

CONVERSATION STARTERS

Ice breakers

- What's your dream holiday destination?
- What is your favourite memory?
- Do you have a hidden talent?
- What's your favourite food?
- If you were a kitchen utensil, what would you be and why?
- What's your proudest achievement?
- Name three things that make you happy.

This or that

- Sparkling water or still water?
- Sweet or salty?
- Board games or video games?
- Time alone or time with friends?
- Hot weather or cold weather?

Talking about mental health

- How are you really feeling today?
- What made you feel happy today?
- Where do you feel the most safe?
- If you had to pick a colour to represent how you're feeling today, what would it be and why?
- If you had to pick an animal to represent how you're feeling today, what would it be and why?
- What does 'mental health' mean to you?
- What do you do to maintain good mental health?
- What activities help you when you're feeling low?
- What brings you joy?
- How do you care for others when they're feeling low?
- What do you think we could do together to look after one another's mental health?
- Is there anything I can help you with this week?



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Using these questions

There are a few different ways in which you can use these conversation starters!

You can simply take the sheet and read through them, or have a few pages scattered around your picnic. Or, if you'd like to make things a little more fun and make conversation feel a little more natural, you can use one of the activities below.

1. Lollipop questions

For this activity, you'll need to source some clean lollipop sticks.

Using a pen that won't bleed or rub out, write a conversation starter along the length of the stick. You can use both sides if it's a longer question. Repeat the process until there's a different question on every lollipop stick!

Pop them all in a cup or pen pot, and place somewhere communal.

You can encourage people to pick up a stick and strike up a conversation as they pass by, or you could turn this into a group activity by gathering everyone together and passing the pot around, inviting anyone in the group to share an answer if they feel comfortable.

2. Conversation cards

On the next page you'll find a table full of questions. Print them out (use card rather than paper if you'd rather they be a little sturdier!).

Use scissors to cut out each square to form a little deck of conversation cards.

Place the cards face down in a pile, and invite your group to lift a card. They can either answer the question for themselves, or ask it to the group.

What's your dream holiday destination?	What made you feel happy today?	Hot weather or cold weather?	Where do you feel the most safe?	How do you care for others when they're feeling low?
Still or sparkling water?	If you had to pick a colour to represent how you feel today, what would it be and why?	What is your proudest achievement?	What helps you when you feel low?	How are you really feeling today?
If you had to pick an animal to represent how you feel today, what would it be and why?	Is there anything we can help you with this week?	Board games or video games?	What do you do to take care of your mental health?	Do you have a hidden talent?
What is your favourite memory?	If you were a kitchen utensil, what would you be and why?	Sweet or salty?	What brings you joy?	What does 'mental health' mean to you?