



Kittycattt



HUG THE YOUNGEST PLAYER  
OR  
THE OLDEST



Kittycattt



CLOSE YOUR EYES  
AND  
VISUALIZE A CONFIDENT  
VERSION OF YOURSELF



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SHARE A FEAR  
OR  
INSECURITY WITH  
THE GROUP



Kittycattt



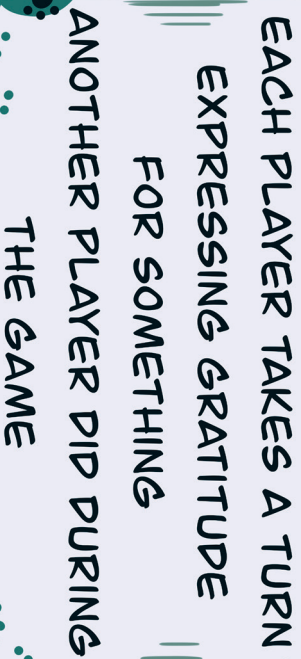
EACH PLAYER  
RECIEVES A COMPLIMENT FROM  
EACH OTHER



Kittycattt




ACTIVELY LISTEN TO  
ANOTHER PLAYERS THOUGHTS



EACH PLAYER TAKES A TURN  
EXPRESSING GRATITUDE  
FOR SOMETHING  
ANOTHER PLAYER DID DURING  
THE GAME



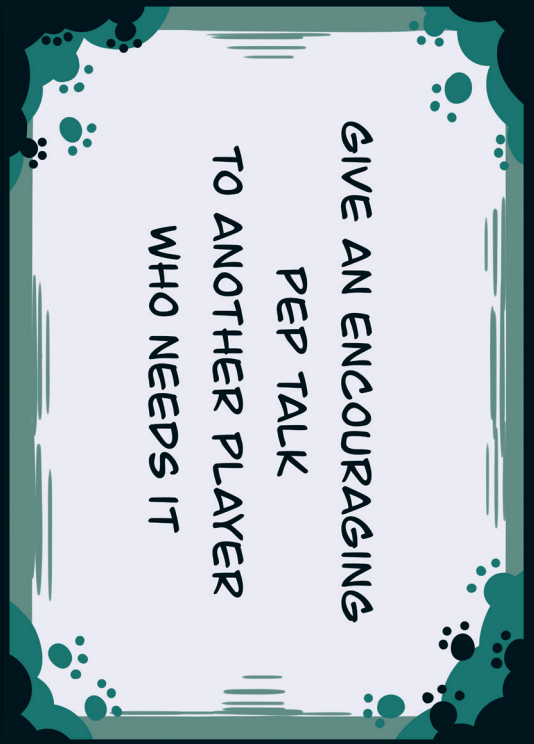
TELL A FUNNY, LIGHTEARTED  
JOKE OR ANECDOTE




CREATE  
A SHORT, POSITIVE STORY  
ON A GIVEN TOPIC



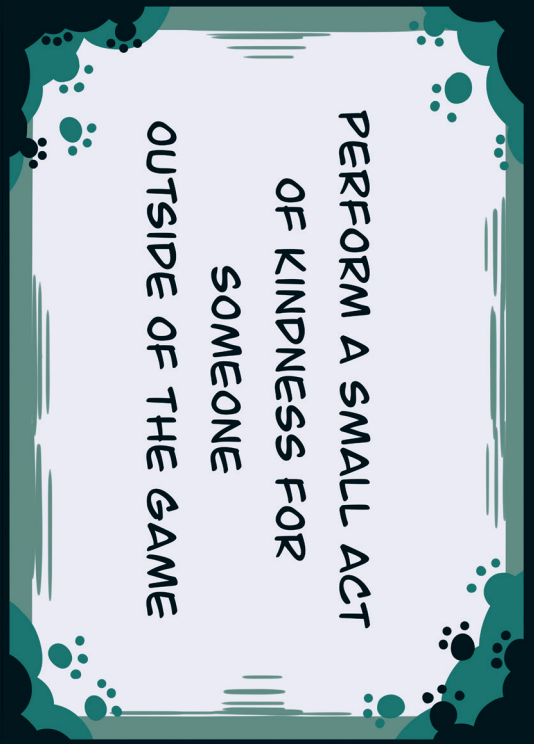
**STRIKE A CONFIDENT POSE  
FOR 30 SECONDS**




GIVE AN ENCOURAGING  
PEP TALK  
TO ANOTHER PLAYER  
WHO NEEDS IT



SHARE A RECENT PERSONAL  
SUCCESS  
OR ACHIEVEMENT



PERFORM A SMALL ACT  
OF KINDNESS FOR  
SOMEONE  
OUTSIDE OF THE GAME



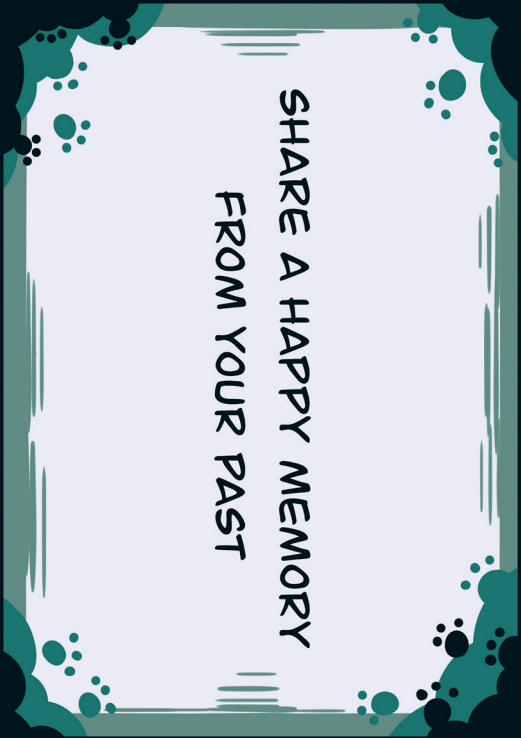
**SPEAK FOR ONE MINUTE  
ON TOPIC  
OF YOUR CHOICE**



