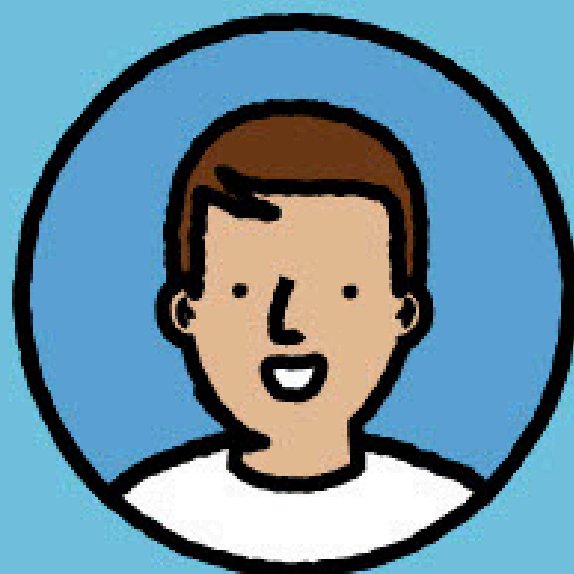
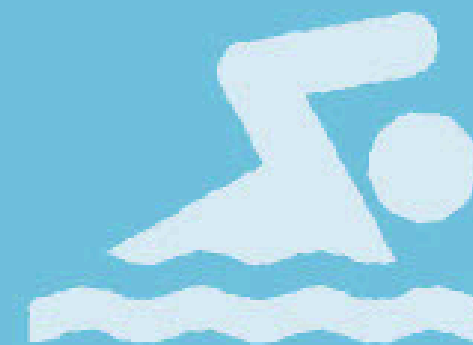
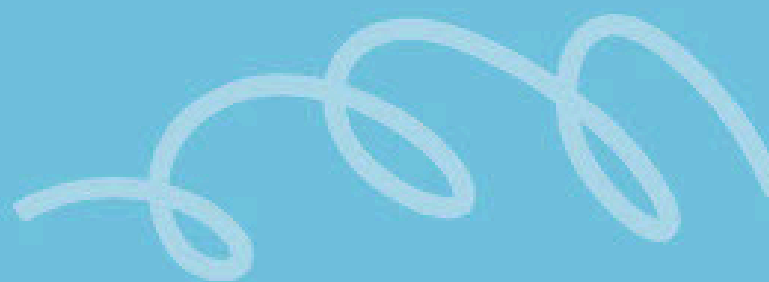
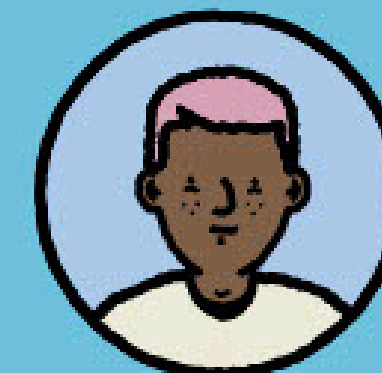
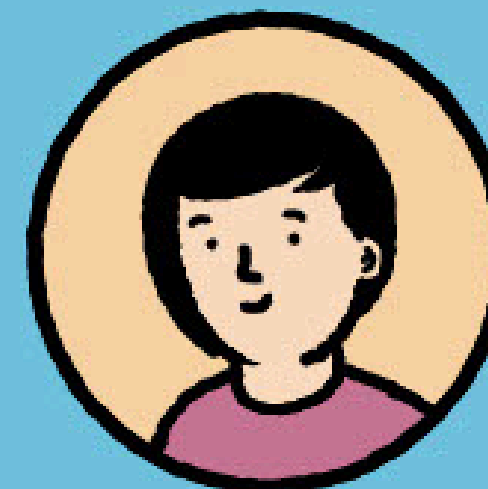


Conversation



Starters



Talking to people about mental health can hugely benefit both parties, but starting these conversations, especially if you have never done so before, isn't always easy.

Conversation

Starters

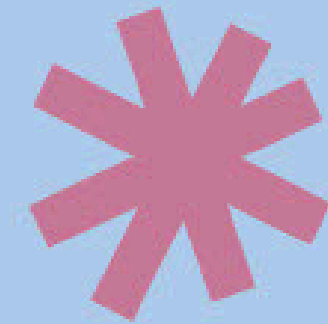


For Wear it Green Day wear green to let people know you are open to conversation.

