

## Spontaneous 8



10 minutes

### Key message:

The more we talk about mental health, the more we will learn, understand and as a result likely to change the way we think and act about mental health. Getting creative in the way we choose to talk about mental health encourages normalising the conversation.

### Activity:

This activity is designed to help you engage your audience by getting them to come up with creative ways to start conversations. The more participants there are the more ideas to start conversations there will be.

### You will need:

A piece of A4 paper per participant and a pen.

### What to do:

Ask everyone to fold their paper in half, half again and then half again. They should be left with 8 squares outlined on their paper once opened up.

Invite everyone to brainstorm then write an idea on how to start a conversation in each box. Encourage participants to really think out of the box and not worry about barriers or limitations around their ideas. They are then given 5 minutes to complete this activity, so essentially 40 seconds to complete each box.

The limited time allows them to just focus on ideas without enough time to talk themselves out of suggesting the conversation starter.



### Discussion questions:

- How would you feel doing your chosen “Conversation Starter” activities?
- How do you think your colleagues will react to your ideas?

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