SHARE ONE POSITIVE THING  
ABOUT YOU



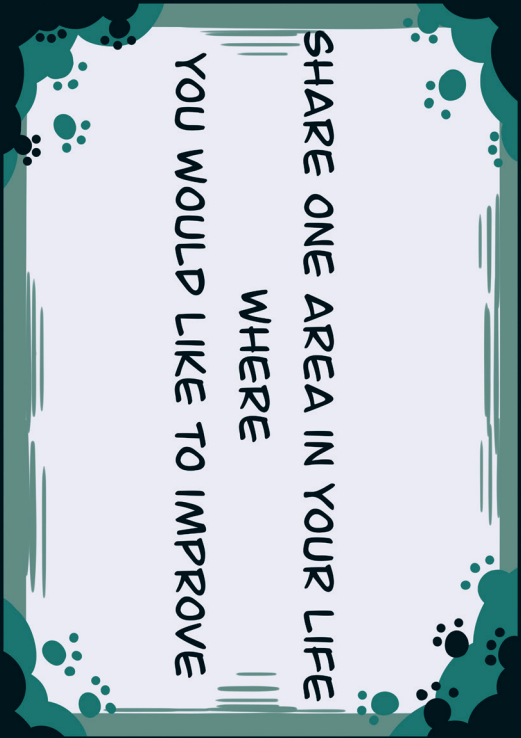
SHARE SOMETHING  
YOU ARE GRATEFUL FOR



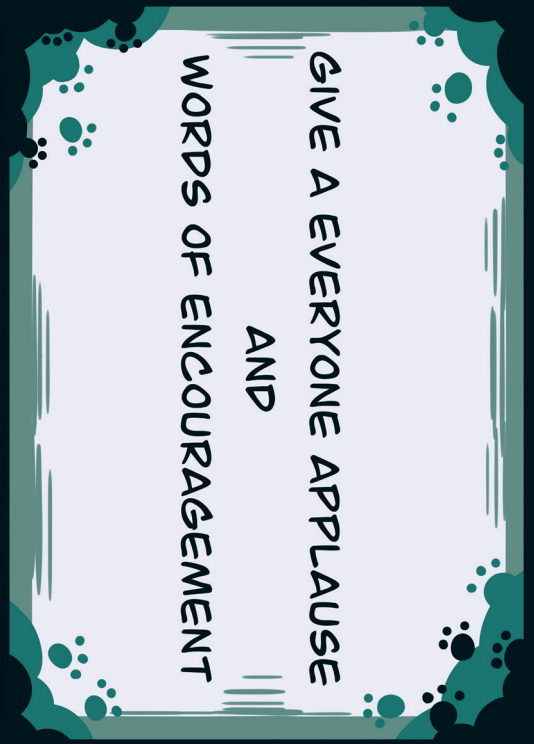
SHARE A HAPPY MEMORY  
FROM YOUR PAST



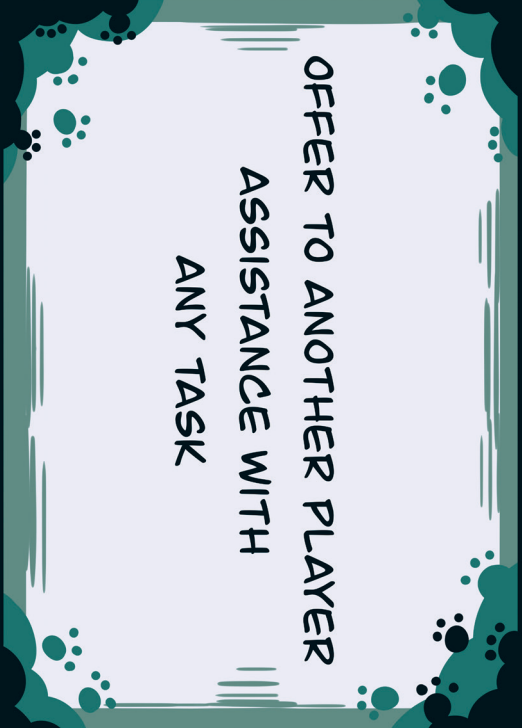
EVERYONE TAKES A MOMENT  
TO VISUALIZE  
ACHIEVING A PERSONAL GOAL



SHARE ONE AREA IN YOUR LIFE  
WHERE  
YOU WOULD LIKE TO IMPROVE

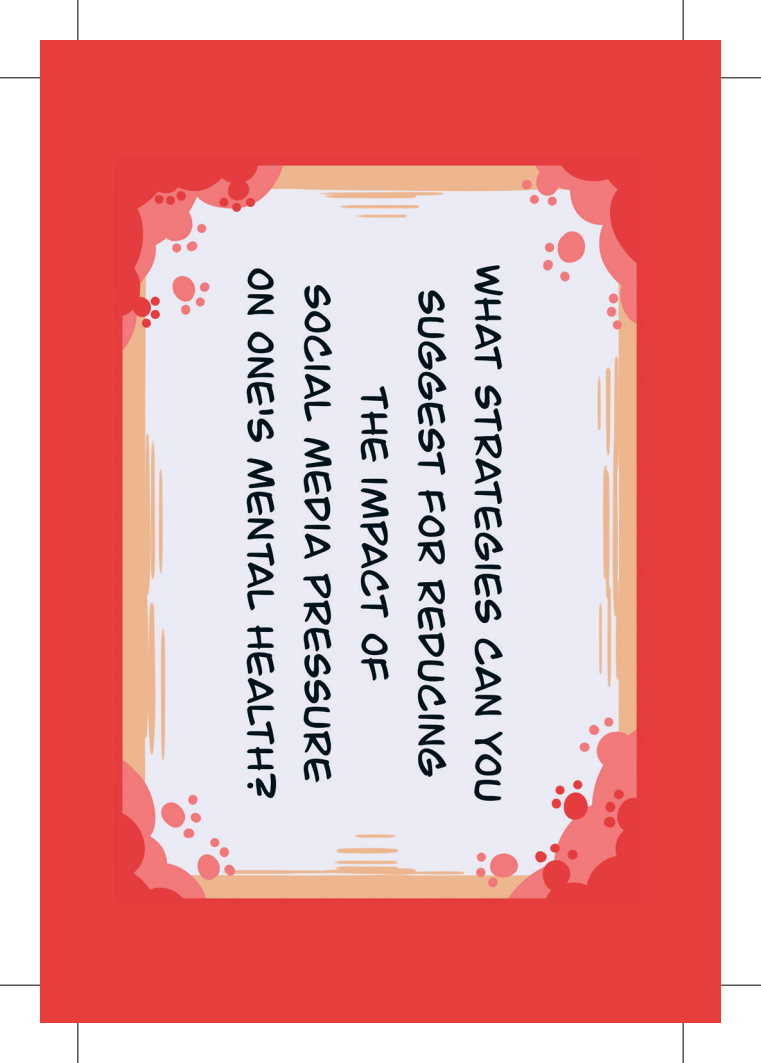


GIVE A EVERYONE APPLAUSE  
