

Meaningful activity ideas



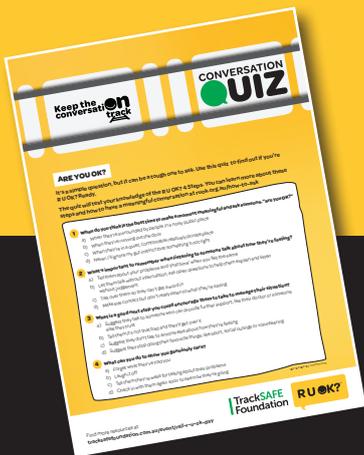
CUPPA&CONVO

Cuppa and Convo

People love to catch up over a cuppa – and it's a good way to get the conversation flowing. When people are feeling relaxed and comfortable it can be easier to talk about life's ups and down. It can work just as well online or in person.

Looking to do something yourself? Drop by or invite someone to share a cuppa and have a meaningful conversation. You could make a world of difference to someone who's struggling.

Want to encourage others to make a moment meaningful and connect over a cuppa? You might consider offering a two-for-one voucher at a local cafe, giving staff the time to take a break together, or hosting a morning tea.



Conversation quiz

A quiz is a great way to build people's skills and confidence in having R U OK? conversations.

If there's a regular local quiz night why not see if they can include an R U OK? round, alternatively you could run your own online.



Connect to Chat

Connect to Chat is a face-to-face or virtual meeting, where people can come together and get to know one another a little bit better. This activity is great for larger groups or teams where you want to build stronger relationships between people who may not regularly see each other, but it can also be a great way to encourage smaller groups to connect.



Conversation Bingo

This is a great activity to get the conversation flowing at your event or get together. Guests will be able to mingle, introduce themselves and use conversation starters to get to know each other a little better.



Promise Wall

Set up a board somewhere visible, so that people can stick up their promise to stay connected and make asking, "are you OK?" part of their everyday. Encourage them to write down how they plan to put this into action. This can also work virtually – start a thread on your internal communications platform where everyone can post their promise.

Walk and talk

Sometimes it's easier to have a meaningful conversation when you're doing something side-by-side rather than face-to-face. Why not arrange a walk and talk event for people in your community or during a lunch break? You could also give people conversation starters to break the ice and help them get to know one another a bit better.



Print and Drop

Distribute R U OK? resources in places where people will see them (e.g. desks, lunch rooms and communal areas). This could include our conversation guide, conversation cards, conversation starters or information about planned activities. Share information via email, social media and other online channels.



Find more resources at tracksafefoundation.com.au/event/rail-r-u-ok-day

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