

## Check-in with yourself

 60 minutes

### Objective

- *To help participants practice social rest by learning how to check in with their feelings and needs. This workshop will guide them through self-reflection and simple ways to recognize their emotions without judgment.*

### Materials needed

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- Paper and pens
- Feeling cards (or a printed list of emotions)
- Soft background music (optional)
- A guided check-in prompt (written or recorded)



### Tool Description

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This session encourages participants to take a pause and reflect on their emotions. Many people go through the day without noticing how they feel. This activity will help them develop a habit of self-awareness, which can support emotional rest.



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## Instructions

### 1 - INTRODUCTION (20 minutes)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Social Rest**
- Introduce the importance of **checking in with yourself** as a practice and let participants know this will be the main focus of this module
- Reflection Questions to Start a Discussion:
  - How often do you pause and notice how you feel?
  - Why do you think people ignore their emotions?
  - What are some signs that you need emotional rest?

### 2 - GUIDED SELF-CHECK-IN (15 minutes)

- Give participants feeling cards or a list of emotions.
- Ask them to pick a word that describes how they feel right now.
- If they struggle to find the right word, they can use a body scan (noticing tension, energy levels, etc.).
- Let them write a few sentences about why they feel this way.



## Instructions

### **3 - SELF-EXPRESSION ACTIVITY (15 minutes)**

- Ask participants to express their emotions in a creative way, such as:
  - Writing a letter to themselves
  - Drawing their emotions with colors or shapes
  - Writing a list of things that make them feel calm and safe
- Let them keep their work private if they prefer.

### **4 - REFLECTION AND CLOSURE (10 minutes)**

- Ask participants how it felt to check in with themselves.
- Encourage them to practice this habit daily, even for a few minutes.



## Reflection questions

Here are a few questions to facilitate discussion and reflection, such as:

- What did you notice about your emotions today that you might have overlooked otherwise?

**Checking in with yourself creates a bridge between how you feel and how you heal.**

- How did naming your feelings influence your sense of clarity or calm?
- Which emotions felt easiest to acknowledge, and which were harder?
- How did your body reflect your emotional state during the check-in?
- What patterns do you notice in your feelings over the past week or month?



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## Annex 1

### LIST OF EMOTIONS

#### Positive / Energising

- Joyful
- Excited
- Hopeful
- Relaxed
- Grateful
- Confident
- Peaceful

#### Challenging / Low-Energy

- Overwhelmed
- Sad
- Frustrated
- Lonely
- Anxious
- Irritated
- Stressed

#### Neutral / Mixed

- Thoughtful
- Curious
- Tired
- Uncertain
- Calm
- Pensive
- Content

#### Restorative / Recharging

- Relieved
- Supported
- Accepted
- Inspired
- Nurtured
- Reassured
- Safe

