

MUSIC CONNECTS PEOPLE / DECIDE ON TODAY'S MUSIC PLAYLIST ALTOGETHER, BY CONTRIBUTING THREE SONGS EACH, FROM ANY KIND OF THEME/ LANGUAGE/ ORIGIN/SEASON OF MUSIC HE PREFERS.



SHARE A TRADITION / EACH PLAYER SHARES A TRADITION OF THEIR PLACE OF ORIGIN OR FAMILY TRADITION THEY GREW UP WITH.



COMPLIMENT YOUR PARTNER(S) FOR A WORK-RELATED ACTION HE DID THAT YOU LIKED AND YOU DID NOT TELL HIM BEFORE (E.G. CONGRATULATIONS ON YOUR PRESENTATION LAST WEEK/ I LIKED YOUR IDEA FOR THIS / I LIKED HOW YOU HANDLED THIS ETC.)



SECRET "HELP" CODE / CREATE A NEW SECRET WORD OR PHRASE WITH YOUR PARTNER(S) THAT WILL MEAN "I NEED HELP, PLEASE" AND USE IT FOR THE REST OF THE WEEK TO EACH OTHER (E.G. INSTEAD OF "NICK, I NEED HELP", "NICE PERFUME", "BRING THE ACTION" ETC.)



ALL PLAYERS ARE ASKED TO SHARE AND EXPRESS HOW THEY FEEL RIGHT NOW.



PLAY 2 TURNS OF "TWO TRUTHS – ONE LIE" / ONE PLAYER SAYS THREE RELEVANT TO WORKPLACE STATEMENTS FROM WHICH ONLY ONE OF THESE IS A LIE. THE LISTENER(S) SHOULD GUESS WHICH IS THE LIE STATEMENT.



TODAY, SPEND A COFFEE BREAK IN THE WORKPLACE TOGETHER WITH YOUR PARTNER(S).



ONE PLAYER TELLS A STORY TO OTHERS ABOUT A TIME WHEN HE FELT THAT HE WAS NOT HEARD, SEEN, OR RESPECTED. NO INTERRUPTIONS - PRACTICE ACTIVE LISTENING WITHOUT TRYING TO FIX OR JUDGE. WHEN THE STORY IS OVER, EVERYONE REFLECTS ON WHAT HAPPENED. REPEAT FOR OTHER PLAYERS



BLIND DRAWING / ALL PLAYERS CLOSE THEIR EYES AND DRAW WHAT CARD-HOLDER DECIDES FOR 1 MINUTE. AFTER, DISCUSS ON THE PRODUCED "ARTWORKS". POST THEM ON THE WALL FOR THE REST OF THE DAY.





RANDOM ACT OF KINDNESS / EACH PLAYER SHOULD TAKE A RANDOM ACT OF KINDNESS TO SOMEONE AROUND HIM. DECISION IS YOURS.



PRINT A YEARLY CALENDAR PAPER AND "DOT" EACH PLAYERS BIRTHDAY. NOW, CONNECT THE DOTS AND INTERPRET, WITH THE HELP OF YOUR IMAGINATION, THE SECRET SHARED IMAGE THAT CONNECTS YOUR GROUP.



TRY TO FIND SIMILAR PERSONALITY TRAITS BETWEEN YOU AND YOUR PARTNER(S) WITHIN A CERTAIN TIME LIMIT. EACH PLAYER MAKES A STATEMENT STARTING "I AM ___" AND THE OTHER(S) RESPONDS "I AM, TOO" OR "I AM NOT". CONTINUE TILL ALL PLAYERS FIND A SHARED COMMON ONE.



THE PERSON HOLDING THE CARD NOW CHOOSES A TOPIC OF DISCUSSION AND STARTS A CONSTRUCTIVE DEBATE WITH HIS PARTNER(S). TAKE "FOR" AND "AGAINST" SIDES AND EVALUATE FOR 5 MINUTES.



ALL PLAYERS DESCRIBE THEMSELVES BY USING ONLY THREE WORDS.



TAKE A SELFIE WITH YOUR PARTNER(S) AND UPLOAD IT ON A PREFERRED SOCIAL PLATFORM WITH THE HASHTAG #MY_COLLEAGUES_ARE_THE_BEST.



RUN TOWARDS A RANDOM COLLEAGUE AND HIGH-FIVE HIM/HER.



