

Emotional Check-In

Seasons

Instructions

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

Here's a suggested script you can follow and adapt as required:

- Once you are seated comfortably, take these next few seconds to relax.
- When you are ready, close your eyes and take a deep breath in.
- Stay here for a moment and notice how you're feeling.
- Now, exhale slowly. Focus on your breath.
- Focus on your thoughts and emotions.
- Allow all external distractions to fade away.
- Take a few more deep breaths until you feel ready and relaxed.
- How do you feel in this present moment?
- If your emotions were a season, which one would they be?
- Do you feel free and joyful like the summer season? Or do you feel calm like a snowy winter? Maybe you feel inspired like spring.
- The interpretations are up to you, and the associations with each season will be different for each person.
- Take some time to reflect.
- What is it about these seasons that represents your emotions? Can you try to identify these emotions?
- Remember that emotions change just as the seasons do. If you are currently in a season that you don't enjoy, it will pass. If you are in your favourite season, enjoy it for what it is.
- When you are ready, slowly bring your awareness back to the group.
- Now, I invite you now to share your metaphors with us. What season did you choose, why? What does it represent for you?

Source

This guided check-in was inspired by Lisa Hughes and the Emotions Metaphors strategy published by [School's Out Washington](#).