

Wellness Picnic

Helpful Materials

Paper plates or paper
Markers, crayons, magazines, glue, scissors

Number of Participants

6-50 people (This activity has been done with community health workers, elders, youth, and mixed ages.)

Amount of Time

20 minutes to 1 hour. If everyone shares with the larger group it will take a lot of time.

“I remember we expressed what we thought or what we felt about wellness, using a paper plate and crayons. I liked that because there were so many things you could story. There’s different ways to express yourself and I think that really helps see things differently. I know the things that make me feel better and make life easier- But what it looks like in a picture was thought-provoking for me.”

Invite participants to draw and/or collage what wellness looks like to them using pictures, colors or words. Take about 5 -10 minutes to complete this part of the learning activity.

When participants are finished creating their wellness drawing/collage, each participant takes their wellness plate and shares it with at least 2 to 3 other people. The number of people the person shares their wellness picture with depends upon the amount of time available and the number of people in the training. Each person describes what they have created and how it represents what wellness means to them.

After participants have listened to other people talk about their wellness creation and shared their ideas about wellness, invite each person to look at their wellness plate. Participants may want to add ideas to their wellness picture that they learned or were reminded of in the sharing of wellness ways. Take a few minutes for individual reflection.

To conclude this activity, have a group conversation.

- What did you see?
- What changes or additions did you make to your wellness plate?
- What cultural values did you see in the wellness drawings?
- How does culture influence or affect health and wellness?
- How does your picture of health and wellness influence or affect cancer?
- What will you take away from this activity?

Thank people for their participation and sharing.

