

# Using Cards

**Cards can be used in a lot of non-formal educational activities as follows:**

1. **Daily Reflections:** Each participant draws a card at the end of the day and reflects (or shares) how it relates to their experience.
2. **Check-in or Check-out Circles:** Participants choose a card at the beginning or end of a session to express how they feel or what they're taking with them.
3. **Storytelling Prompts:** Use the card as inspiration to share a personal story related to its word, image, or message.
4. **Creative Writing or Journaling:** Cards can act as prompts for poems, short texts, or letters.
5. **Group Dialogue:** Small groups discuss a card and how it connects to the theme of the project or their shared experiences.
6. **Walk & Talk:** In pairs, participants walk together and discuss a card and what it brings up for them.
7. **Mindfulness or Meditation Anchor:** Use the card's word or image as a focus for a short meditation, visualization, or breathing exercise.



# 1. Activity: “Walk With a Word”

## Objective:

To encourage deeper reflection and connection between participants using movement and conversation inspired by the card prompts.

## Materials:

- One card per pair or participant (can include a word, image, or question)
- Optional: Journals or notebooks

## Duration:

30–45 minutes

---

## Instructions:

1. **Pair up** the participants randomly.
2. Each pair draws **one card** from the deck.
3. Explain the activity:

“You’re going on a short reflective walk with your partner. Your task is to talk about whatever comes up for you when you look at the card. You can share personal stories, memories, thoughts, or emotions related to it. You can also talk about how it connects to your current experience in the project.”

4. Go for a **10–15 minute walk** in or around your location while discussing the card.
5. After returning, give each participant **5–10 minutes** to write in their journal or reflect quietly.
6. Regroup in a circle. Invite **voluntary sharing** of insights, feelings, or experiences that came up during the walk.

## Variations:

- Do the walk in **trios** instead of pairs.
- Use the activity as a **morning energizer** or **evening closing**.
- If you’re using visual cards (images), allow participants to interpret them freely without explanation.

## 2.Activity: “Stories from the Card”

### Objective:

To promote self-expression, empathy, and group connection through personal storytelling inspired by the cards.

### Materials:

- A deck of cards (each with a word, image, or question)
- A calm space for sharing (circle format if possible)

### Duration:

30–60 minutes (depending on group size and depth)

---

### Instructions:

1. Ask each participant to **draw one card** randomly from the deck.
  2. Give them **5–10 minutes** to reflect on the card silently and think about a **personal story** or memory that the card brings to mind.
    - You can ask:
      - “What does this card remind you of?”
      - “When have you felt this way?”
      - “Is there a time in your life connected to this word/image?”
  3. Once everyone is ready, form a **sharing circle**.
  4. Invite participants to **share their stories** one by one, using the card as a starting point. Emphasize active listening and no interruptions.
  5. Optionally, after each story, others can reflect back what they heard or how it resonated (if time and group safety allow).
- 

### Variations:

- If participants are shy, they can **write the story first**, then read it out loud.
  - Use **thematic storytelling** (e.g. “resilience,” “growth,” “change”) and let participants choose cards related to the theme.
  - For creative groups, participants can **act out** or draw a part of their story.
- 

### Why It Works:

Storytelling helps build trust, reveal shared human experiences, and create a sense of belonging. The cards act as gentle prompts that bypass overthinking and invite emotional truth.

### 3. Card Clusters (Group Mapping)

- **Objective:** Explore shared themes, emotions, or values within the group.
- **Duration:** 30–45 minutes
- **Group size:** 6–20
- **Materials:** Full deck of cards, large floor/table space

#### Steps:

1. Spread all cards face up.
2. Participants walk around and choose one that resonates with how they feel or what they need.
3. In silence, each person places their card in the center next to others they feel are connected.
4. Observe and name the clusters forming.
5. Facilitate a group reflection:
  - What do the clusters represent?
  - Why did you choose your card and place it there?
  - What can we learn from the group energy?

### 4. Dialogue Cards (Speed Sharing)

- **Objective:** Build empathy and connection quickly.
- **Duration:** 30 minutes
- **Group size:** Even number, ideally 10–20
- **Materials:** Cards with questions or themes

#### Steps:

1. Form two concentric circles facing each other.
2. One person in each pair picks a card and asks their partner: “What comes up for you when you see this?”
3. Talk for 2 minutes each.

4. Rotate the outer circle and repeat with a new partner and new card (3–4 rounds).
5. Group reflection:
  - “What surprised you?”
  - “What did you notice about connection?”



## 4. Guided Meditation with a Card

- **Objective:** Integrate the card’s message on a deeper, embodied level.
- **Duration:** 20–30 minutes
- **Group size:** Any
- **Materials:** Cards, quiet space, optional mats or cushions

### Steps:

1. Participants choose a card.
2. Guide them through a short meditation using the card as an anchor:
  - “Breathe in the word/image. Let it settle in your body.”
  - “Notice any emotions or images that come up.”
3. After 5–10 minutes of silence, offer 5 minutes for journaling.
4. Optional: invite gentle sharing in pairs or a circle.



## 5. Stories from the Card

- **Objective:** Foster vulnerability, connection, and self-expression.
- **Duration:** 45–60 minutes
- **Group size:** 6–15
- **Materials:** Cards, optional journals

### Steps:

1. Each person draws one card.
2. Reflect silently (5–10 min) on a real-life experience the card reminds them of.

3. Sit in a circle and share stories one by one.
4. Optional: invite gentle reflection after each story (e.g. “What touched you?”).
5. Close with a round of gratitude or insights.

---

## 🌀 6. The Card’s Journey (Group Story Game)

- **Objective:** Stimulate creativity and collaborative imagination.
- **Duration:** 30–40 minutes
- **Group size:** 6–15
- **Materials:** 3–5 random cards placed in the center

### Steps:

1. Sit in a circle and place a few cards face up in the middle.
2. The first person begins a story using the first card.

“Once upon a time, there was a [card]...”

3. Go around the circle. Each person adds a part of the story, using the next card.
4. Keep it open and playful (silly or deep).
5. After the story ends, reflect:
  - “How did we co-create?”
  - “What role did each card play?”

