

Print on card stock or laminate for durability. Cut along the dotted lines and place in a bowl or jar. Take turns drawing cards and answering questions.

How late do you **sleep in** on Saturday and Sunday? Do you sometimes have a **lie-in**?

What time do you **turn in** on weekdays? How late do you **stay up** at weekends?

When was the last time you **slept through** your alarm clock? What happened?

How do you feel about **lying about** all day and watching TV or Netflix?

What time do you usually **put the lights out** in the evening?

Have you ever **dozed off** in a meeting?

When was the last time you **stayed over** at a friend's place?

What do you do at the weekend? Do you go out or **laze around** at home?

What do you do to **calm down** after a stressful day?

Have you ever felt too **partied out** to show up at work?

When do you think is the best time to **chill out** and unwind?

Have you ever felt like you needed to **slow down** to start enjoying your life?