

Co-responsibility

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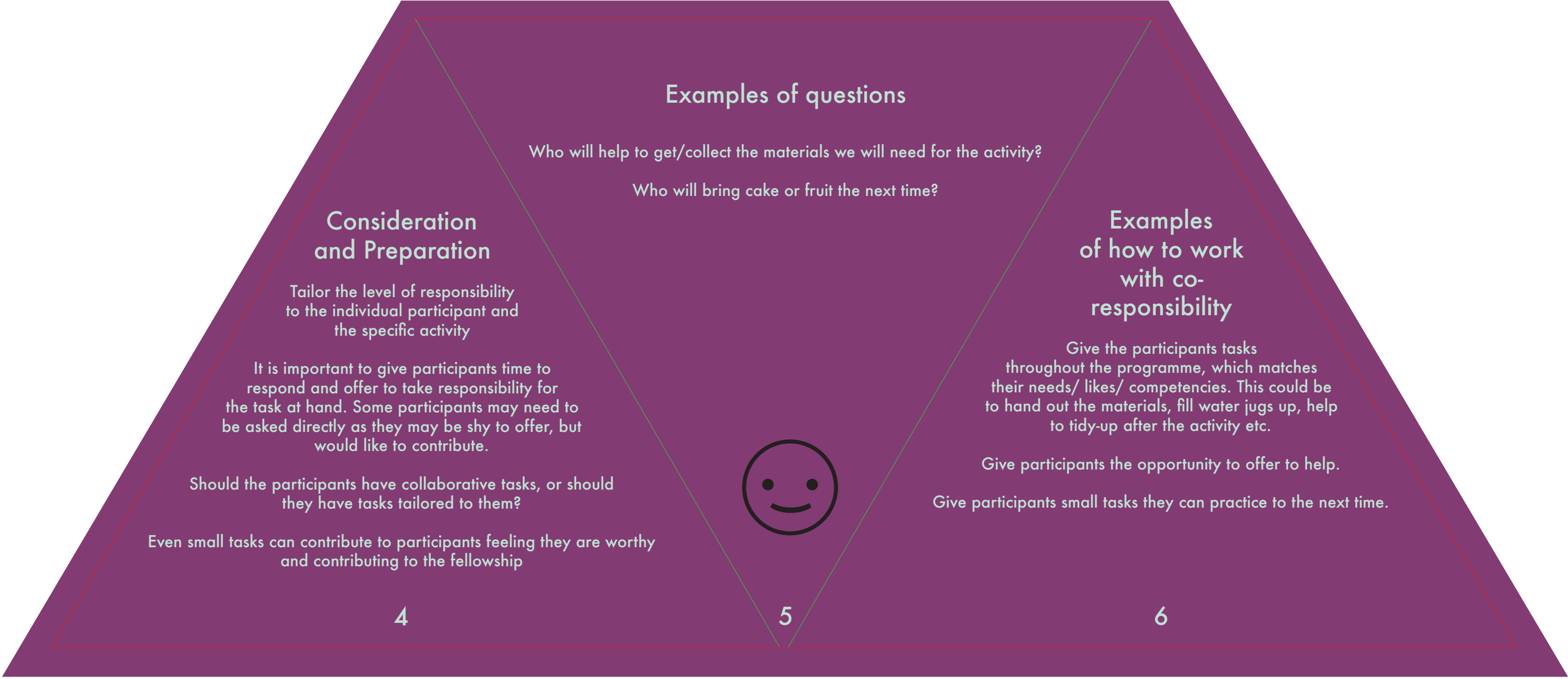
Give and take
responsibility - everyone
is responsible for building
the fellowship

2

Aim

to contribute
to a meaningful
fellowship for all.

