

Wheel of Well-being

Discover your common ground



Sometimes when we're under too much pressure or feeling low, we find it hard to connect with others. We feel isolated, insecure and afraid of what other people might be thinking about us.

We love this activity, designed by The U as part of their Practicing Positivity workshop, because it's a great reminder of how much we all have in common!

(If you want to know more about Practicing Positivity, see Wow Your Community...)

What to do

This activity works well either in pairs or in a group.

Start with one person at a time. Introduce yourself and then spend 3 minutes uncovering as many things as possible that you have in common. Focus on finding shared passions and positives. ballroom dancing, backgammon or baking bread.

If you're in a group, after 3 minutes, move to the next person and find NEW things you have in common.

