



# WELLNESS STOP ACTIVITIES

## 1. Know Your Strengths

- Pick 3 strength cards
- Rank strongest to least
- Share on how you can apply them

## 2. Emotional First Aid Kit (First 50 pax)

- Choose 3–4 items
- Stress ball
- Tea sachets
- Affirmation cards
- Post-it / Aroma roll-on

## 3. Snap & Win Coffee/Tea (First 30 pax)

- Take photo at booth
- Follow & tag NWC on IG/FB
- Redeem free coffee/tea

