

STRETCH

CARDS

The process:

Beginning

Use the cards with someone you already have a relationship with. Talk to the person about the intention of the cards. Discuss how they would like to "play".

Have a plan about how to record the challenges for them - a notebook; post-it notes; a photo on their phone (don't leave the cards with them as you might want to use them with others!).

Talk about time frames - how long do you want to do the challenges?

Keep time frames short.

Then play!

See the instructions below.

Middle

Touch base and ask how things are going. Have a plan for if the person is struggling with the cards, e.g. find an ally, do the cards with them if you're not already, etc

End

Have a catch up and check in about the cards and what happened:

How did they make the person feel?

Which one did they enjoy the most and why?

What one did they dislike the most and why?

What happened when they used the idea on the card?

How did people respond to them?

Has anything changed as a result?

Use the responses to learn more about the person, ask questions, and identify new goals.

Select new cards if the person is willing!

How to Play:

1 - Work with the person to decide how many cards to pick and from what sections (just red; blue and yellow; all colours/topics).

2 - Decide how you're going to select them - spread them out face up and pick or face down and choose at random.

3 - Remember: if they're not comfortable, it's ok to pick again. Make a note of the card they picked so you can come back to it later if they want to.

4 - Decide who is doing the challenge - just the person or the person and ... (the LAC, a parent, sibling or friend).

5 - Pick your cards and play!

6 - Come back together and talk about what happened, what it felt like to do the challenge, did anything change as a result, etc.

7 - Pick some new cards!
Repeat for as long as the person wants (until you run out of cards).

MEMORISE A NEW JOKE
OR FUNNY STORY
AND
SHARE IT WITH SOMEONE

LAUGHING

FIND A WAY TO MAKE SOMEONE LAUGH
TODAY

LAUGHING

SLIP A NOTE
ABOUT SOMETHING THAT MADE YOU HAPPY
INTO YOUR FAVOURITE LIBRARY BOOK

LAUGHING

COIN A NEW WORD OR PHRASE.
USE IT IN CONVERSATION WITH SOMEONE

LAUGHING

INVENT A NEW HANDSHAKE
AND
USE IT ALL DAY

LAUGHING

HIDE A PICTURE
OR A NOTE WITH A PLEASANT GREETING
IN A SHOE
AND ADD 'IF FOUND,
PLEASE HIDE YOUR OWN NOTE
OR PICTURE IN A SHOE'

