

**Who would be your dream Big Blue Table guest, and why?**



**What's your ultimate Big Blue Table destination, and why?**



**When you were younger, what was something you aspired to or dreamed of?**



**If you could have picked your own name, what would it be, and why?**



**What made you want to come here today?**



## **Conversation Starters**

### **INSTRUCTIONS**

1. Print the coasters (on thick card paper if you've got it)
2. Cut out the circles, following the dotted lines
3. Place the coasters around your Big Blue Table
4. Encourage guests to go beyond small talk and start meaningful conversations about mental health



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**When you were younger, what did the words 'mental health' mean to you?**



**What keeps you up at night?**



**What do you do to look after your mental health?**



**What activity allows you to relax and switch off?**



**What challenges can be hard to talk about in today's landscape?**



**What do you wish you could share with others about mental health?**





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**What advice  
would you give your  
younger self?**



**Share a trait you  
love about yourself.**



**What have  
you learned about  
yourself over the  
past two years?**



**What's something  
you admire about  
someone else at  
this table?**



**What are you  
passionate about,  
and why?**



