

P.I.E.S. Check-in

P -Physical

Energy level, physical wellness, illness, etc.



I -Intellectual

Focus, curiosity, number of thoughts (back to warm-up activity)

E -Emotional

Can choose a specific feeling word(s) or just a general state of being

S -Spiritual/Specific Goal/Support

Identifying any spiritual connections for today, or a specific goal for the day, or support requested (possible social connection?)