



Introducing Tea and Time!



Connecting with those around us is one of the 5 ways to wellbeing.

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

We Care is encouraging you to set aside 15 minutes once or twice a week to grab a warm drink and take the opportunity to connect with your team with a few warmup starter suggestions

1. If you could go anywhere in the world today, where would you go?
2. What's your favourite season and why?
3. What's the best book you ever read?
4. Flip flops or wellies?
5. Spots or stripes?
6. Starter or dessert?
7. What doesn't belong on a Sunday roast?
8. Best Board games ever?
9. Think of a song to sum up how you current feel in life
10. What's your favourite movie of all time?