Use these conversation cards as a starting point and a way to ease yourself into a conversation.





You can use these cue cards in pairs or small groups. We recommend encouraging people to speak informally and casually, not necessarily taking turns.



Conversation

Starters



In what ways does moving your body help your mental health?



What is your earliest memory?




Conversation

Starters



**How are you
feeling today?**

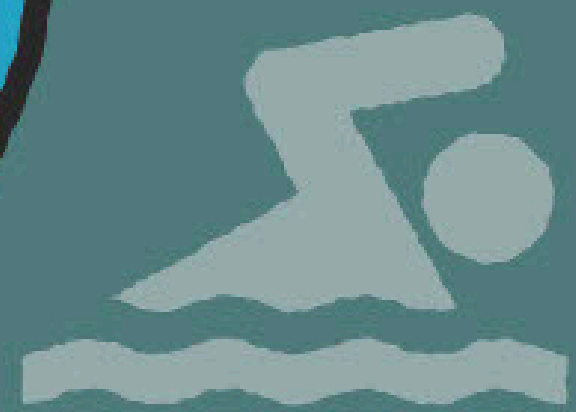


**What does 'mental
health' mean to you?**

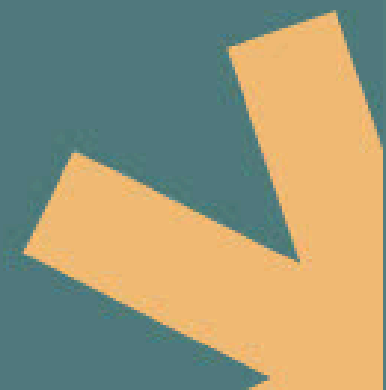
Conversation

Starters

Do you do anything to maintain good mental health?



When was the last time you tried a new activity that got you moving?



Conversation

Starters



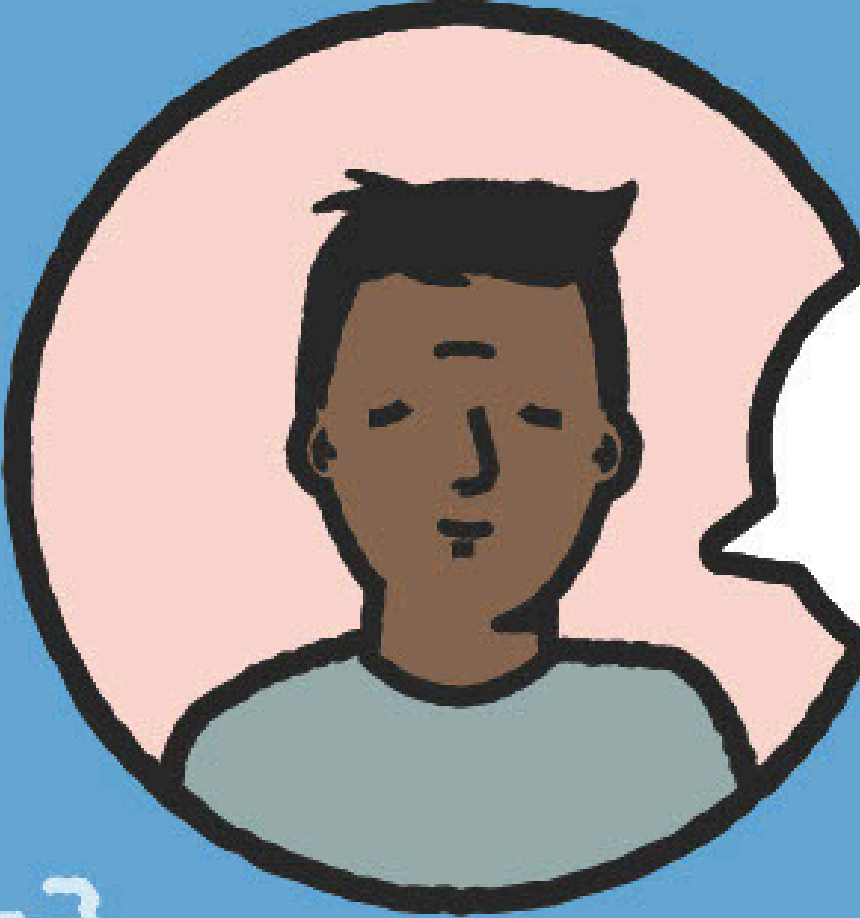
What's your dream holiday destination?

