



Have the mums pair up and then pick one statement/question out of the hat and they each have 30 secs to answer ... blow a whistle or have phone timer go off when it is time to change partners – call out another one!

- 1 - I feel most together when....
- 2 - The best part of my day is....
- 3 - The best thing about my baby is....
- 4 - I look my best when...
- 5 - I feel my best when....
- 6 - I'm the happiest when....
- 7 - I perform the best when...
- 8 - I feel least stressed when...
- 9 - My favorite coffee spot is...
- 10 - My favorite rainy day activity is...