

## LIFE AT YOUR PACE TABLING

**Objective:** Participants are encouraged to engage in conversations with peers to explore what approaching life at their own unique pace looks like and means to them.

### Supplies:

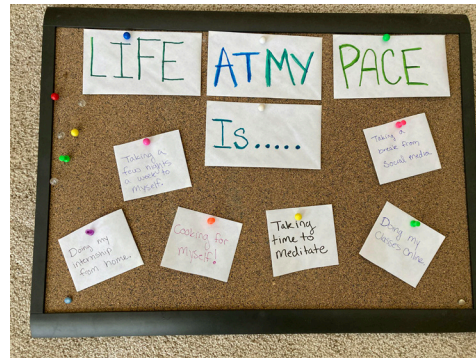
- Bulletin board, trifold, or poster
- Writing/drawing/posting supplies such as markers, pens, sticky notes, or index cards
- Table and tabling supplies such as a tablecloth, paperweights, etc.
- Life at Your Pace printable wristbands: [activeminds.org/yourpace](https://activeminds.org/yourpace)
- Optional: email sign up to stay in touch and engage further with Active Minds

**Instructions:** Pose the statement “Life at My Pace Is...” and encourage participants to write what life at their pace means to them.

### Examples:

Life at My Pace Is...

- Getting eight hours of sleep
- Meditating daily
- Spending more time by myself
- Working from home
- Doing online classes
- Wearing a mask



**Facilitator Notes:** Feel free to adapt this program, this is intended to be a resource for you! We recommend opening opportunities for participants to speak openly and share their experiences to whatever extent they feel comfortable.

Let us know how it went! We’d love to hear about your program via the Chapter Report.