AND  
WORDS OF ENCOURAGEMENT

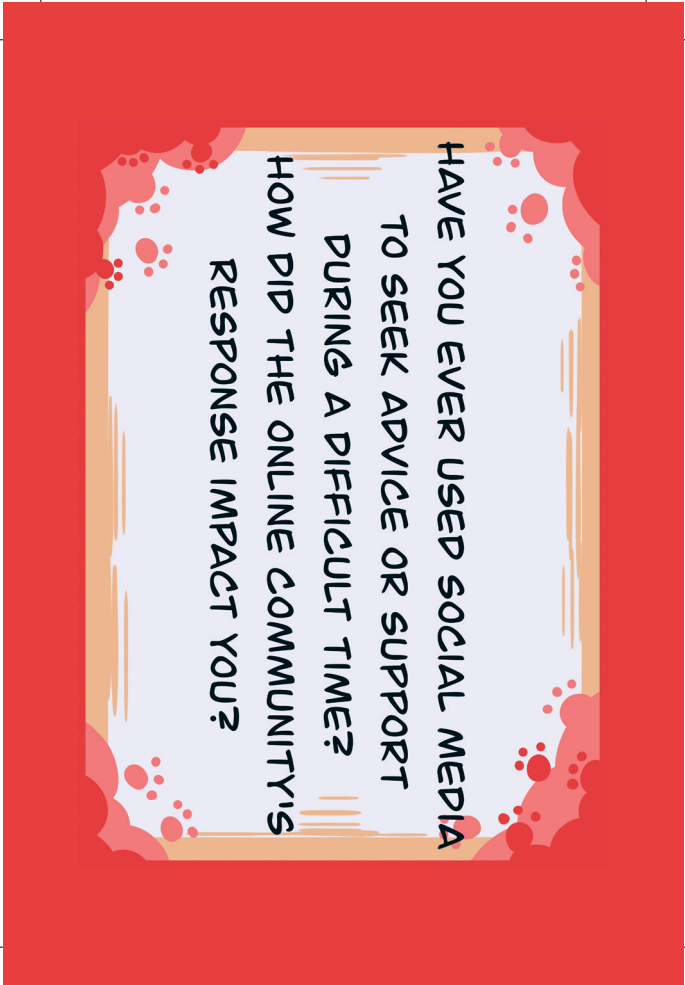


OFFER TO ANOTHER PLAYER  
ASSISTANCE WITH  
ANY TASK

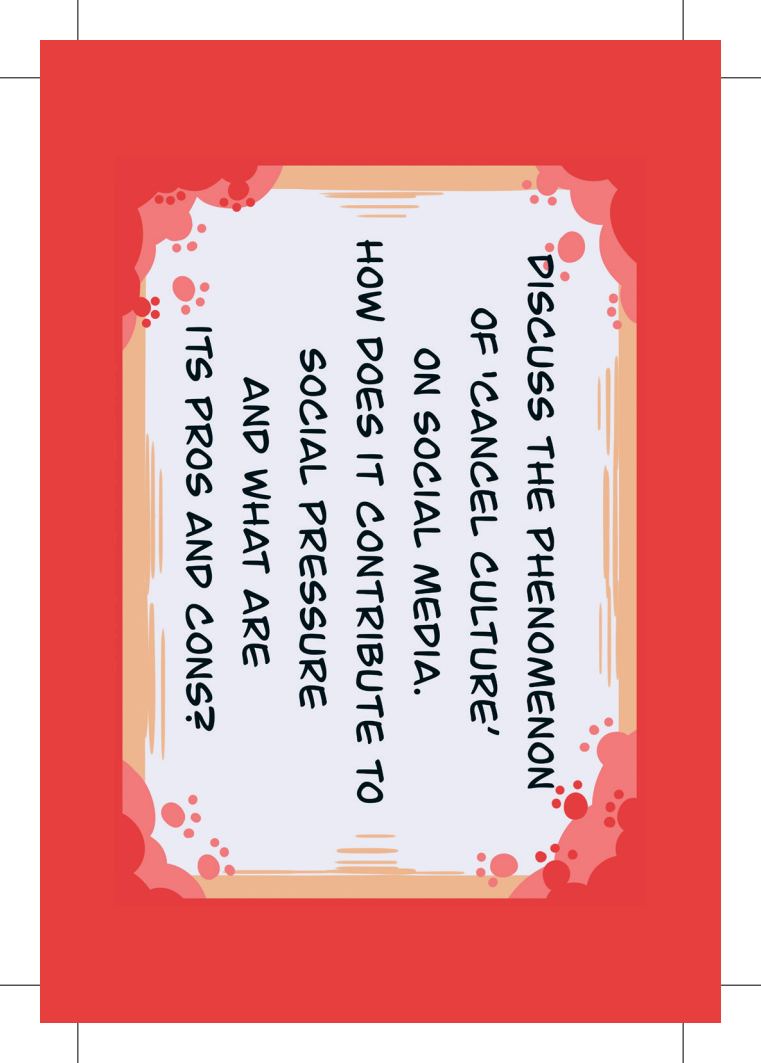




**WHAT STRATEGIES CAN YOU  
SUGGEST FOR REDUCING  
THE IMPACT OF  
SOCIAL MEDIA PRESSURE  
ON ONE'S MENTAL HEALTH?**



**HAVE YOU EVER USED SOCIAL MEDIA  
TO SEEK ADVICE OR SUPPORT  
DURING A DIFFICULT TIME?  
HOW DID THE ONLINE COMMUNITY'S  
RESPONSE IMPACT YOU?**

