



Station 8: Spill the Beans

MOVE

- Jump from bean to bean answering the “tough” questions.

DISCUSS

- I am good at ...
- If I weren't afraid I would try to ...
- People like being with me because I ...
- If I ever have a problem I know I can turn to ...
- Something I don't really understand ...
- If we could go anywhere together, I'd choose ...

TAKE ACTION

- [Let's Talk! 29 Questions to Make Family Dinners Fun](#)
- [Seize the Awkward: Starting the Conversation](#)
- [Change to Chill: Mental Health Conversation Starters](#)
- [Talk to Your Child About Vaping](#)



Heart of New Ulm
Supporting a culture of wellness

Welcome to a new way to explore our community!

Move This Way provides an opportunity to be active, talk, think and learn about topics related to your physical, mental and social well-being.

Engage in a fun, physical activity at each station and then use the questions to spark discussion. Use the additional resources to take action or learn more.



Congratulations on completing all 8 stations for Move This Way! Be sure to take our survey for your chance to win Chamber dollars!



tinyurl.com/MoveThisWay