

Wheel of Wellbeing

People Lucky Dip



Overview of the activity

This is a fun way to connect with people and find common ground with others, even if you've only just met.

Why do this?

Connecting with people you don't know can be beneficial for your mental and physical health, professional and personal growth, and overall sense of belonging. It can provide new support systems, different perspectives, and opportunities for learning, networking, and motivation that might not be available through your existing close circle. Even brief interactions with strangers can increase happiness and reduce feelings of loneliness.

Instructions

-  In your group decide who is going to take the first turn.
-  The first person introduces him/herself and pulls out an object from the lucky dip.
-  Everyone in your group then spends two minutes uncovering the things that you have in common around this object: it could be linked to a childhood or holiday memory, a hobby, a family interest or something completely different.
-  Try to focus on shared passions and positive experiences.
-  Let everyone in the group have a chance to talk about the object and how they connect to it
-  Then put the object to one side - not back in the box!
-  After the two minutes is finished move clockwise onto the next person. He or she pulls out a new object from the lucky dip Your group then spends two minutes uncovering NEW things that they have in common about the new object
-  Repeat until everyone has had a go at the Well-being Lucky Dip.



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