

## **Emotional Check-In**

### **Image Cards**

#### **Instructions**

Guided by the content as described online, read the following instructions to lead this simple check-in exercise.

In advance, distribute one or more image cards - such as [EMOJI Cards](#) or [Climer Cards](#) – to each person in your group, or invite them to pick the cards from a pile.

Depending on your group size, you may give each person more than one card. Make sure everyone has the same number of cards.

When ready, here's a suggested script you can follow and adapt as required:

- Once you are seated comfortably, take these next few seconds to relax.
- Before we begin, place your card(s) in front of you.
- Take a deep breath in.
- Now, slowly breathe out.
- Allow yourself to relax and get comfortable.
- Inhale again. Exhale. Take as many deep breaths as you need before we begin.
- How do you feel in this present moment? Do you notice any emotions? Take a look at the card(s) laid out in front of you. Can any of the pictures on your cards represent your current emotions? Do you relate to any of these pictures?
- Use your imagination and allow yourself to create a metaphor for each card. What emotions could each picture represent?
- What do these images represent to you? How do they make you feel?
- You don't need to think too hard about it.
- Try intuitively picking a card that you feel connected to.
- If you feel comfortable, I invite you to share your ideas and metaphors with the rest of the group. Feel free to exchange cards with each other and discuss.

#### **Source**

This guided check-in was inspired by Lisa Hughes and the [20 Dreams Therapy Tool](#).