



**CHARGE
UP**

ENERGY TAKERS

**How do you spend
your time when you
stay up late in the
night?**



-5%

1

ENERGY TAKERS

**Talk about
something that
makes you feel sad.**



-15%

2

ENERGY TAKERS

**What's your
favourite fast food?**



-5%

3

ENERGY TAKERS

**How many hours do
you use your phone
in a day?**



-10%

4

ENERGY TAKERS

**You're trash-talking
about your close
friends, so you will
be angry for 1 round.**



-15%

5

ENERGY TAKERS

You will prioritize party and dancing, so you won't listen anyone for 1 round.



-5%

ENERGY TAKERS

**You're out of the
group for
1 round.**



-15%

7

ENERGY TAKERS

**Share one situation
that made you feel
uncomfortable with
yourself.**



-5%

ENERGY TAKERS

**Share a comment
you think is
negative for your
mindset.**



-15%

ENERGY TAKERS

**Share any aspect of
yourself that you
don't like.**



-10%

10

ENERGY TAKERS

You will distract the others during the next round by saying:
“I want to eat a burger.”



-5%



ENERGY TAKERS

Share 3 excuses to not practice sports.



-10%

12

ENERGY TAKERS

**If I can skip my
classes, I would ...**



-10%

13

ENERGY TAKERS

**You stayed up until
late playing.
Fall sleep for 1
round.**



-5%

14

ENERGY TAKERS

**Take your phone
and use your
favourite social
media.**

You skip one round.



-5%

15

ENERGY TAKERS

**Share anything you
don't like to hear
from the others.**



-10%

16

ENERGY TAKERS

You're not in the mood for one round, it affects all the group.



-5%

17

ENERGY TAKERS

**Covid arrived and
you will be in a
lockdown for one
round.**



-5%

18

ENERGY TAKERS

Did you lie to your friends to not go out? How did it feel?



-15%



ENERGY TAKERS

**Share your
favourite sad song
to the group.**



-10%

20

ENERGY GIVERS

With your eyes closed, the whole group will draw something.

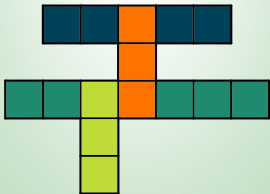


+5%

21

ENERGY GIVERS

Create all together
a crossword using
the word
WELLBEING.



+5%

22

ENERGY GIVERS

Play one of your favourite songs and invite everyone to dance together.



+5%

23

ENERGY GIVERS

Create (all together) a list of 10 things for boosting well-being.



+5%

24

ENERGY GIVERS

**The whole group
focus 1 minute on
deep breathing,
count each inhale
and exhale.**



+5%

25

ENERGY GIVERS

**Give an authentic
compliment to each
one, including you!**



+10%

26

ENERGY GIVERS

**Everyone will write a
compliment to the
person in their left.**



+5%

27

ENERGY GIVERS

**Name 3 things you
are grateful for in
your life.**



+15%

28

ENERGY GIVERS

**Have a 5 min break
and invite everyone
to do anything you
like.**



+5%

ENERGY GIVERS

**Till the end of the
game we play
without phones**



+5%

30

ENERGY GIVERS

**What makes you
happy?**



+10%

ENERGY GIVERS

**When was the last
time you learnt
something new?**



+15%

32

ENERGY GIVERS

**Share a funny story
which made you
laugh a lot.**



+10%

33

ENERGY GIVERS

**Share a story where
you have helped
someone.**



+15%

34

ENERGY GIVERS

Think and create all together a poster of what a healthy diet consists of.



+5%

35

ENERGY GIVERS

**Name at least 3
healthy meals for a
balanced diet.**



+10%

36

ENERGY GIVERS

**Share an habit you
are used to do
when you feel
stressed.**

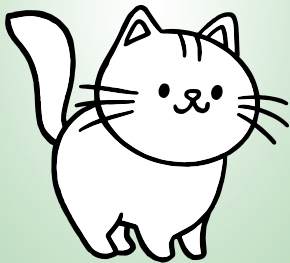


+15%

37

ENERGY GIVERS

**If the well-being
would be an animal,
it would be a...**



+10%

38

ENERGY GIVERS

**Do you think you
have a balance
between social life
and school? Why?**



+10%

ENERGY GIVERS

**Which place makes
you disconnect
from everything?**



+10%

40

QUESTIONS

**Name three things
that can help you to
calm down**



CALM



QUESTIONS

**Do you have a goal
that you would like
to achieve?**



QUESTIONS

**What is well-being
for you?**



QUESTIONS

**Name 3 factors that
can improve your
well-being**



QUESTIONS

How would you help someone that is not feeling well?



QUESTIONS

Overall, how satisfied are you with your life nowadays and what could improve it?



QUESTIONS

**What could make
you more happy?**



QUESTIONS

**How happy do you
feel today? (1- not
good at all; 5 - full
happiness)**



QUESTIONS

When was the last time you had a good laugh and what was the reason for it?



QUESTIONS

How many hours do you need to sleep to feel good? Do you usually do it?



QUESTIONS

**What support do
you need to make
your life better?**



QUESTIONS

**Do you have any
people around you
who can support
you? Who?**



QUESTIONS

**What or who
inspires you the
most?**



QUESTIONS

**Name three things
that bring you joy**



QUESTIONS

Do you have a healthy daily routine? How could you make it even more healthier?



QUESTIONS

**How often do you
exercise every
week?**



QUESTIONS

**What do you do to
refresh and
recharge yourself?**



QUESTIONS

**What are your
favorite hobbies,
and how do they
make you feel?**



QUESTIONS

**Do you think you
have a well-
balanced life?
Could you explain
why?**



QUESTIONS

What are at least 5 emotions you experienced in the last days?



ENERGY SHIELD

**THIS CARD
PROTECTS
YOU/OTHERS FROM
THE ENERGY
TAKERS.**



JUST FOR ONE USE

ENERGY SHIELD

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JUST FOR ONE USE

99%

95%

90%

85%

80%

75%

70%

65%

60%

55%

50%

45%

40%

35%

30%

25%

20%

15%

10%

5%

1%



**CHARGE
UP**