



- Do your best to check in after each session.
- Check-ins can be short or in-depth, depending upon what feels right in the moment.
- During check-ins, ask the volunteer questions that will help them become a confident expert.
- Questions can include and aren't limited to the following examples:

Did you have an intention going into your session?

Were you able to realize your intention or accomplish your goal?

How did you feel in your session?

Was there a point where you consciously chose to BE or RD? How did it feel to make that choice?

Were there times you could have chosen to BE or RD more?

What was the best part of the session to you?

Is there something you would have done differently?

Were you uncomfortable at any point?

Is there anything specific in your session that could have helped strengthen your relationship with the child?

Did you have any personal insights about yourself?

Did you notice anything different about the child in this session?

Are there any insights about the child that you would like to share with the rest of the team?

In what ways did you prioritize taking care of yourself today?

In what ways did you help the child work toward one of your goals?

In what ways were you able to be a model for the child?

What ideas do you have for the program based on your session today?