

## How to use *at the table*



[www.happyhealthytoolkit.com](http://www.happyhealthytoolkit.com)

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# 1st

Get oriented to the toolkit



Relax



Think



Feel



Connect



Move



Refuel



Create

Let each person pick a card

Let them read the card aloud or  
silently if they choose to

Have a conversation about the  
cards you selected

# You can

Let each person pull 3 cards  
from the 7 wellness areas



**Three Card Draw**

# or

Pick a card from your  
favorite wellness area

Example: "I want to connect."



**Preferred Pick**