

‘What is wellbeing?’ team game

This game offers an opportunity to raise awareness that mental wellbeing is something to look after and to talk about. Your team will also have a chance to do three of the Five Ways to Wellbeing - Connect, Keep Learning and Take Notice. This activity works well for team building, team challenges and competitions and as a warm up exercise or ice breaker.

Instructions:

1. Before the event, print off a set of **pictures** and cut them into individual cards.
2. Have the cards spread out on a table or displayed around the room depending on the size of your space and numbers in your group. Ask the group to pick a picture from those available that reminds them of something they do, a place they visit or a time when they feel good (you can use other words like contented, happy, refreshed, enjoyed...). It's good to get people to move about if possible to look through the pictures.
3. Get the group to either stand next to the picture or sit down with the picture and to pair up and tell the person next to them about why they picked that image and what about it reminded them of feeling good. If you have a small group, do this as an introduction round for a meeting where each person introduces themselves and tells the group about their picture.
4. Bring the group together and ask if anyone would like to share with the group what the picture meant to them and how it relates to them feeling good.
5. Get the group to look at the range of pictures and activities picked and highlight the links to the Five Ways.
6. Ask the group how many people picked images that:
 - Were about connecting to people, family friends or being involved in a team? (Connect)
 - Were about doing an activity like cooking, gardening or making something? Ask if this was about learning new skills or practicing skills they enjoy? (Keep Learning)
 - Were about sharing or time with others, through helping family or sharing tasks or doing something for the environment? (Give)
 - Were about physical activity like sport, walking, dance etc? (Be Active)
 - Were about being absorbed in something like reading or being in nature - doing something were they took time out and enjoyed the moment? (Take Notice).

Alternatively, simply have the Five Ways speech bubble images on the table or walls and ask the group to link where they think their picture relates to.

This activity highlights that:

- There are many ways to support mental wellbeing.
- That everyone has different preferences and knows about what they enjoy and what supports them.
- It provides an opportunity to share ideas for actions to support wellbeing and consider how often people make time to do these things.
- People may be doing more of some things (like Be Active) but less of some things (like Take Notice) and you can discuss as a group how people might be able to introduce new actions and behaviours into their lives.