

## Fancy some Craftercise?



30 minutes

### Key message:

Doing an activity together away from workspace allows people to get to know one another, bond with one another and builds trust. Building trust amongst colleagues is important in enabling mental health related conversations.

### Activity:

'Craftercise' is designed to help your team to bond. Participating in a creative activity that is not directly related to work helps to design a space where people can relate on a new level. Relating the activity to mental health will open up the conversation.

### You will need:

- Ideas on what to create – for example it could be a “stress ball” or “creating a card” / other item
- Some material to be able to make items. You can also ask people to donate random material they might have lying around the house.
- A specified time – with room booked.
- Posters to promote your activity. You can tailor some of the designs from our brand stencil found [here](#)

### What you need to do:

Debrief all on why you are holding this activity. (Which is to talk about mental health and how it can affect people whilst also making a fabulous item)

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### Discussion questions:

- How does mental health affect people?
- How could we make it less taboo and breakdown stigma?
- How would you feel running this activity separately with others?

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