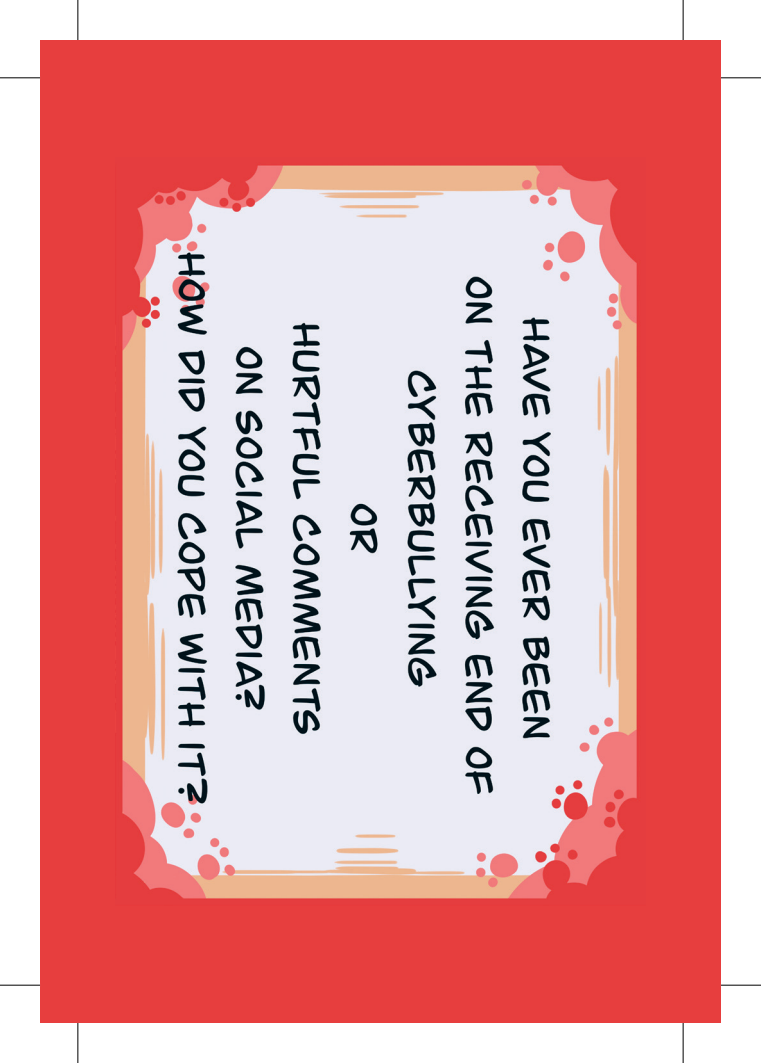


DISCUSS THE PHENOMENON  
OF 'CANCEL CULTURE'  
ON SOCIAL MEDIA.  
HOW DOES IT CONTRIBUTE TO  
SOCIAL PRESSURE  
AND WHAT ARE  
ITS PROS AND CONS?

HAVE YOU EVER NOTICED  
A DIFFERENCE  
IN HOW SOCIAL MEDIA PRESSURE  
AFFECTS  
DIFFERENT AGE  
GROUPS (E.G., TEENS VS. ADULTS)?  
SHARE YOUR OBSERVATIONS  
AND INSIGHTS.

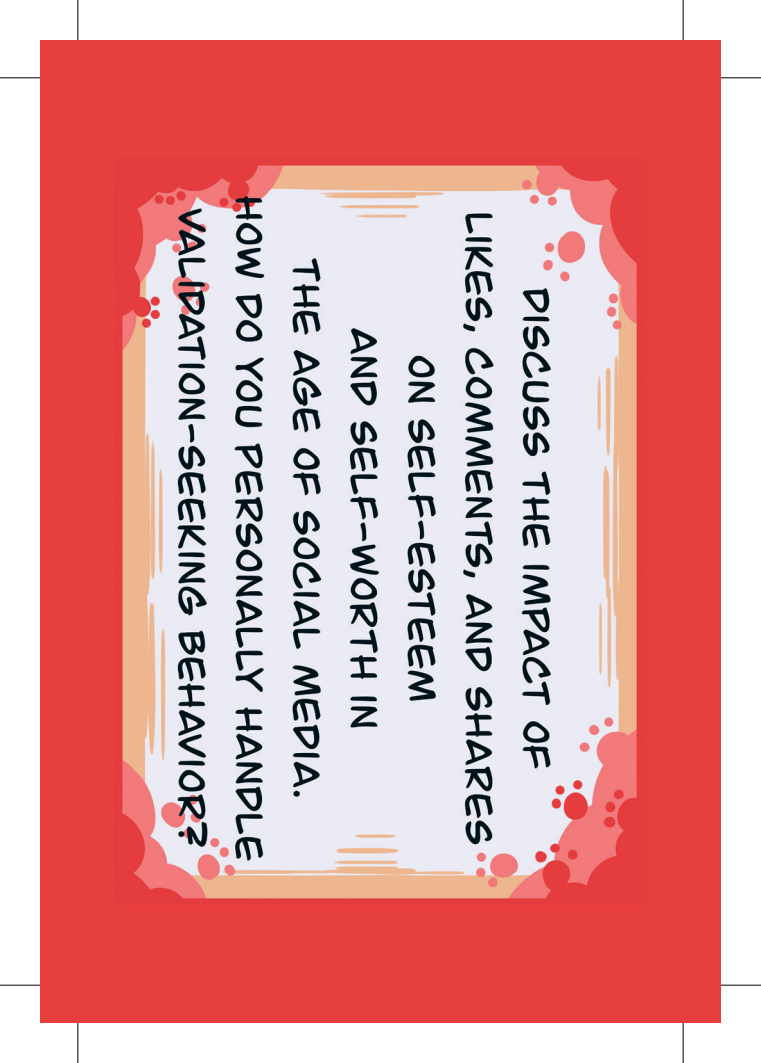
DISCUSS A SITUATION  
WHERE YOU FELT COMPELLED  
TO ENGAGE IN  
POLITICAL OR SOCIAL DISCUSSIONS  
ON SOCIAL MEDIA  
EVEN IF YOU WEREN'T COMFORTABLE  
DOING SO. WHAT WERE THE  
CONSEQUENCES?

SHARE AN EXAMPLE  
OF A SOCIAL MEDIA INFLUENCER  
OR CELEBRITY WHO HAS ADDRESSED  
AND OPENLY DISCUSSED  
THE PRESSURES OF MAINTAINING  
THEIR IMAGE ONLINE.  
WHAT CAN WE LEARN FROM THEIR  
EXPERIENCES?