LAUGHING

SAY G'DAY
ONLY WITH YOUR EYEBROWS
TODAY

LAUGHING

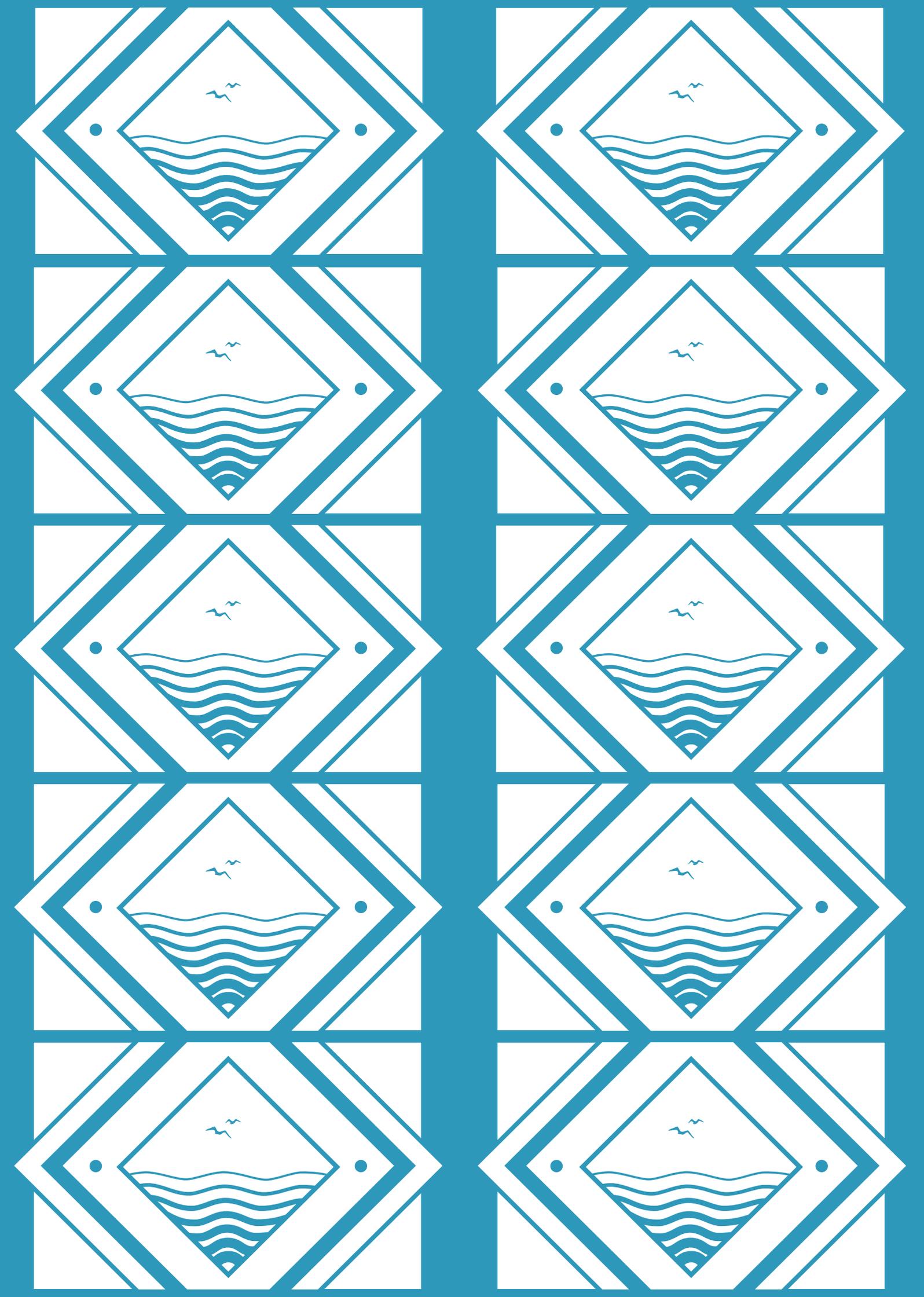
FIND SOMETHING
THAT MAKES YOU LAUGH
AND
DO IT AT LEAST ONCE THIS WEEK

LAUGHING

PRETEND
YOU ARE RECEIVING AN ACADEMY AWARD
TODAY

LAUGHING

LAUGHING



GIVE SOMEONE A KIND WORD TODAY

SHARING

BAKE SOMETHING FOR A FRIEND

SHARING

**SAY THANK YOU
TO SOMEONE WHO MATTERS TO YOU**

SHARING

**SHARE PRODUCE FROM YOUR VEGGIE PATCH
WITH A NEIGHBOUR**

SHARING

INVITE A NEIGHBOUR FOR A SHARED MEAL

SHARING

**OFFER TO TEACH SOMEONE
A SKILL YOU HAVE**

