

Walk & Talk

❤ Short – 0,5 km, 5 min

💙 Long – 1,7 km, 20 min



**A walk of reflection
– on your own or together
with a friend.**

1. How do I feel today?
2. What is important for me today?
3. What will bring me energy today?
4. What is challenging for me today?
5. How will I take care of myself today?

Aktivitetshuset