ASK YOUR PARTNER TO MIMIC SOMEONE YOU BOTH KNOW AND TRY TO GUESS IT WITHIN 20 SECONDS.



MAKE YOUR PARTNER LAUGH ONLY BY SPEAKING (NO HAND GESTURES – FACE GRIMACES)





SHARE WITH YOUR PARTNER A SHORT
PERSONAL STORY FROM YOUR
CHILDHOOD.



SPEND 5' WITH THE NEWEST EMPLOYEE.



THROUGHOUT THE DAY, THANK AT LEAST
FIVE PEOPLE FOR THEIR HELP OR SUPPORT.



GIVE SOMEONE A SINCERE COMPLIMENT.



APPROACH A STRANGER AND START A
CONVERSATION WITH THEM.



READ ONE ARTICLE OR BOOK CHAPTER ON
PERSONAL DEVELOPMENT.



SMILE AT EVERY PERSON YOU COME INTO
CONTACT WITH TODAY.



SET ONE SPECIFIC GOAL FOR THE COMING
WEEK AND DEVELOP AN ACTION PLAN.



DEDICATE 10 MINUTES TO MEDITATION OR
DEEP BREATHING.





WRITE A THANK-YOU LETTER TO SOMEONE WHO HAS HAD A POSITIVE IMPACT ON YOU.



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THROUGHOUT THE DAY, TRY TO LOOK AT THE WORLD OPTIMISTICALLY AND SEE THE POSITIVE ASPECTS OF EVERY SITUATION.



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PERFORM 30 MINUTES OF PHYSICAL ACTIVITY.



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REFLECT ON YOUR RECENT DECISIONS AND DRAW CONCLUSIONS FROM THEM.



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LEARN SOMETHING NEW - START FROM THE BASICS OF A NEW LANGUAGE OR ACQUIRE A NEW SKILL.



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HELP A COLLEAGUE OR FRIEND WITH THEIR TASK OR PROJECT.



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DO SOMETHING THAT SCARES OR STRESSES YOU TO FACE YOUR FEARS.



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THROUGHOUT THE DAY, TRY TO BE MORE EMPATHETIC AND ATTUNED TO THE NEEDS OF OTHERS.



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SPEND 30 MINUTES RELAXING OR ENGAGING IN A HOBBY.



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VISUALIZE YOUR DREAMS AND GOALS FOR THE FUTURE, AND THEN CONSIDER THE SPECIFIC STEPS YOU NEED TO TAKE TO ACHIEVE THEM.



DRAW UP A PLAN FOR THE NEXT MONTH, TAKING INTO ACCOUNT YOUR PRIORITIES AND GOALS.



CLEAN YOUR WORKSPACE OR HOME TO CREATE AN ENVIRONMENT CONDUCTIVE TO PRODUCTIVITY.



SEEK INSPIRATION IN BIOGRAPHIES, MOVIES, PODCASTS, OR SPEECHES OF SUCCESSFUL PEOPLE.



REPEAT THE AFFIRMATION "I AM VALUABLE AND DESERVE LOVE AND RESPECT."



REPEAT THE AFFIRMATION "I FEEL MY FEAR, BUT I ACT ANYWAY TO GROW."



REPEAT THE AFFIRMATION "MY MIND AND BODY ARE HEALTHY AND STRONG."



REPEAT THE AFFIRMATION "I AM DETERMINED TO ACHIEVE SUCCESS IN WHAT I DO."



REPEAT THE AFFIRMATION "I CHOOSE HAPPINESS AND JOY IN MY LIFE."





REPEAT THE AFFIRMATION "I BELIEVE IN MYSELF AND MY ABILITIES."



REPEAT THE AFFIRMATION "I AM CALM AND RELAXED IN THE FACE OF DIFFICULTIES."



REPEAT THE AFFIRMATION "I ATTRACT POSITIVE ENERGY AND PEOPLE INTO MY LIFE."



REPEAT THE AFFIRMATION "I DON'T GIVE UP AND PURSUE MY GOALS WITH DETERMINATION."



REPEAT THE AFFIRMATION "ABUNDANCE IN ALL ASPECTS OF MY LIFE ATTRACTS ME."



REPEAT THE AFFIRMATION "I DISCOVER AND DEVELOP MY TRUE POTENTIAL."



REPEAT THE AFFIRMATION "I AM HONEST AND AUTHENTIC IN ALL MY RELATIONSHIPS."



