

COOL CAFE WEEK #3: SUGGESTED ACTIVITIES

Supervisor: Arrange to have high school students who are positive role models to come in and sit at each lunch table. Students are encouraged to practice conversation skills and mealtime manners.

Students: Engage in conversation with a high school student.

• LET'S TALK ABOUT MENTAL HEALTH

- What does mental health mean to you?
- When do you feel mentally healthy?

• DATING / RELATIONSHIPS

- What's an appropriate way to express feelings towards someone you like?
- Describe a healthy vs unhealthy relationship.
- Getting rejected is hard. Some people will like us and some people won't and that's okay—we need to focus our energies on the people who appreciate us. What is an appropriate way to handle rejection?
- You have the right to choose a partner. What characteristics do you look for in a partner?

• SOCIAL MEDIA

- What are the negatives of communicating virtually and over social media?
- Why is communicating in person more meaningful?

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