

TALKABOUT CARDS

Self Awareness Activities

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Illustrated by Alex Kelly

20 group games to encourage self awareness and effective social skills.

Ages – Children to Adult

Contents

20 group games. Each game card includes instructions for playing the game and colour coding to show which cards are best to use. A lot of the activities can be made easier or harder by increasing or decreasing the number of cards.

51 illustrated cards. These include 10 pictures in each category: Physical Appearance, Personality, Topics, Qualities and Emotions - these have been colour coded for easy recognition.



Physical
Appearance



Personality



Topics



Qualities



Emotions

Change places if...

- Children are seated in a circle
- One person is the leader. The leader takes one card and says 'Change places if you have got'... They then choose one of the physical characteristics on the card. For example, they may choose 'tall' or 'medium' or 'short'
- You can also include the '?' card for the leader to choose their own physical characteristic, for example – change places if you are wearing black shoes
- Take it in turns to be the leader



I have got...

- *Children are seated in a circle*
- *Each child takes it in turn to select a card and tells the group which physical characteristic on the card describes them best*
- *For example – they may say 'I have got blue eyes'*
- *Continue until all children have had a turn*



You have got...

- Children are seated in a circle
- Each child takes it in turn to select a card and tells the group which physical characteristic on the card best describes the person on their right
- For example – they may say 'You have got long hair'
- Continue until all children have had a turn



Find someone who is the same

- One person is the leader
- The leader selects a card and tells the children to group themselves according to the characteristics on the card
- For example – all tall children on the left, all medium children in the middle, and all short children on the right
- Take it in turns to be the leader





**Short
hair**



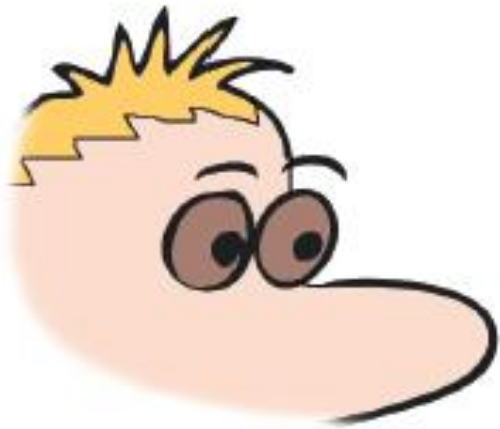
**Medium
hair**



**Long
hair**



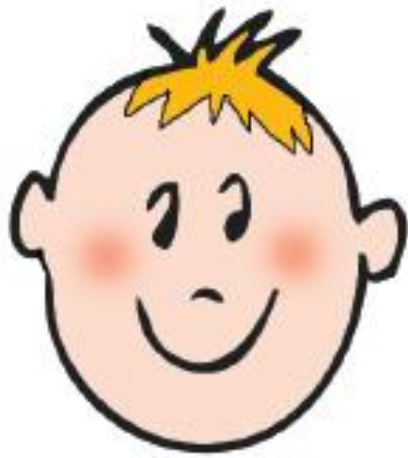
**Blue
eyes**



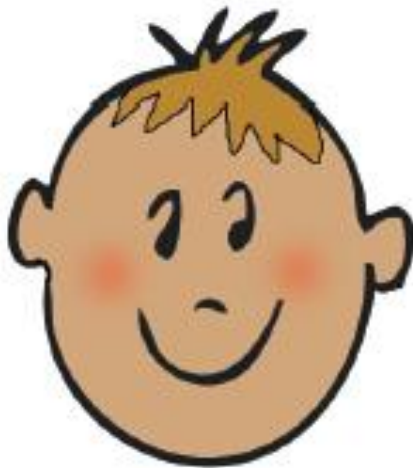
**Brown
eyes**



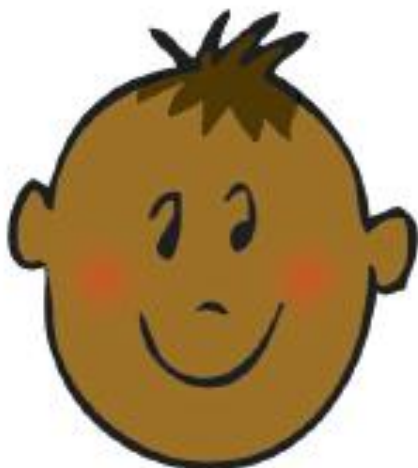
**Green
eyes**



**Pale
skin**



**Olive
skin**



**Dark
skin**

