

Connect

Be Active

Take Notice

Keep Learning

Give

Connect

Building meaningful connection with others helps us to be healthier and happier.

Choose a conversation starter below to ask someone you see often but rarely talk to. Extend the conversation with 'tell me more'.

Visit www.learnhappy.org.uk/workplace-wellbeing for further resources.

Where is your favourite place to be?

What's the most beautiful sight you've ever seen?

Where in the world would you love to visit?

If you could be an animal, what would you be?

What is your favourite time of the day?

Where was the clearest night sky you've ever seen?

What is your favourite way to spend a weekend?

If you could have a superpower, what would it be?

When did you last play a game?

What is your favourite time of year?