3



Code

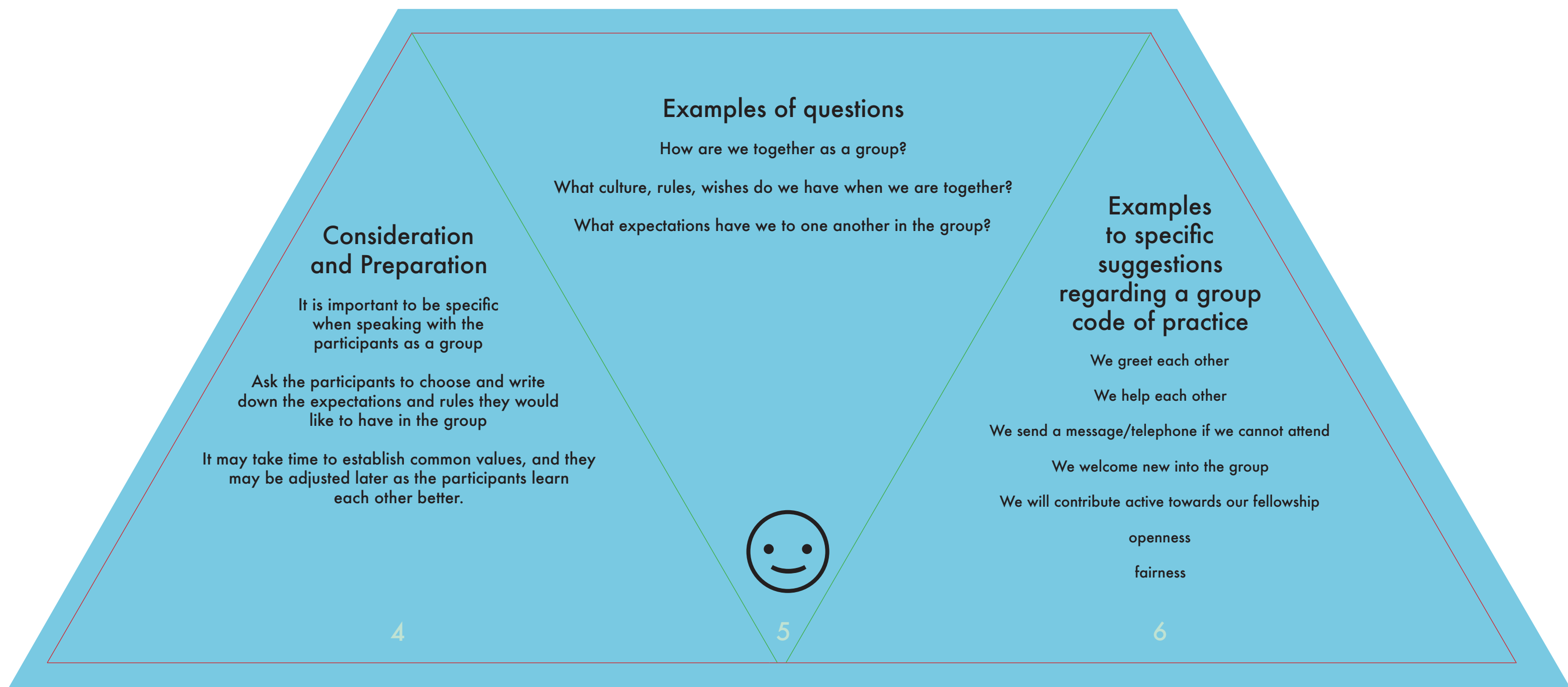
Code
common values

Aim
to create a safe place
and promote
feelings of belongingness

This helps and guides the
participants to know what is
expected of them and each-other

2

3





Structure

A general
structure every
time the group meets.

