

Be Active

Connect

Give

Keep  
Learning

Take  
Notice

# Conversation Starter

**Stage:** Stage 4 - 6 - PDHPE, Visual Arts, English

**Duration:** 45 minutes

**Resources:**

- [Living Library story](#)
- [Conversation starter](#)

## Learning Objectives:



Develop empathy and understanding through storytelling and lived experiences



Explore different perspectives on wellbeing and mental health

<b>Warm Up</b> 10 minutes	Introduce the concept of Living Library and how stories can shape our understanding of wellbeing
<b>Exploring Lived Experiences</b> 25 minutes	<ol style="list-style-type: none"><li>1. Watch "<a href="#">May Lyn's</a>" story</li><li>2. Discuss key themes: resilience, identity, and personal growth</li><li>3. Use the <a href="#">Conversation Starter</a> to structure discussion:<ul style="list-style-type: none"><li>◦ What emotions did this story evoke?</li><li>◦ How does this connect to your own experiences?</li><li>◦ Why is sharing stories important to wellbeing?</li></ul></li></ol>
<b>Wrap Up</b> 10 minutes	Self-reflection. Students to write a short reflection on what they learned about themselves and wellbeing through this activity
<b>Considerations</b>	<ul style="list-style-type: none"><li>◦ Adapt time based on age group (shorter for younger students)</li><li>◦ Ensure a safe and inclusive environment for discussion</li><li>◦ Encourage team work and active listening</li></ul>