

Empowerment Card Game

【Game Objectives】

Focus on yourself by discovering what you like, what you are good at, and what your strengths are.

【Number of players / Duration of play / Ages】

Recommended for 4 players (3-5 players) / 10-30 minutes / 8 years old and up

【Game Contents】

40 illustration cards

【Game 1】 Ice Break

Objective: Get to know many ways of thinking and perspectives!

- (1) Place a stack of cards face down, turn over 1 card, and measure 30 seconds at the same time by each card.
- (2) Within 30 seconds, say the things as much as you can imagine from that illustration.
- (3) Repeat.

【Game 2】 Self-Introduction

Objective: Explain yourself confidently and positively!

- (1) Place all the cards face up randomly.
- (2) Select 3 cards and explain about yourself with these cards.

*It may be a good idea to introduce yourself using a maximum of 7 cards.

【Game 3】 YES BECAUSE GAME

Objective: Capture and speak well of oneself

- (1) Place a stack of cards face down and decide the 1st presenter.
- (2) 1st presenter turns over 1 card and talks about "what you like about yourself" and "what you are good at" with illustrations drawn in card, and "why".

*Even if you think you cannot find any good at, try to look for it.

Example: "I interpret this card as ☺☺☺ and this is my strong point because..."

If it is a performance card, draw another card. Present it with its effect.

- (3) Audience applauds and say some positive reaction or comments.

Example: "Wow! Nice!" etc.

- (4) Presenter keeps the card (2) himself/herself, and the person next to left side of 1st presenter to repeat (2) until everyone has 3 illustration cards each.

(5) Using the 3 cards, introduce yourself again and have a little free talk within a team.

【Game 4】 YOU HAVE TALENTS

Objective: Discover your strengths as seen by others and to realize his/her good points.

(1) Randomly take cards (card numbers = minus 1 from the number of players), decide the 1st presenter, and other order will be followed by a clockwise direction.

(2) 1st presenter picks 1 card from his/her hand and speaks about the strengths of one of the 2nd, 3rd, 4th players with that card.

Example: "I think this is your strength, I have a feeling that this is your strength, etc."

(3) The receiver should return words in the affirmative, such as "Thank you," "That's right," or "That may be so".

*Do not reply negatively, such as "No," "That's not true," etc.

(4) Place the cards received face-up, beside you and players cannot pass the cards received to other members. Repeat this motion until there are no cards left in the hand.

(5) At the end, the participants introduce themselves with 3 cards received. When everyone has finished, talk freely.

【Game 5】 LET'S CHALLENGE!

Objective: Think some ideas together for things you are not good at or worried about.

(1) Shuffle the face-down bundle of cards, give each person 3 cards and decide on a starting player.

(2) Select 1 card from the 3 cards in the hand and talk about "what you are not good at and what you are worried about" with its illustration.

(3) Audience responds to this and sympathize or give some advices.

(4) In response to (3), the presenter makes a declaration. The card is kept in hand and the other 2 cards are returned to the deck. Do the same actions for other members of the group.

(5) Repeat until there are 3 cards in hand for everyone to declare of challenge.

(6) Make a declaration of challenge once again with these 3 cards and talk freely.

【Gate 6】 SOCIAL CREATIVES

Objective: Realize the good things about this town and to think about further ideals.

(1) Lay out all the cards face-up.

(2) Take cards linked to the good points of this town and hold them as a hand card. (Each person can have as many cards as they like.)

(3) When all the cards selected for this town, each person talks about why he or she took the cards and put them all in one place.

- (4) Choose the card which were not selected from (2) and (3) that you think "I wish I had this" and hold it as a card in your hand. (Each person can have as many cards as they like.)
- (5) When everyone's hands stop, talk about the reason why they chose.
- (6) Summarize "ideal vision of this town" by each team by referring to team members' opinions.

【Gate 7】 WELL-BEING

Objective: Communicate with multi-generations create fun together.

*Members of different generations can be more fun if possible.

- (1) Place the bundle of cards face down and decide the starting player.
- 2) Turn over 1 card with illustration, and think "a quiz that these members can say the same answer" within 1 minute.
- (3) Ask a question to team and after a thinking time (like 10 seconds), answer in "3, 2, 1".
- (4) The number of people whose answers are the same is the score.
4 people matching = 4 points, 3 people matching = 3 points,
2 points matching = 2 points (2 points even if split into 2,2)
No matching = 0 point
- (5) Repeat the same thing for everyone and collect the total score.
- (6) After everyone is done, think back on the quiz and free talk.