Let's Get to Know Each Other

Gentle conversation cards • Connect your way

Elizabeth's Creative Wellbeing Workshop

Something I Enjoy

What is something you enjoy doing?

Talk • Draw • Point • Write • Pass

Favourite Colour

What colours do you like?

Talk • Draw • Point • Write • Pass

A Happy Memory

What is a memory that makes you smile?

Talk • Draw • Point • Write • Pass

Creative Choice

If you could make anything, what would it be?

Talk • Draw • Point • Write • Pass

Music & Sounds

What music or sounds do you enjoy?

Talk • Draw • Point • Write • Pass

Favourite Place

Where do you like spending time?

Talk • Draw • Point • Write • Pass

Choose any card. No pressure to answer or share. All communication is welcome.

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Little Joys

What is one small thing you enjoy?

Talk • Draw • Point • Write • Pass

Nature & Outdoors

What do you enjoy about being outside?

Talk • Draw • Point • Write • Pass

Learning Something

What would you like to learn or try?

Talk • Draw • Point • Write • Pass

Sharing Kindness

What is a kind thing someone has done?

Talk • Draw • Point • Write • Pass

Something About Me

What would you like others to know about you?

Talk • Draw • Point • Write • Pass

Our Connection

What is something we could enjoy together?

Talk • Draw • Point • Write • Pass

Choose any card. No pressure to answer or share. All communication is welcome.