

Wellness Icebreaker

Instructions:

Find someone in this group who is practicing a wellness activity listed below. Ask that person to describe her or his practice and tell what effect it is having on their life. Next, have that person autograph the appropriate square on this sheet. Try to get as many different autographs in as many squares as possible.

Gets 30+ minutes of physical activity almost every day	Has a daily time for prayer and/or meditation	Reads for fun and/or relaxation
Volunteers	Eats a heart-healthy diet	Keeps a list of financial goals
Pursues on-the-job training	Copes with stress in a healthy manner	Develops close and lasting relationships
Has dealt with loss in a healthy manner	Maintains close family connections	Reads inspirational literature
Plays a musical instrument	Uses allocated break time at work	Gets enough sleep
Saves for retirement	Smiles and laughs a lot	Makes time for play
Pursuing college or continuing education	Worships regularly in church	Is happy with her or his physical shape