tomorrow a great day?

Listen.

Work together to find solutions.

Remember to schedule time for your next check-in!



FIND MORE RESOURCES ONLINE. Visit thecheckinproject.org

Cut out each square and tape or glue one on every day you check-in.

You can also use a crayon or marker to fill in your calendar.

