1

learning

True or false?
Dreaming about the future is useless in the present moment.

Answer: **False.**
Imagining your future means you've started building it.

2

exploration

True or false?
Curious people usually have a harder time managing stress.

Answer: **False.**
They usually do better with managing stress.

3

Curiosity is especially helpful for...

1) having better arguments.
2) exploring and understanding.
3) making judgements.

4

True or false?
Curiosity stops developing once you're over 25.

Answer: **False.**
You can develop your curiosity throughout your whole life.

5

curiosity

Resilience means...

1) being strong all the time.
2) reacting quickly.
3) adapting in spite of challenges.

6

novelty

True or false?
It can be helpful to learn to live with some discomfort.

Answer: **True.**
Getting out of your comfort zone helps you grow.

7

True or false?
It's a good idea to surround yourself with only people who are like you.

Answer: **False.**
Learning more about others opens your mind.

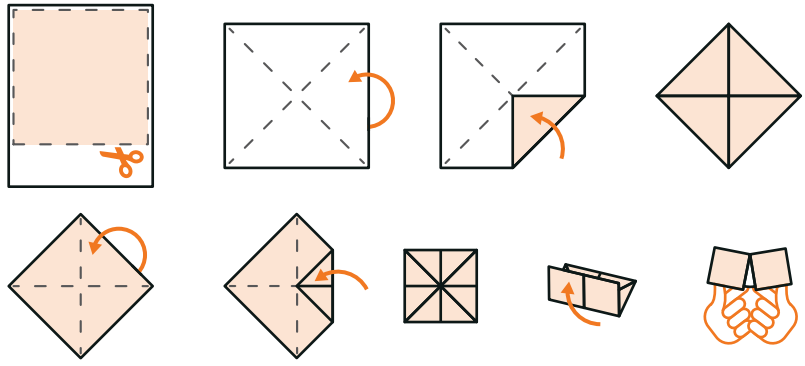
8

True or false?
Curiosity helps us manage change better.

Answer: **True.**
Curiosity transforms the unknown into an opportunity.

How to fold your fortune teller:

video tutorial



MOUVEMENT SANTÉ MENTALE QUÉBEC

Promouvoir. Soutenir. Outiller

etrebiendanssatete.ca

“EXPLORE” Mini-Quiz

TRUE OR FALSE

Dreaming about the future is useless in the present moment.

Answer: False. Imagining your future means you've started building it.

Take it further: Allowing yourself to dream of a better future, even for a moment, provides you with hope and gives meaning to your day-to-day actions.

Questions for reflection:

- What kind of future do you dream of? Does it include community, mutual aid, connections, collaboration?
- What changes do you hope for in our society? For future generations?

MULTIPLE CHOICE

Resilience means...

1) being strong all the time.
2) reacting quickly.
3) adapting in spite of challenges.

Answer: 3) adapting in spite of challenges.

Take it further: Resilience means your ability to get through hard times and get back up after a challenge, big or small. You can draw on your strengths and those of the environment you're in. You can even develop new resources over time. Think of it like a life preserver that helps you keep your head out of water when life gets hard.

Questions for reflection:

- What's something that has helped you get through hard times in the past?

“EXPLORE” Mini-Quiz

MULTIPLE CHOICE

Curiosity is especially helpful for...

1) having better arguments.
2) exploring and understanding.
3) making judgements.

Answer: 2) exploring and understanding.

Take it further: Curiosity is what pushes you to explore, seek out new information and learn new things. Curiosity means asking questions and opening yourself up to new possibilities!

Questions for reflection:

- What makes you curious?
- When you’re curious about something, what do you do?

TRUE OR FALSE

Curious people usually have a harder time managing stress.

Answer: False. They usually do better with managing stress.

Take it further: Curiosity helps you see the options available to you and reduce the stress of the unknown. Curiosity can help you discover new possibilities, take action that is meaningful to you and feel more in control of your own life.

Questions for reflection:

- How do you react to new or unknown situations?

“EXPLORE” Mini-Quiz

TRUE OR FALSE

Curiosity stops developing once you’re over 25.

Answer: False. You can develop your curiosity throughout your whole life.

Take it further: Curiosity is like a muscle that you can strengthen, regardless of your age. Your experiences change your brain: it learns and transforms. This is called neuroplasticity.

Questions for reflection:

- What’s something new that you tried this past year?

TRUE OR FALSE

It can be helpful to learn to live with some discomfort.

Answer: True. Getting out of your comfort zone helps you grow.

Take it further: It’s normal to feel uncomfortable the first time you try something new. You might need several tries before you feel less stressed or anxious. It takes time to adapt to new things.

Questions for reflection:

- What’s something that felt hard at first, but got easier with time?

“EXPLORE” Mini-Quiz

TRUE OR FALSE

It’s a good idea to surround yourself with only people who are like you.

Answer: False. Learning more about others opens your mind.

Take it further: We often feel more comfortable with people who are like us. And yet, talking with people who have values and opinions that are different from our own can help us understand other people better, bring nuance to our ideas, and even create unexpected or surprising connections.

Questions for reflection:

- What have you learned from spending time with people who are different from you?
- Think about someone who is quite different from you. What might you have in common despite your differences?

TRUE OR FALSE

Curiosity helps us manage change better.

Answer: True. Curiosity transforms the unknown into an opportunity.

Take it further: Curiosity is a motor that can help you confront changes head-on. It can help you explore different ideas, test them out, adapt them, and dare to do things differently. You might even have fun imagining the most bizarre or ridiculous avenues you might explore to help train your brain to see things from another perspective.

Questions for reflection:

- How do you usually react to change?
- Have you ever experienced an unwanted change that you are now grateful for, satisfied with or happy about? (For example: moving, changing schools or workplaces).