REPEAT THE AFFIRMATION "I FORGIVE MYSELF AND OTHERS TO FREE MYSELF FROM THE PAST."



REPEAT THE AFFIRMATION "EVERYTHING HAPPENS FOR A REASON, AND THAT REASON LEADS TO MY GROWTH."





REPEAT THE AFFIRMATION "I ADAPT AND
COPE WITH EVERY SITUATION I
ENCOUNTER."



REPEAT THE AFFIRMATION "I AM
GRATEFUL FOR ALL THE BLESSINGS IN MY
LIFE."



REPEAT THE AFFIRMATION "MY CREATIVITY
KNOWS NO BOUNDS AND GROWS EVERY
DAY."



REPEAT THE AFFIRMATION "I ACCEPT AND
EXPRESS MY FEELINGS IN A HEALTHY
WAY."



REPEAT THE AFFIRMATION "I SET POSITIVE
INTENTIONS FOR EACH DAY AND STRIVE TO
ACHIEVE THEM."



REPEAT THE AFFIRMATION "I AM
FOCUSED, ORGANIZED, AND EFFICIENT IN
MY ACTIONS."



SHARE WITH OTHERS THE FEELING THAT
MADE YOU HAPPY DURING THE LAST
WEEK.



TELL A STORY ABOUT A SITUATION THAT
MADE YOU ANGRY. HOW DID YOU DEAL
WITH THIS FEELING?



SHARE WITH OTHERS SOMETHING THAT
SURPRISED YOU DURING THE LAST FEW
DAYS.





TELL A STORY ABOUT A SITUATION THAT MADE YOU SAD. HOW DID YOU DEAL WITH IT?



SHARE WITH OTHERS WORDS OF ASSURANCE THAT YOU OFTEN USE TO COMFORT YOURSELF OR OTHERS WHEN THEY FEEL BAD.



SHARE WITH OTHERS A MOMENT THAT BROUGHT YOU A LOT OF JOY RECENTLY.



TELL A STORY ABOUT A SITUATION THAT MADE YOU FEEL ANXIOUS. HOW DID YOU DEAL WITH IT?



SHARE WITH OTHERS A MOMENT WHEN YOU FELT LOVE OR WERE SHOWN LOVE.



SHARE WITH OTHERS SOMETHING THAT MADE YOU FEEL SURPRISED IN THE LAST WEEK.



SHARE WITH OTHERS SOMETHING THAT MAKES YOU FEEL OPTIMISTIC ABOUT THE FUTURE.



TELL A STORY ABOUT A SITUATION THAT MADE YOU FEEL ASHAMED. HOW DID YOU DEAL WITH IT?



SHARE WITH OTHERS A STORY ABOUT A SITUATION THAT MADE YOU FEEL ANGRY. HOW DO YOU TRY TO CONTROL YOUR IRRITATION?





TELL A STORY ABOUT A SITUATION THAT MADE YOU FEEL SATISFIED. WHAT DID YOU DO TO SHARE THIS FEELING WITH OTHERS?



SHARE WITH OTHERS A STORY ABOUT A SITUATION THAT MADE YOU FEEL AFRAID. HOW DO YOU DEAL WITH YOUR FEARS?



TELL A STORY ABOUT A SITUATION THAT MADE YOU FEEL DELIGHTED. DO YOU EVER SHARE YOUR HAPPINESS WITH OTHERS?



SHARE WITH OTHERS A STORY ABOUT A SITUATION THAT CAUSED YOU PAIN OR HURT. HOW DO YOU TRY TO COPE WITH IT?



SHARE WITH OTHERS YOUR HOPES FOR THE FUTURE. WHAT GOALS DO YOU WANT TO ACHIEVE TO FEEL FULFILLED?



SHARE WITH OTHERS THE WAYS IN WHICH YOU MAINTAIN EMOTIONAL BALANCE IN YOUR LIFE. WHAT TECHNIQUES DO YOU USE TO FEEL BALANCED?



SHARE WITH OTHERS YOUR EXPERIENCES RELATED TO TRUST. WHAT ARE YOUR WAYS OF BUILDING TRUST IN RELATIONSHIPS AND INTERPERSONAL CONNECTIONS?



SHARE WITH OTHERS PEOPLE OR SITUATIONS FOR WHICH YOU ARE GRATEFUL IN YOUR LIFE. WHAT IS YOUR APPROACH TO GRATITUDE AND POSITIVE THINKING?



