

People Snap



15 minutes

Key message:

Feelings and experiences linked to feeling mentally unwell can feel like an isolating experience and so stigma grows. Stigma and isolation can both be broken once people realise they are not alone in coping with how they feel.

Activity:

This activity is based on group work in pairs and works well in a workshop setting, or a specific meeting that is about mental health and wellbeing.

The idea behind this activity is inspired by the childhood game of Snap.

One person begins with saying a feeling / experience associated with mental health. For example 'coming back from an unexpected sick day makes me feel anxious about missed meetings'. If the other person also experiences it or can relate to the feeling - they say 'Snap'. The pair then chat for a few minutes before the second person takes a turn. Both will keep saying feelings out loud until they snap on something which they then have conversation about.

Wrap up with a group discussion – checking in with all and debriefing. It is worth having a list of support agencies (internal and or external) for people to take away if they felt affected by the activity.

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