



Pick a Card – **Directions:** Pick a card from a standard deck and answer the question or do what it says



Self

- 2 – Tell the group something interesting about your childhood that you will never forget
- 3 – What is one of your most positive qualities?
- 4- What is a quality that you really need to work on?
- 5 – If someone was giving a speech about your life one thing they would have to include is...
- 6 – Complete the sentence: One thing a lot of people don't know about me is...
- 7 – Complete the sentence - Right now in my life, I am striving for these three things...
- 8 – Complete: One thing from my past that I have gotten away from today is _____. Explain why
- 9 – Complete: I am unusually good at...
- 10 – What motivates you to keep on going each day?
- J – Who or what has been inspirational in your life?
- Q – If you could be famous for something what would you pick?
- K – Complete the sentence: One thing I would never want to be known for is...
- A – Set a timer and pick a topic: You have one minute to talk about something important to you with no interruptions – (If you are really afraid see if someone else will do it but try if you can)



Actions

- 2 – Come up with an interesting topic and ask the group to vote on it
- 3 – Pick one thing that you have with you right now and explain what it is and what it means to you
- 4 – Hiv five one person in the room that you feel has been making a great effort lately. Explain why
- 5 - Tell a joke if you have the guts. If not let everyone know who your favorite comedian is
- 6 – Read the group any text message that you have saved on your phone right now and explain
- 7 – Let everyone see what shoes you are wearing. Explain why you chose those shoes and if they have any significant or sentimental meaning to you. Or: Where is one special place those shoes have gone?
- 8 – Ask everyone in the group to close their eyes. While everyone's eyes are close give them an image to picture in their mind.
- 9 – Scroll through the contacts on your phone and pick one at random. Tell the group about that person and what he or she means to you. (If you don't have a phone just pick someone in your life)
- 10 – If you can do this without undressing, show the group a scar or tattoo you have and tell the story behind it. If you have no scars or tattoos tell the group why/how that is the situation for you.
- J – Recite one of your favorite sayings, phrases or song lyrics and explain what you like about it
- Q – Do you have anything on you (Jewelry for example) that was given to you by someone else? Tell the story behind it. If not, talk about a gift you once received that meant a lot and where it is now
- K – Find a picture on your phone and hold it up then talk about it. If you have no pictures, just talk about someone who is meaningful in your life
- A – You or the person you choose gets to leave today 5 minutes early today



Opinions

- 2 – How would you describe your political views?
- 3 – How would you describe your spiritual or religious beliefs (or lack of beliefs) – Explain why/how
- 4- What do you think is one of the best ways to spend your extra time?
- 5 – What is (or would be) the best place in the world to live?
- 6 – Talk about a cause in the world right now that you think is important to pay attention too
- 7 - Who in the world should be required to take drug tests? (Students for example?)
- 8 – Who do you think is a good role model for the world today? Who is not?
- 9 - What does the world need to focus on?
- 10 – What is one show, movie, book, that is everyone should take a look at and why?
- J – What is one of the most important lessons to teach children?
- Q – What is one historical figure that made a difference in your opinion and why?
- K – If you could change 2 things about the government what would it be and why?
- A – Ask the counselor/group leader to express their opinion on the topic of your choice



Feelings

- 2 – Fear: How does fear impact your life and how do you handle it?
- 3 – Anger: What damage has anger caused in your life?
- 4 – Guilt: What is harder for you, forgiving yourself or forgiving others? Why? (Give an example)
- 5 – Pain: Is there such a thing as good pain? Explain
- 6 – Confusion: Complete the sentence: No matter how hard I try, I just can't understand....
- 7 – Love: What is one act of love that someone showed you that you are forever grateful for?
- 8 –Hate: What do you think the leaders in the world could/should do about decreasing the spread of hate and violence? What works for you as a person?
- 9 – Surprised/Shocked – Did you ever have a reality check or other type of moment where you realized something for the first time? What was it and how did you react?
- 10 – Strength: What empowers you, builds you up, or gives you hope? How can you get more of it?
- J – Sadness: What is an unfair situation in your life (past or present) that makes you sad when you think about it? What can you actually do to learn to cope with it?
- Q – Anxiety: Name three things that could lower your anxiety level in life. Is there at least one thing you could do about any of them to make it a reality?
- K – Confidence/Insecurity: Can you think of situation in your life when you felt (or feel) important? Do you feel confident during those moments or do you ever still feel insecure inside? Why?
- A – Happy - I would feel happy if _____ (Pick a person in the room) would _____ (Pick something that person could do right now) – Complete the sentence, then ask that person if they are willing to actually do it (For example: *I would feel happy if Joe would freestyle rap for us*)