Which musician or artist would you most like to see perform?	Where is the most beautiful place you have visited and what was it like?	What is the most interesting advice you've ever received?	What is your favourite time of year and why?	The proudest moment of my life was...	Describe your perfect day.
If you could give any advice to the next generation, what would it be?	When you were a child, what was your greatest talent?	If you could have any superpower what would it be?	Who is someone you admire and why?	What is something that not many people know about you?	If you were given a million dollars, how would you spend it?
What is your favourite book?	What do you do to look after your mental health?	What's your favourite meal?	Who would play you in a movie about your life?	Who is someone you can talk to about anything?	What's the most interesting thing you've learned lately?

Conversation Starters

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I'm here to hear

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How to use the Conversation Starter cards

These cards are designed to encourage people to get to know one another better. Getting to know each other builds trust and when people trust someone they feel more able to open up about life's ups and downs, big and small. It's important that we have meaningful conversations with those we care about and make asking, 'are you OK?' a part of our everyday.

Conversation Corner

Set up a comfortable space and leave the cards for anyone to use who may be sitting there. Alternatively, you could display the conversation starters on a wall or board where people often linger. It's a good idea to include the poster on the next page so people know the purpose of the activity.

Conversation Bingo

Print out a sheet of conversation cards for each person, but don't cut them. Give each person a pen.

Give the group 15-30 minutes to mingle, introduce themselves, and use the conversation starters on the cards to chat with others. Ask them to write the name of the person they asked in the corresponding square.

The first person to fill in four squares across or down (or the whole card if it's a large group) yells "Conversation Bingo!" and the game ends.

Make a Conversation Menu

Use the conversation starter cards over a shared meal and allocate a number of questions to each course.

Take it virtual

If your team or group isn't in the same place, you can still use the conversation starters in a virtual environment. Use virtual breakout rooms to give people time to chat through the cards in smaller groups.

Pause and Reflect

After any of these activities, you might want to ask participants to reflect. Here are some suggested questions you could ask:

- How did it feel getting to know one another better?
- How did it feel to have someone listening to your answers and stories?
- How could knowing someone better help with asking them, 'are you OK?' in the future?

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