

## Secret Banta



15 - 20 minutes

**Key message:** Sometimes we need to be encouraged by someone else to take time out from the work environment and enjoy a conversation elsewhere.

### Activity:

This activity is designed to encourage people to take some time away from the workspace and do something for wellbeing and generally chat. This encourages bonding, trust building and engaging in conversations. These are vital tools to breakdown stigma against mental health.

### What you need:

- Post-it notes
- A group of people
- A 'hat' or vessel for the names

This activity is very similar to having a 'Secret Santa'. Write all who want to participate on small pieces of paper and add to your Secret Banta hat. Each person selects a name out of the hat and that becomes the person they would do something nice for.

Take your Secret Banta out to a nice space, a coffee shop or somewhere close by that they might not have discovered for a conversation.

Just like Secret Santa, you will have a dedicated time to reveal what you will do with your Secret Banta and then people agree a time within the next few days for Secret Banta to happen.

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### Suggested topics for Secret Banta:

- Encourage people to find out some interesting things about their Secret Banta (note that conversation may be light if the two people Secret Banta'd don't know each other well enough.)
- Encourage people to talk about whether they know anyone who has been affected by mental health

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