

# Roses and Thorns

Highs and Lows Check-in



## Description

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This check-in uses the parts of a rose as a metaphor to invite participants to share about their week. What was something that went well (rose)? What was a challenge (thorn)? What is something you are looking forward to (rosebud)?

## Objective

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- Build and strengthen relationships among participants
- Build and strengthen relationships between participants and leaders

## Planning and Preparation

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 **Participants:** Up to 30

 **Time:** 45 minutes

 **Materials:**

 **Set up:**

- None needed, although you may want to choose an object that the person who is sharing holds on to while they talk. This might be a silk rose, a ball, shell, or piece of carpet (signifying who has “the floor”).
- This activity works best in a space where the group can sit or stand in a circle so everyone can see each other.

## Facilitator Notes:

- If you do not think the metaphor of roses and thorns will resonate with your group, feel free to substitute “highs,” “lows,” and “looking forward to.” Another option is “Glows” (things that are going well) and “Grows” (things that could be improved).
- This is a flexible activity that can work in any setting where there is space for participants to sit in a circle.

## Facilitator Instructions

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1. Have participants sit in a circle. Invite each person to share one rose (good thing about their week), one thorn (challenge they encountered this week) and rosebud (something they are looking forward to). Let participants know that they are welcome to share whatever they are comfortable with.
2. After each participant shares their roses, thorns, and rosebuds, thank everyone for sharing and listening to each other. If you want to continue the conversation, use the additional reflection questions below.

## Reflect (Optional)

Discuss these questions as a large group:

- Does anyone have follow-up questions for others in the group about their rose, thorn, or rosebud?
- Did anything surprise you by what was shared?
- What have you learned from one another?
- What's important about taking time to check-in with each other?
- How might you use what we did today with others in your life?