

# Would You Rather (Wellness Edition)

## 5 Ways of Well-being Game

- Would you rather sleep for an hour or read a book for hour?
- Would you rather go for a run or a bike ride?
- Would you rather call a friend or text a friend?
- Would you rather make someone laugh or say “good morning” to them?
- Would you rather leave a kind note for someone or volunteer?
- Would you rather play a sport or exercise another way for 30 minutes?
- Would you rather listen to music or watch a funny show?
- Would you rather watch a show on Netflix or a channel on Youtube?
- Would you rather do a breathing exercise or colour?
- Would you rather chew gum or eat a healthy snack?
- Would you rather do a dance video or say one positive thing about yourself?
- Would you rather have alone time or play a board game.