What have you done recently that you are most proud of?




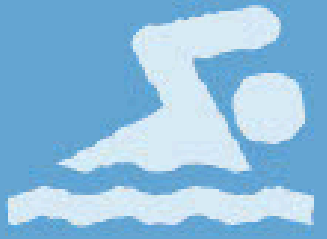


Conversation


Starters



Do you prefer to get moving with others or on your own?



Which do you find most beneficial to your mental health: sleeping well, or getting into nature?



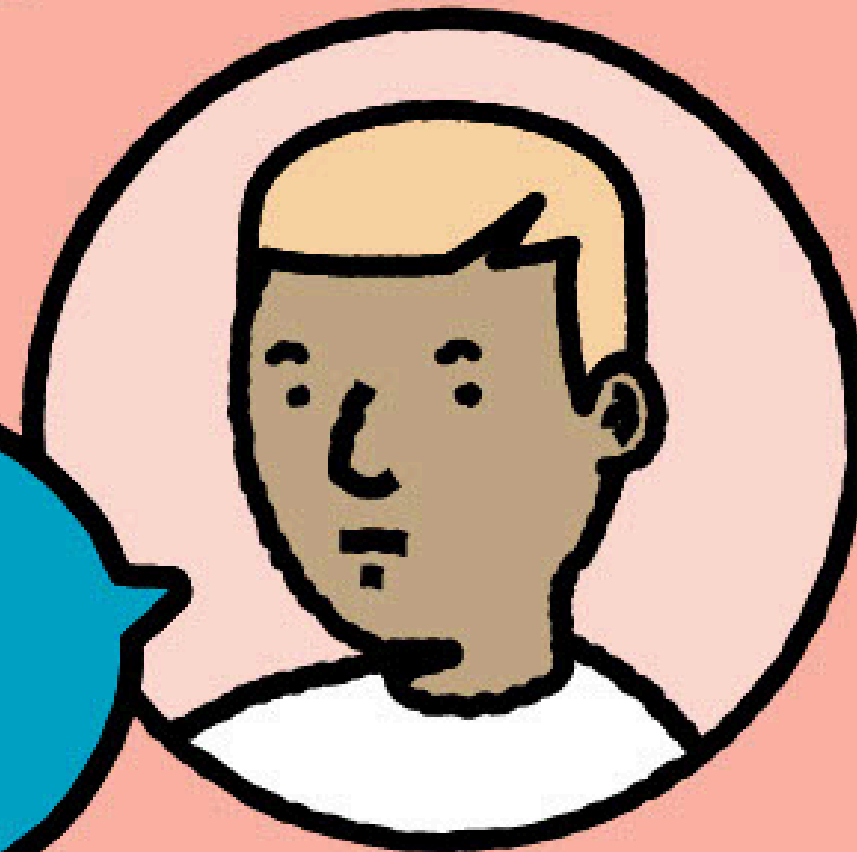
Conversation

Starters



What's your favourite joke?

If you were to recommend one thing I could do to improve my wellbeing, what would it be?



Conversation

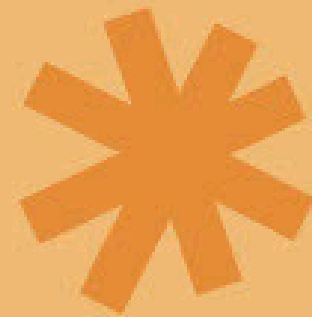
Starters



What is something
you are grateful
for today?



What kind of
movement makes you
feel good?



Conversation

Starters

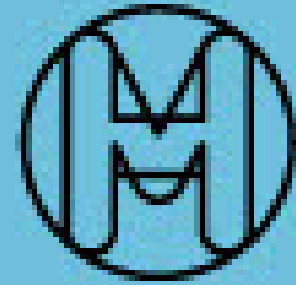


If you could have any super power what would it be?

Who do you think would be a good person to talk to about mental health?



Thank you to



Mental Health
Foundation



for the

Conversation

Starters

resource cards