



What's In Your Hand

Description

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Students share about themselves while using playing cards.

Supplies

- Deck of cards

How to Play

1. Give each student in the group one card.
2. In each round, students use their card to find someone else in the group and share something about themselves. There will be several rounds played.
3. Pair and Share Options:
 - Find a card that matches your suit...share a strength you have at home
 - Find a card that matches your parity (odd or even)...share an emotion you felt today and when you felt it
 - Find a card that matches your color...share a weakness you've recognized in yourself at school
 - Find cards that add to a sum of 15...share a strength you have that makes you a good friend
4. After each round, choose a few students to share with the whole group.
5. If you have additional time, collect the cards, shuffle them, and give each student a new card.

Activity Prompts for Reflection

- What is something you shared that you are proud of?
- What emotions did you feel during this activity?
- What is something unique you heard during this activity?
- What's a strength you were able to use during this activity?

Other Ways to Play

- To make this more challenging, students can not return to the same person during any of the rounds.
- For each round, pull a card from the remaining cards in the deck. The number shown is the number of students that need to group together and share each round.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Activities

Sel-competency

1. Self-Awareness

Allotted-time

1. 10-15 minutes

Themes

1. Emotions