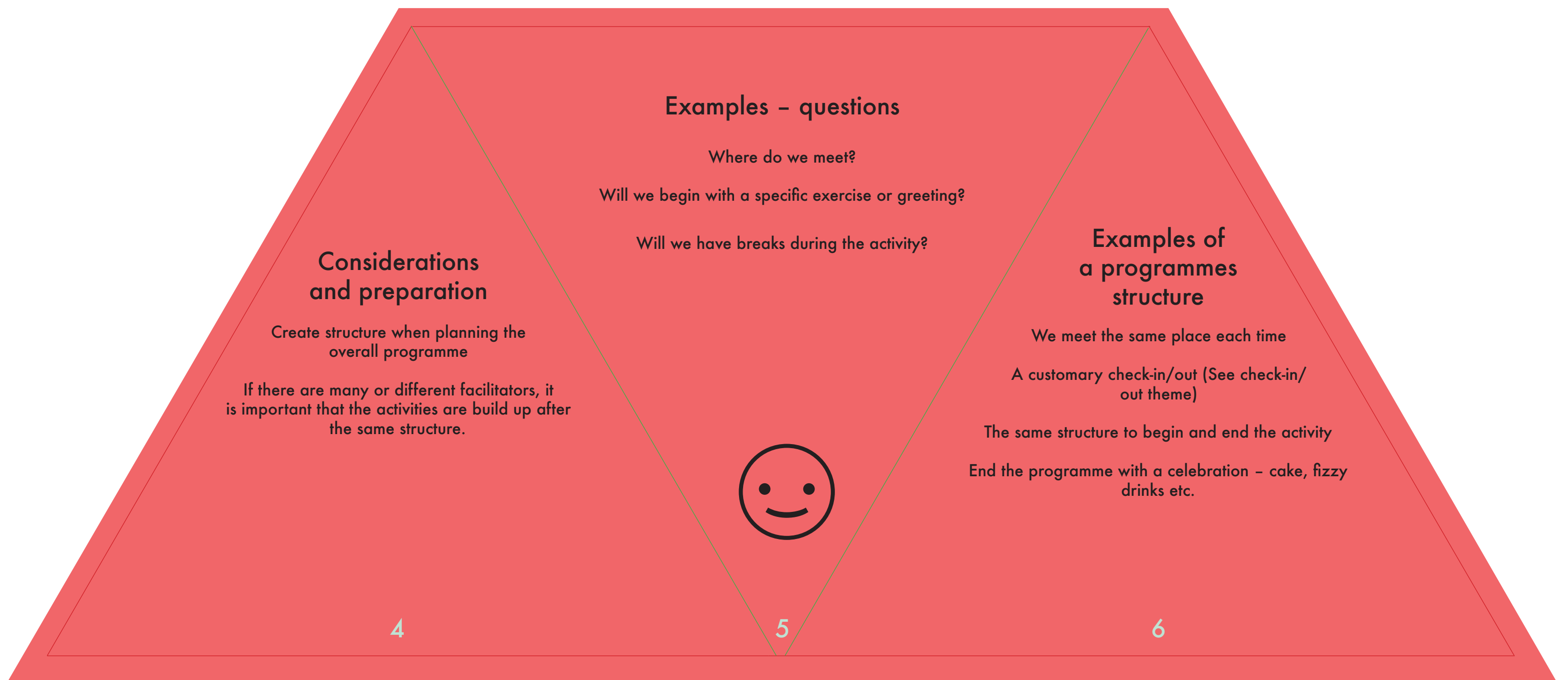
Aim

To create a sense of
predictability, so the participants
feel safe and secure in their
environment and what to expect

2

Feelings of security,
safety and what to
expect each time, can help
the participants to be more
open to the group and
a fellowship.

3



Check-in/ Check-out

Customary
greetings and
good-byes

Aim

To establish a quick way
to come in and leave
the group

2

Check-in/out can be part
of an activities structure to
establish a common greeting and
common good-bye at the beginning
and at the end of the activities.

Check in is a way for a participant to come
and be part of the group
Check out is a way for the participant to say
farewell when leaving the group after the activity

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Considerations and preparation

There are different ways to
check in and out of a group:

Consider the composition of the group:
what would work for them?

Decide on how much or little the group should be
involved in deciding check-in/out methods.

Be aware of individual personalities or vulnerability

Ask:

How would you like to greet each other when we meet?
How would you like to say good-bye when leaving the group?

Check-in examples:

Give everyone in the group a high-five

Say hello to everyone individually when you arrive

Sing a collective song

Ice breakers – line up from the smallest to the
largest shoe size

Take a round – how is your mood/
energy level today?
What are you most looking
forward to today?



Check-out examples

Say individual good-bye

Collective song

Take a round: What can I take with me
from today/ What have I learnt today?

4

5

6

Narrative

Who
are we?

Where are we
going?

Aim

To establish who are they as a
group, what is the culture of the
group?

2

There are
two types of
narrative for the
group:

The individual participants
narrative of themselves

The group's collective narrative of the
group

**The group's collective experience and
activities as a group will become their
collective narrative**

3