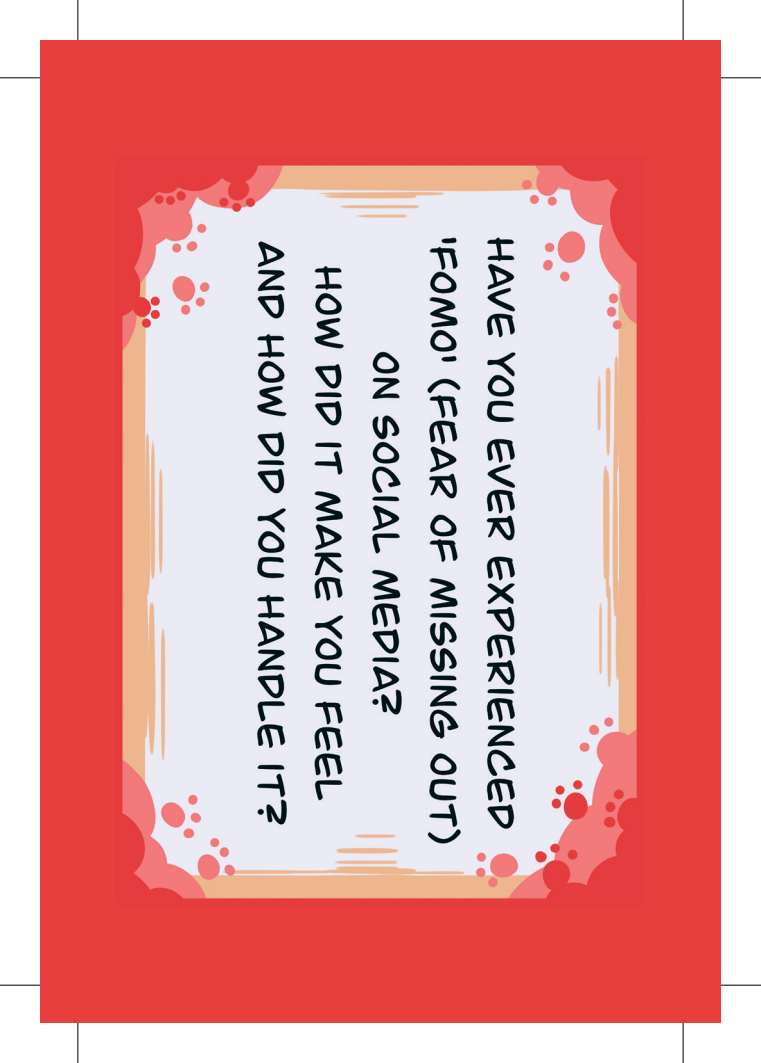


HAVE YOU EVER BEEN  
ON THE RECEIVING END OF  
CYBERBULLYING  
OR  
HURTFUL COMMENTS  
ON SOCIAL MEDIA?  
HOW DID YOU COPE WITH IT?


DESCRIBE A TIME WHEN YOU  
FELT PRESSURED  
TO MAINTAIN  
A CERTAIN 'ONLINE PERSONA'  
THAT DIDN'T REFLECT YOUR  
TRUE SELF.  
WHAT  
MOTIVATED YOU TO DO THIS, AND  
HOW DID IT MAKE YOU FEEL?



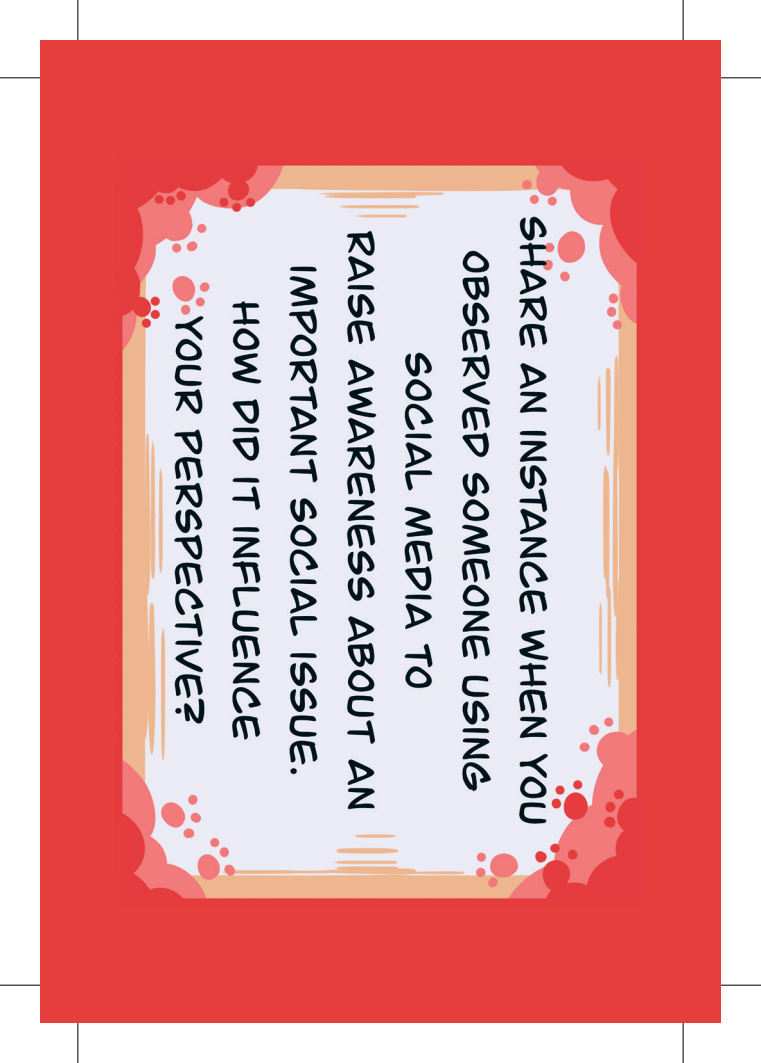
DISCUSS THE IMPACT OF  
LIKES, COMMENTS, AND SHARES  
ON SELF-ESTEEM  
AND SELF-WORTH IN  
THE AGE OF SOCIAL MEDIA.  
HOW DO YOU PERSONALLY HANDLE  
VALIDATION-SEEKING BEHAVIOR?



