



HAPPY CITY WALK LEADERS' LEAFLET NO.2

You, me & we

THEME Connecting with people

This walk gives us a fun way to explore our **connections**, our similarities and our differences. It will help us understand each other better and get the most out of the incredible diversity there is inside each person we meet.

Connecting with other people is probably the most important ingredient for greater wellbeing and happiness. It even helps prevent mental illness.

Both our strong **connections** – family, friends – **AND** the looser ties to people in our community and at work – help us to feel valued, give us a sense of belonging, purpose and meaning.



This walk is a chance to increase both by broadening **AND** deepening our connections as we walk.



5 WAYS TO WELLBEING

Preparing for the walk

Choose one or more of the questions that you'll use for the walk.

Feel free to make new questions, but try to make them open and positive.

Introducing the walk

Introduce everyone to the theme – **Connecting** with people.

Invite people to use the question(s) you have chosen to connect with others in the group.

Make sure everyone has someone to talk with at the start, and encourage people to swap over. You could try asking them to talk to at least X number of people.

The bite-sized version

If you don't have time for a whole **connecting** walk, just pick a question you can ask as an ice-breaker for during or after the walk. This will help to get people talking and meeting new people.

The walk & talk activity

Pick 1 or 2 questions from the list (or create your own positive question about people's shared and different lives).

Make them the topic(s) for the walk. Choose different questions each week.

Questions

- ♥ Can you find someone else with the same... birth month/ home town/number of siblings etc and share what that has meant for your life?
- ♥ Can you find someone else with the same... favourite hobby/ colour/food etc and share what that has added to your life?
- ♥ Of all the things you've done in your life, what brought you the most pride or fulfilment?
- ♥ What's the challenge you are most proud of overcoming?
- ♥ If it was your 100th birthday, what would you like people to be saying about you and how you've lived your life?
- ♥ What's made you laugh loudest in the last month?
- ♥ What are your three ingredients for lasting happiness?
- ♥ What about your community or the area you live, makes you smile?
- ♥ Who have you met that is most different to you and what did you learn from them?





5 WAYS TO WELLBEING

After the walk



If your group has a coffee or chat after the walk, you can use this time to invite people to share (as a group or by mingling), the most surprising/ heartening / interesting thing they learned about their fellow walkers. Try to find a way to celebrate the differences in the group!

Please send your feedback forms, plus any great ideas, wellbeing tips, questions or highlights from the walk or the conversations afterwards, to Happy City. They will help us improve the resources and we will share them with other walk leaders around the UK.