


Family discussion starter:

# Top 10 films:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



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**Phase**  
PROMOTE | PREVENT | SUPPORT

# Creating conversation

*Finding new conversations or things to talk about during lockdown and social distancing can feel hard. We believe that creating conversation is key to building connection, developing healthy relationships and maintaining good mental health and wellbeing.*

*Use these discussion starters with family, friends and anyone else. Why not share them with others.*

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Family discussion starter:

# Create your own!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



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Family discussion starter:

# Top 10 songs:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



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