

# MIND MATTERS

## ICE BREAKERS



NAME TWO THINGS YOU CONSIDER YOURSELF TO BE VERY GOOD AT

HOW DO YOU UNWIND AFTER A DIFFICULT DAY?

WHAT IS SOMETHING YOU FEEL PROUD OF ACHIEVING?

IS THERE AN ACTIVITY THAT YOU LOVE TO DO, YET SOME HOW YOU NEVER SEEM TO ACTUALLY DO IT? WHAT HAS BEEN STOPPING YOU?

WHAT WOULD YOU LIKE TO BE REMEMBERED FOR?

WHAT IS YOUR FAVOURITE SELF CARE ACTIVITY?

WHAT ONE WORD WOULD YOUR LOVED ONES USE TO DESCRIBE YOU?

WHAT WAS THE LAST THING YOU WERE REALLY EXCITED ABOUT?

WHAT DO YOU LOOK FOR IN A FRIEND?