

ROSE & THORN

MATERIALS |

None

E
S
M
V

OBJECTIVES | The objectives of this activity for participants to quickly check in about what is going on in each other's lives.

FACILITATOR INSTRUCTIONS |

Ask participants to sit in a circle

Invite each person should share the following related to school, their home life, their day, their family, etc.:

- one "rose" (something they're pleased about)
- one "thorn" (something they're upset about)

DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- What did you learn about each other through this activity?



SUPPORTING MEDIA |

<https://www.michiganlearning.org/check-ins/>

NOTES |

EXTENSION: Ask participants to also share a "bud" or something they are looking forward to, that is exciting to them, or that they anticipate happening in the near future.