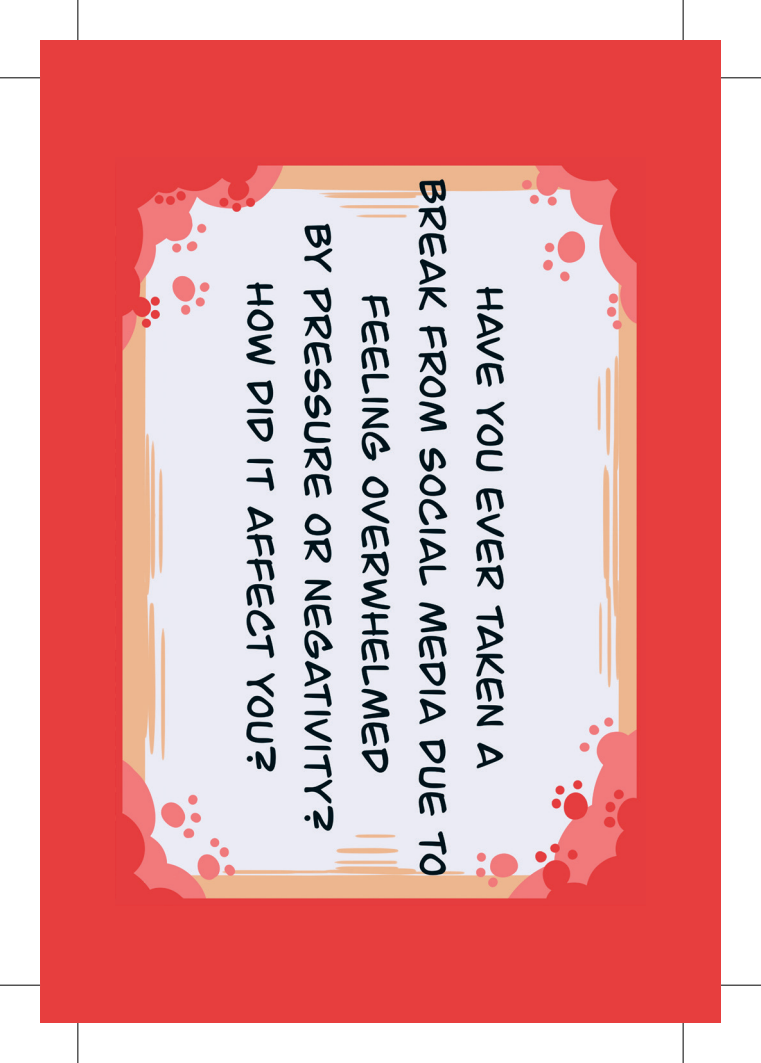
HAVE YOU EVER EXPERIENCED  
'FOMO' (FEAR OF MISSING OUT)  
ON SOCIAL MEDIA?  
HOW DID IT MAKE YOU FEEL  
AND HOW DID YOU HANDLE IT?



**DISCUSS THE ROLE OF  
FILTERS AND EDITING  
IN CREATING  
UNREALISTIC BEAUTY STANDARDS  
ON SOCIAL MEDIA.  
HOW CAN WE COMBAT  
THIS PRESSURE?**



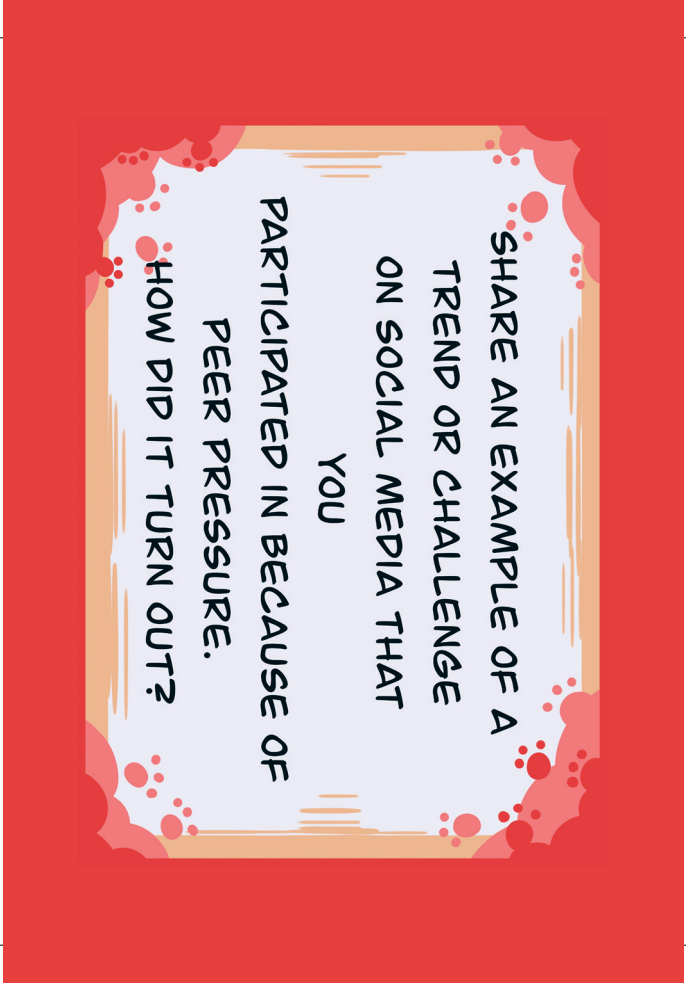
**SHARE AN INSTANCE WHEN YOU  
OBSERVED SOMEONE USING  
SOCIAL MEDIA TO  
RAISE AWARENESS ABOUT AN  
IMPORTANT SOCIAL ISSUE.  
HOW DID IT INFLUENCE  
YOUR PERSPECTIVE?**



**HAVE YOU EVER TAKEN A  
BREAK FROM SOCIAL MEDIA DUE TO  
FEELING OVERWHELMED  
BY PRESSURE OR NEGATIVITY?  
HOW DID IT AFFECT YOU?**

DISCUSS A TIME WHEN YOU  
FELT COMPELLED TO  
HIDE OR ALTER PARTS  
OF YOUR LIFE ON SOCIAL MEDIA TO  
CONFORM TO  
CERTAIN EXPECTATIONS.

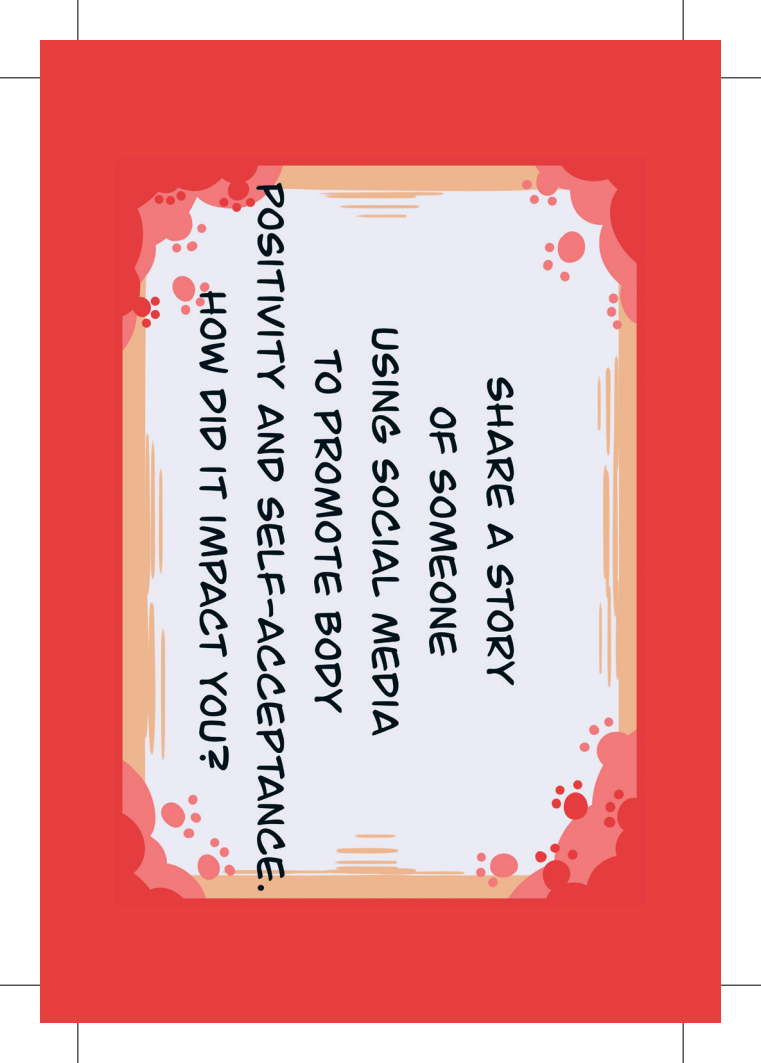
WHAT MOTIVATED YOU TO DO SO?



