

## CONVERSATION CARDS

HOW TO TALK ABOUT SLEEP, FITNESS, FOOD, MANAGING RELATIONSHIPS AND EXPERIENCING PLEASANT EMOTIONS WITH YOUR FRIENDS? THESE CONVERSATION CARDS WILL HELP – USE THEM TO FIND INSPIRATION!



- 1.PRINT AND CUT OUT THE CONVERSATION CARDS OR SHARE THEM ON A SCREEN.
- 2.DISCUSS WITH A GROUP HOW TO BUILD AND SUPPORT HEALTHY RELATIONSHIPS .
- 3.DIVIDE THE CARDS AMONG YOURSELVES AS ASSIGNMENTS.
- 4.DISCUSS YOUR ASSIGNMENTS AND YOUR PROGRESS AFTER A WEEK.
- 5.WRITE DOWN THE BEST STORIES AS INSPIRATION FOR FUTURE SESSIONS AND MOVE ON TO NEXT WEEK'S CONVERSATION CARDS.

## VITAMIN MOVEMENT

VITAMIN MOVEMENT IS VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO FIND TIME FOR PHYSICAL ACTIVITY OURSELVES!

### LISTEN NOTICE SHARE DO

#### LISTEN

LISTEN TO YOUR FAVOURITE MUSIC, CLOSE YOUR EYES AND THINK OF HOW YOUR BODY WOULD MOVE TO IT. HAVE YOU EVER TRIED TO DANCE TO REALLY SLOW MUSIC?



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#### LISTEN

LISTEN TO YOUR BODY! WHAT DOES IT NEED IN THE MORNING? WHAT KIND OF EXERCISE IS ACTUALLY GOOD FOR IT? WHAT KIND OF MOVEMENTS MAKE IT FEEL GOOD? WHAT KIND OF MOVEMENTS GIVE YOU MORE ENERGY?

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#### NOTICE

WHEN DO YOU HAVE THE MOST ENERGY DURING THE DAY? THINK WHETHER YOU SHOULD USE IT FOR A SMALL WALK INSTEAD OF DOING SOMETHING ON THE PHONE OR THE COMPUTER?

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#### NOTICE

SEE IF THERE ARE SOME THINGS THAT YOU DO EVERY DAY THAT COULD BE SEEN AS EXERCISE: CLEANING THE HOUSE, WALKING TO DO GROCERY SHOPPING, RAKING THE LEAVES, PLAYING WITH THE CHILDREN.

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#### NOTICE

IF YOU ARE TIRED OR FEEL LIKE YOU CAN'T THINK STRAIGHT, TRY TAKING A SHORT WALK OR DO SOME STRETCHES. SEE HOW YOU FEEL AFTER? DO YOU FEEL BETTER?

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#### SHARE

THINK AND DISCUSS EXERCISES THAT YOU HAVEN'T TRIED WITH A FRIEND, BUT WOULD LIKE TO TRY. TRY DOING IT TOGETHER. HOW ABOUT FACE YOGA, A HIKE TO THE BOG OR WINTER (NOW SPRING) SWIMMING?

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CHALLENGE EACH OTHER WITH A FRIEND WITH TRICKS, OBSTACLE COURSES, EXERCISE BREAKS, ETC.



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IF YOU ARE GOOD AT DANCING MOVES YOU'VE LEARNED FROM SOMEWHERE THEN TRY TEACHING THEM TO YOUR PARENTS OR FRIENDS. WE GUARANTEE THAT YOU WILL HAVE A LOT OF FUN DOING IT!



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GO TO WORLD HEALTH ORGANIZATION WEBSITE AND READ ABOUT THE BENEFITS OF MOVEMENT. EVERY MOVE COUNTS! FIND CREATIVE WAYS FOR SMALL MOVEMENT BREAKS THROUGHOUT YOUR DAY. SHARE YOUR IDEAS WITH A FRIEND!



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BEFORE A MEETING AT WORK OR A LESSON AT SCHOOL, AGREE ON A COMMON GESTURE THAT YOU CAN USE AT ANY POINT DURING THE MEETING FOR A SMALL MOVEMENT BREAK. USE IT ACTIVELY!



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IF YOUR BRAIN SHUTS DOWN AFTER ANOTHER LESSON OR MEETING, TAKE A BOOK FROM YOUR SHELF, PLACE IT ON YOUR HEAD AND TRY TO BALANCE IT IN A WAY THAT IT WOULDN'T FALL OFF WHEN WALKING FROM ONE END OF THE ROOM TO THE OTHER.



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GET UP, GO TO YOUR FRONT DOOR, STEP OUTSIDE, BREATHE IN AND OUT 3 TIMES, STRETCH YOURSELF A BIT AND THEN GO BACK INSIDE.



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PLACE CHALLENGE NOTES ON YOUR FRIDGE. EVERY TIME YOU GO LOOKING FOR A SNACK, DO SOME SQUATS BEFOREHAND!



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#### DO

COLLECT STREETS DURING YOUR NEXT WALK – TRY TO WALK IN A WAY THAT YOU CAN SEE 20 DIFFERENT STREET NAMES.

