

# THE ULTIMATE CARD & DICE

*Life Skills*



JUGAR | LIFE

# THE ULTIMATE CARD & DICE LIFE SKILLS

## INSTRUCTIONS

### **Objective:**

Navigate the journey of life and face challenges that test your life skills. Earn "Life Tokens" by providing thoughtful responses to these challenges.

### **Components:**

- A deck of cards.
- A six-sided dice.
- "Life Tokens" (or a scoring pad).
- Life Skills Scenario Book contains six scenarios/questions for each life skill.

### **Setup:**

#### **Life Card Assignment:**

- **Ace:** Confidence
- **Two:** Vulnerability
- **Three:** Play
- **Four:** Empathy
- **Five:** Gratitude
- **Six:** Adaptability
- **Seven:** Conflict Resolution
- **Eight:** Kindness
- **Nine:** Resilience

Spread the deck face-down to form a "Community Circle" in the centre. Place the Life Skills Scenario Book and dice nearby, ready for the life journey. Remove the 10s, Jacks, Queens, and Kings from the playing deck before starting, please.

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### Gameplay:

- Card Selection: On their turn, a player selects a card from the Community Circle and rolls the dice.
- Life Challenge: The chosen card determines the life skill in focus. The dice roll pinpoints which specific scenario or question they will address from the Life Skills Scenario Book.
- Scenario Narration: The player to the right (or the appointed guide) reads the scenario or question relating to the dice roll and the selected card's life skill.
- Earning Life Tokens: If the group collectively agrees that the player's answer is insightful, they earn a "Life Token." For younger participants, prioritise understanding and encouragement over correctness. The journey continues with the next player.

### Questions for Dice Rolls:

#### Confidence

1. You've been elected as the leader of a community project. How do you assert your leadership in the first meeting?
2. Imagine giving a speech to a large audience about a cause you're passionate about. How do you prepare to speak confidently?
3. You're starting a new hobby you still need to become skilled at. What do you tell yourself to maintain confidence?
4. How do you handle a situation where you must stand up for your ideas in front of sceptical peers?
5. You're at a networking event and feel out of your depth. What strategies do you use to build confidence and start conversations?
6. When faced with a challenging task, how do you reinforce your self-belief to proceed?

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### **Vulnerability**

1. You're feeling overwhelmed at work but don't want to appear weak. How do you approach your supervisor for support?
2. After making a noticeable mistake in a group project, what steps do you take to admit your error to the team?
3. Share a time when you had to ask for help in a personal situation. How did you feel, and what was the outcome?
4. How do you open up to a friend about a fear you usually keep hidden?
5. What would you say to a colleague to show your vulnerability when you feel you're not being heard?
6. Please describe how you would express to your family that you are struggling with something they may not understand.

### **Play**

1. What's an innovative game you could play at a family reunion to break the ice among all ages?
2. How would you turn a routine team meeting into an unexpectedly fun and engaging session?
3. Propose a playful competition that can be held during a community festival.
4. Suggest a creative way to celebrate the completion of a big project at work.
5. How would you incorporate play into a day packed with chores and errands?
6. Imagine you're planning a surprise party for a friend who needs cheering up. What playful activities do you organise?

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### **Empathy**

1. A friend didn't get the job they applied for and is feeling rejected. How do you console them?
2. You notice a coworker is quieter than usual and seems upset. What do you do to show empathy?
3. Your partner is stressed about financial issues. How do you offer support without taking over the situation?
4. A team member confides in you about their struggles with work-life balance. How do you respond empathetically?
5. Your child is upset after losing a sports game. What do you say to show understanding and comfort?
6. How would you handle a situation where someone you know is going through a tough time but is hesitant to talk about it?

### **Gratitude**

1. What are some unique ways to show appreciation to a mentor who has invested significant time in your development?
2. How would you express gratitude to a stranger who went out of their way to help you?
3. Think of a time when someone supported you during a challenging period. How do you show your thanks in a meaningful way?
4. How can you show collective gratitude to a team that has worked tirelessly on a successful project?
5. What would be a heartfelt way to thank a friend who always listens to you?
6. Please describe how you could celebrate a family member's achievement in a way that shows your genuine gratitude for their hard work.

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### **Adaptability**

1. Your planned outdoor event has to move indoors due to sudden bad weather. What quick changes do you make?
2. A project you're working on at work takes an unexpected turn. How do you adjust your strategy?
3. You find out at the last minute that your presentation needs to cater to a different audience. How do you adapt your message?
4. On a personal goal you set, you encounter an unforeseen obstacle. What's your plan to adapt and move forward?
5. How would you shift your team's focus if a primary goal or policy at work changes abruptly?
6. Your travel plans are cancelled at the last minute. How do you rearrange your time off to maximise the situation?

### **Conflict Resolution**

1. Two friends argue about a sensitive topic and turn to you for mediation. How do you handle it?
2. How would you resolve a situation where two coworkers disagree over a shared responsibility?
3. You and a family member need clarification about plans for a holiday gathering. What steps do you take to resolve it?
4. As a leader, how do you approach a conflict between your vision and your team's preferences?
5. During a group project, there's a clash of ideas leading to tension. What's your method for finding a compromise?
6. How do you defuse a situation where someone is upset with you over a miscommunication?

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### Kindness

1. A new student or coworker seems to be struggling to fit in. What do you do to make them feel welcome?
2. You notice someone in your neighbourhood who looks like they could use some help. How do you offer it without offending them?
3. What kind of gesture would you make for a friend who is going through a hard time to show you care?
4. How do you show kindness to a service worker who is having a clearly bad day?
5. You see a child being left out in a group activity. What do you do to ensure they feel included?
6. Your colleague is overwhelmed with work. How do you offer to assist in a genuinely helpful way?

### Resilience

1. After a failure, what steps do you take to pick yourself up and try again?
2. When you feel like every day is repetitive and challenging, how do you find the strength to push through?
3. You receive harsh criticism for a piece of work you put a lot of effort into. How do you respond constructively?
4. How do you keep a positive mindset when faced with continuous setbacks in a personal goal?
5. What strategy would you use to motivate a team that has faced multiple failures?
6. An unexpected event disrupts your life plan. How do you reassess and rebuild your approach to your goals?

### Game Conclusion:

The player with the most "Life Tokens" is named the Life Skills Leader. Close the game with a reflection session, where players share the life skills they've developed during the game, inspired by the real-life applications of these essential skills. Celebrate each player's growth as they've navigated life's challenges, much like the scenarios faced in the game.