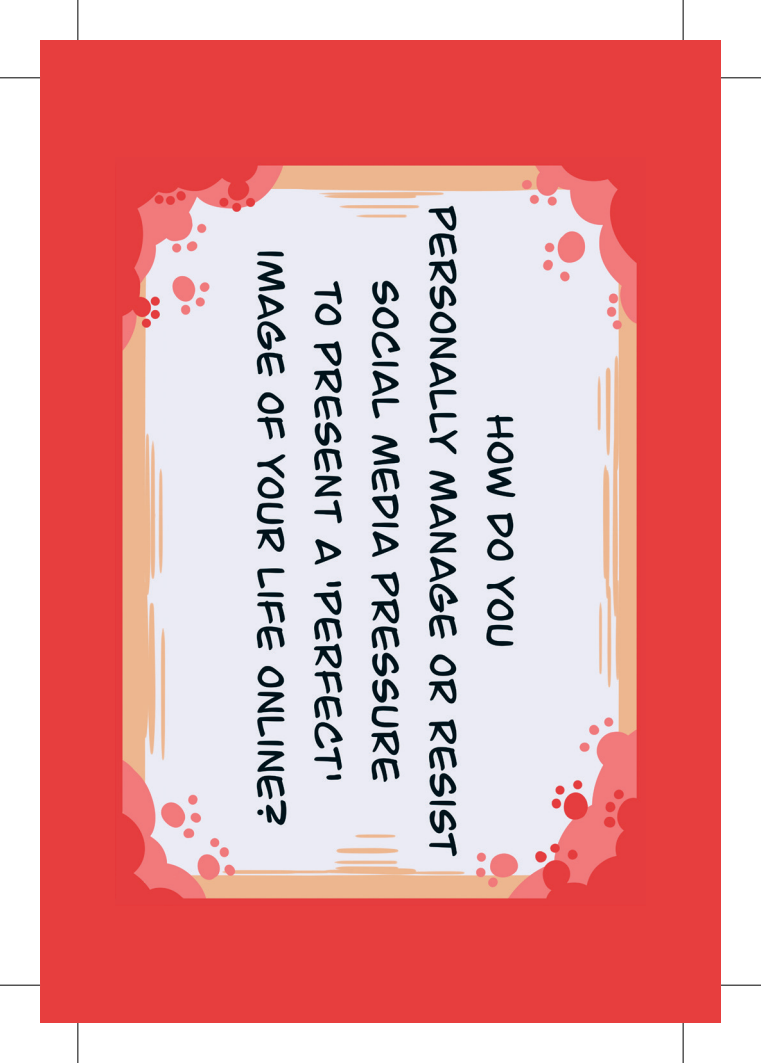
SHARE AN EXAMPLE OF A  
TREND OR CHALLENGE  
ON SOCIAL MEDIA THAT  
YOU

PARTICIPATED IN BECAUSE OF  
PEER PRESSURE.

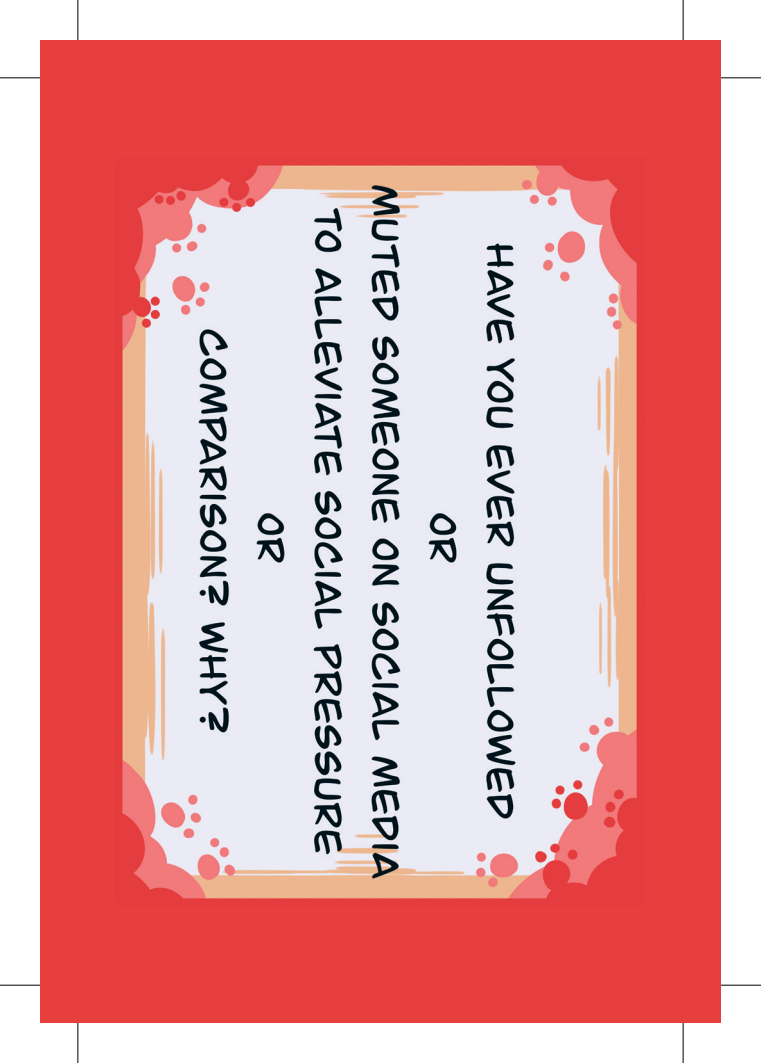
HOW DID IT TURN OUT?



