

**MENTAL HEALTH
MONTH
CONVERSATION
CARDS**

If you were hosting a dream dinner party what food would you serve?

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What are 3 things you're grateful for?

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What's something small that someone did for you recently that you really appreciated?

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When you were a kid, what activity did you find the most fun?

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What's something beautiful you can't help but stop and gaze at when you see it?

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What chore's/ tasks are best done with someone else?

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If you could do a short course on any topic, what would it be?

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What do you like to do to connect with friends?

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When was the last time you immersed yourself in nature, how did it make you feel?

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Name 3 things about yourself that you're proud of?

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What's your favourite hobby or one you'd like to try?

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How do you unwind and recharge, what relaxes you the best?

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What's your favourite item of clothing and why?

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When was the last time you played hide and seek?

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Where in the world would you travel to, if you could?

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Name something you learned during lockdown?

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