5 WAYS TO WELLBEING CONVERSATION

Start a conversation with these question cards. Ask a friend, a teacher or even someone in another class who you have never spoken to before.



CONNECT BE ACTIVE TAKE NOTICE LEARN GIVE

SAMH
Scottish Action for Mental Health

The Daily Mile™
children fit for life

CONNECT

What is your favourite animal?

CONNECT

What makes you feel happy?

CONNECT

What is your favourite activity?

CONNECT

What is one kind thing you did for a friend?

CONNECT

Who is your favourite superhero?

BE ACTIVE

How do you like to move your body?

BE ACTIVE

What do you like to do outside?

BE ACTIVE

What outdoor game makes you feel super-fast?

BE ACTIVE

Is there a sport you would like to try?



TAKE NOTICE

What can you smell outside?



TAKE NOTICE

What colours can you see?



TAKE NOTICE

How has your breathing changed?



TAKE NOTICE

What sounds can you hear?



LEARN

What learning happens when you are not at school?



LEARN

What was something new you learned today?



LEARN

What games did you play today?



LEARN

What is something you can do now that you couldn't do last year?



LEARN

What is your favourite book?



GIVE

What do you do to help at home?



GIVE

What can you do to feel happy?



GIVE

How do you help your friends?



GIVE

When was the last time you shared something?



GIVE

What is one kind thing you could do today?



Tier 2: Conversation Cards

Outcomes:

Curriculum for Excellence: Health and Wellbeing

The national curriculum in England: PSHE

Area of learning and experience: Health and Wellbeing

Personal Develpoment and Mutual understanding

Equipment:
Conversation cards

Time needed:
3 - 5 minutes

Participants:
3-7 years old or 7-11 years old

How to:

1. Select a card out of the pack. This can be done as a class activity where one card is chosen for everyone to discuss **or** in a pair/small group.

2. Children then discuss the question on the card during their Daily Mile, for example 'What makes you happy?'

3. Once back in the classroom, ask for feedback on what the children found out about their partner or the people they spoke to.

Teacher Tips:

Suggested conversation starters and finishers:

Introduce **the activity by saying:**
"Today we're going to use talking cards to help us get to know each other.
Sometimes talking with others can feel a bit hard so these cards have fun questions to help us start conversations and make it easier to talk and listen to one another."

Close **the activity by saying;** "I hope everyone got a chance to ask a question, listen, and maybe learn something fun. Some people find chatting hard, so asking questions can help them feel more comfortable. It's also a great way for us to learn about each other."

Other ways to use this activity:

a. **1-2-1 setting**:Talking cards can be used between students or with staff to help children feel more confident to prompt conversations and build connections.

b - **Longer group activity**: Children can work in small groups, looking at a card of their choice and drawing a picture or writing a short story related to the question.

c - **Take home activity:** Take a card home (or make a note in diary of the question) and do something over the weekend which relates to the cards. For example 'What is your favourite game to play' and play the game.