

Paper fold

How to play

- As a group, select one wellbeing message - you could do this by playing a game with the wellbeing ball - then write the message at the top of a piece of paper.
- In turns, each person in the group should write what that message means to them or how they have demonstrated that message that week. Write this at the bottom of the paper.
- Once each person writes their explanation, fold the paper upwards so nobody can see your answer.
- Once everybody has contributed unfold the paper and discuss the answers.



Foundation

Wellbeing messages

Be calm

Be present

Speak out

Have fun

Be open

Stay curious

Be friendly

Be active

Be kind

Be generous



Things to think about

- No answer is wrong.
- Be respectful when discussing each other's meaning.
- Make yours personal to yourself.

Adaptations

- Make one person the subject, ie write what you like about them (be kind), write down a question you'd like to ask (be curious, be open).
- Use a scenario and ask for answers on how to best respond in that situation based on a message.

Don't have the equipment? Here's what you can do...

- Instead of passing the paper around, you could make a note on your phone for each message ready to share.
- Instead of writing or typing anything you could have a good think and then take it in turns to discuss the message.

You have a different amount of players? Here's what you can do...

- Don't worry, you can play this game with as many or as few people as you want.
- If playing alone you can write down your thoughts about each message and keep this safe to reflect on the next time you play.

Can't find the right space? Here's what you can do...

- You can play this indoors or outdoors, you need very little space.