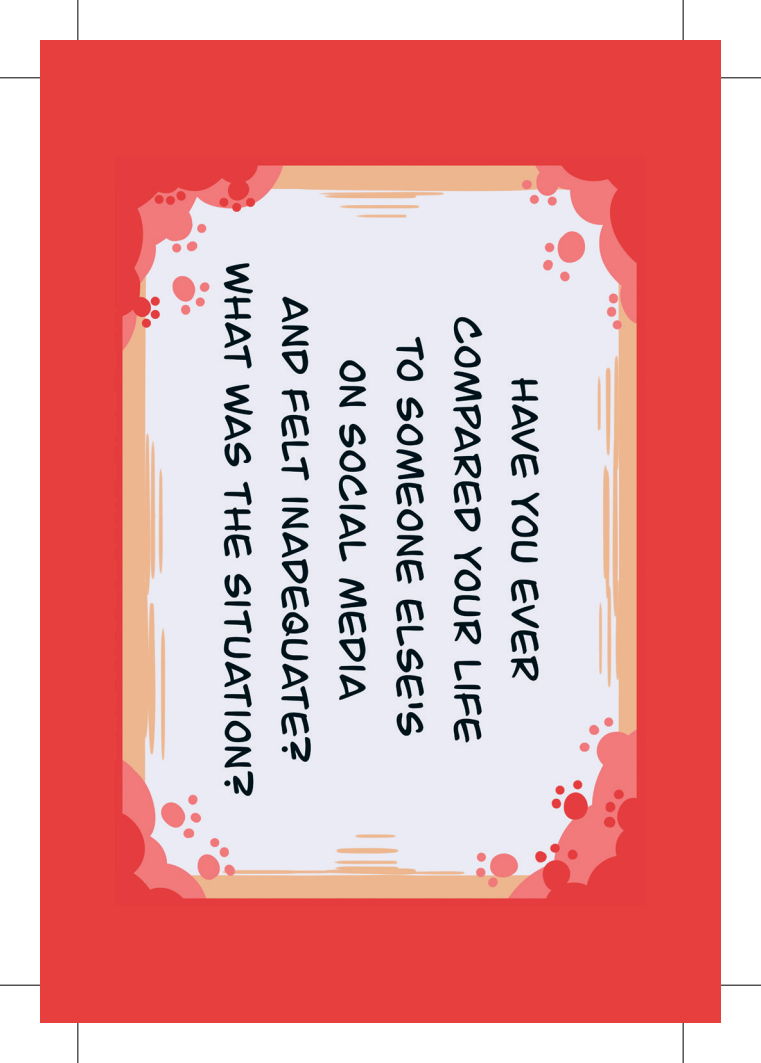
SHARE A STORY  
OF SOMEONE  
USING SOCIAL MEDIA  
TO PROMOTE BODY  
POSITIVITY AND SELF-ACCEPTANCE.  
HOW DID IT IMPACT YOU?



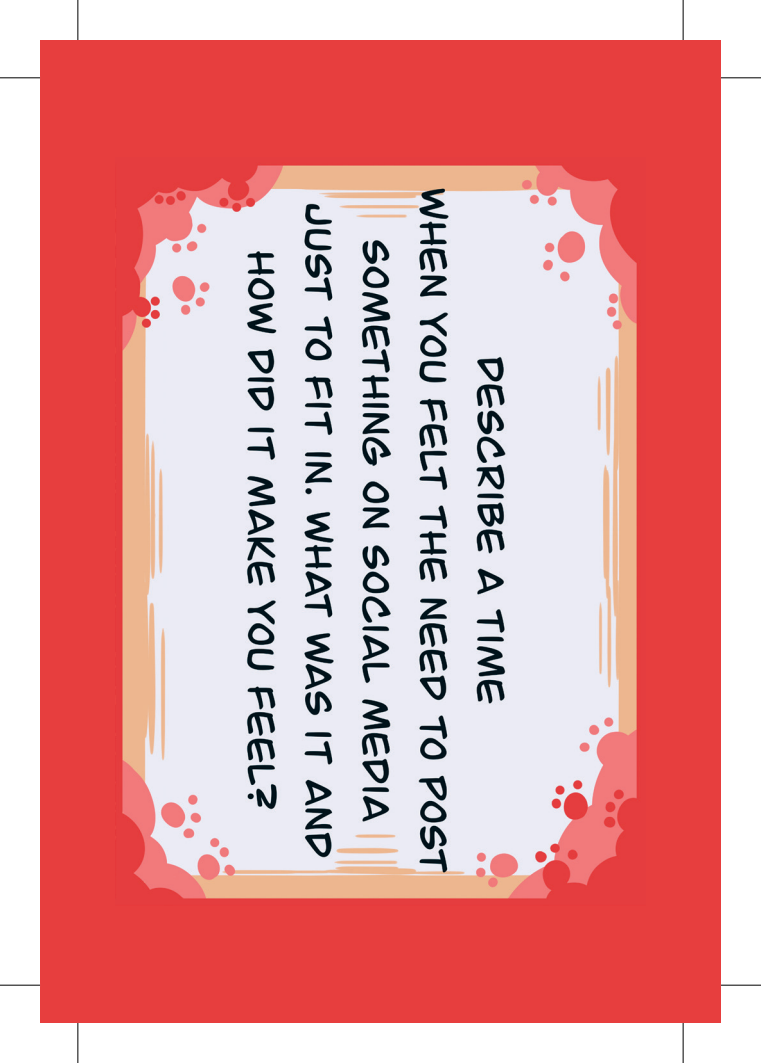
**HOW DO YOU  
PERSONALLY MANAGE OR RESIST  
SOCIAL MEDIA PRESSURE  
TO PRESENT A 'PERFECT'  
IMAGE OF YOUR LIFE ONLINE?**



HAVE YOU EVER UNFOLLOWED  
OR  
MUTED SOMEONE ON SOCIAL MEDIA  
TO ALLEVIATE SOCIAL PRESSURE  
OR  
COMPARISON? WHY?



**HAVE YOU EVER  
COMPARED YOUR LIFE  
TO SOMEONE ELSE'S  
ON SOCIAL MEDIA  
AND FELT INADEQUATE?  
WHAT WAS THE SITUATION?**



DESCRIBE A TIME  
WHEN YOU FELT THE NEED TO POST  
SOMETHING ON SOCIAL MEDIA  
JUST TO FIT IN. WHAT WAS IT AND  
HOW DID IT MAKE YOU FEEL?