SHARING

**LEND SOMEONE A BOOK OR MOVIE
YOU ENJOYED**

SHARING

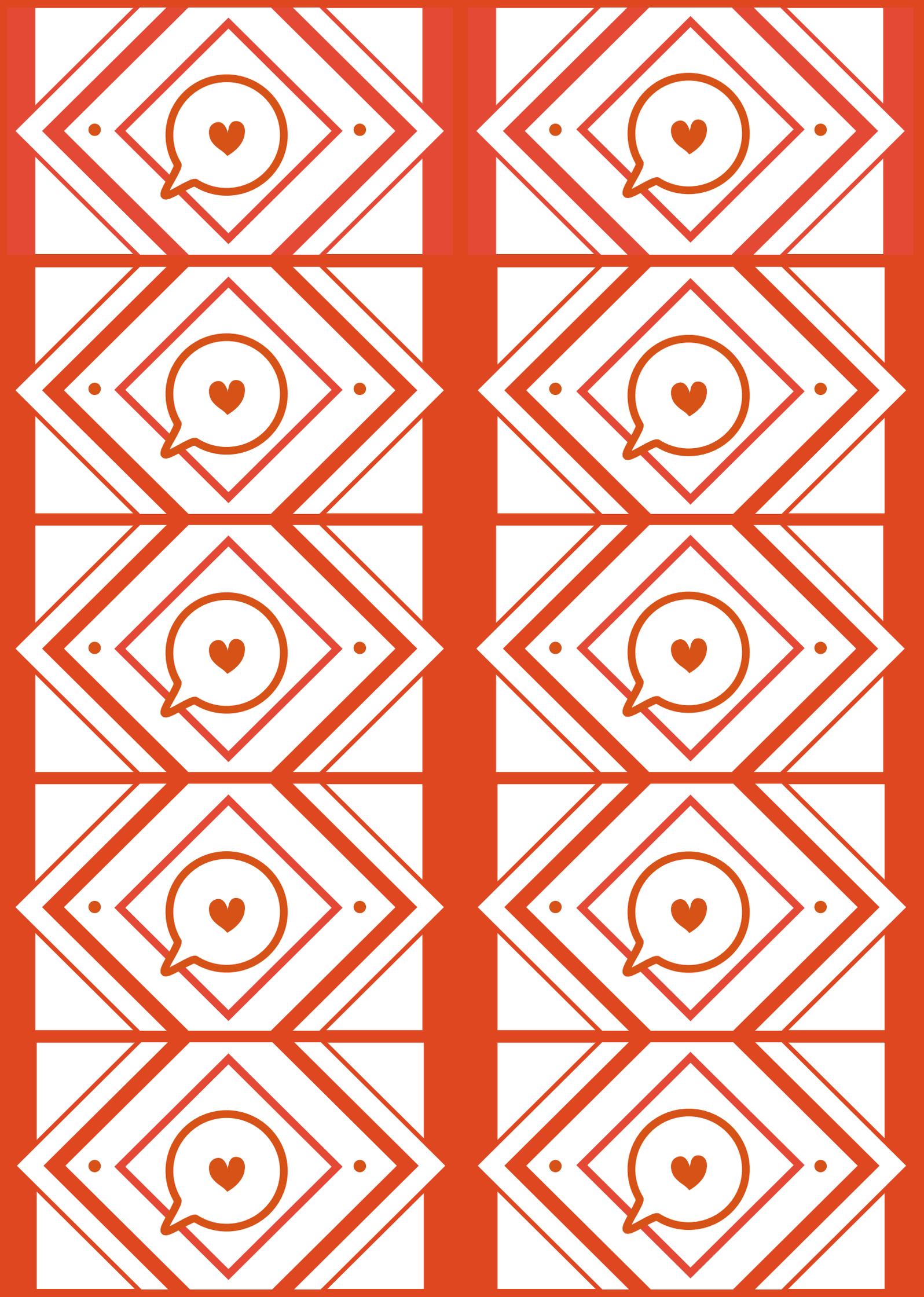
SEND A POSTCARD TO SOMEONE YOU KNOW

SHARING

MEMORISE A POEM AND SAY IT TO SOMEONE

SHARING

SHARING



TRY A NEW FOOD TODAY

TAKE A DIFFERENT ROUTE HOME

STRETCHING

STRETCHING

FIND A NEW FAVOURITE SONG

LEARN A NEW GREETING
AND
USE IT FOR AT LEAST A DAY

STRETCHING

STRETCHING

GO SUGAR-FREE FOR A WEEK

TRY OUT A NEW SPORT
OR PHYSICAL ACTIVITY

STRETCHING

STRETCHING

JOIN A CLUB OR CLASS

GAZE AT THE STARS
AND
FIND A CONSTELLATION

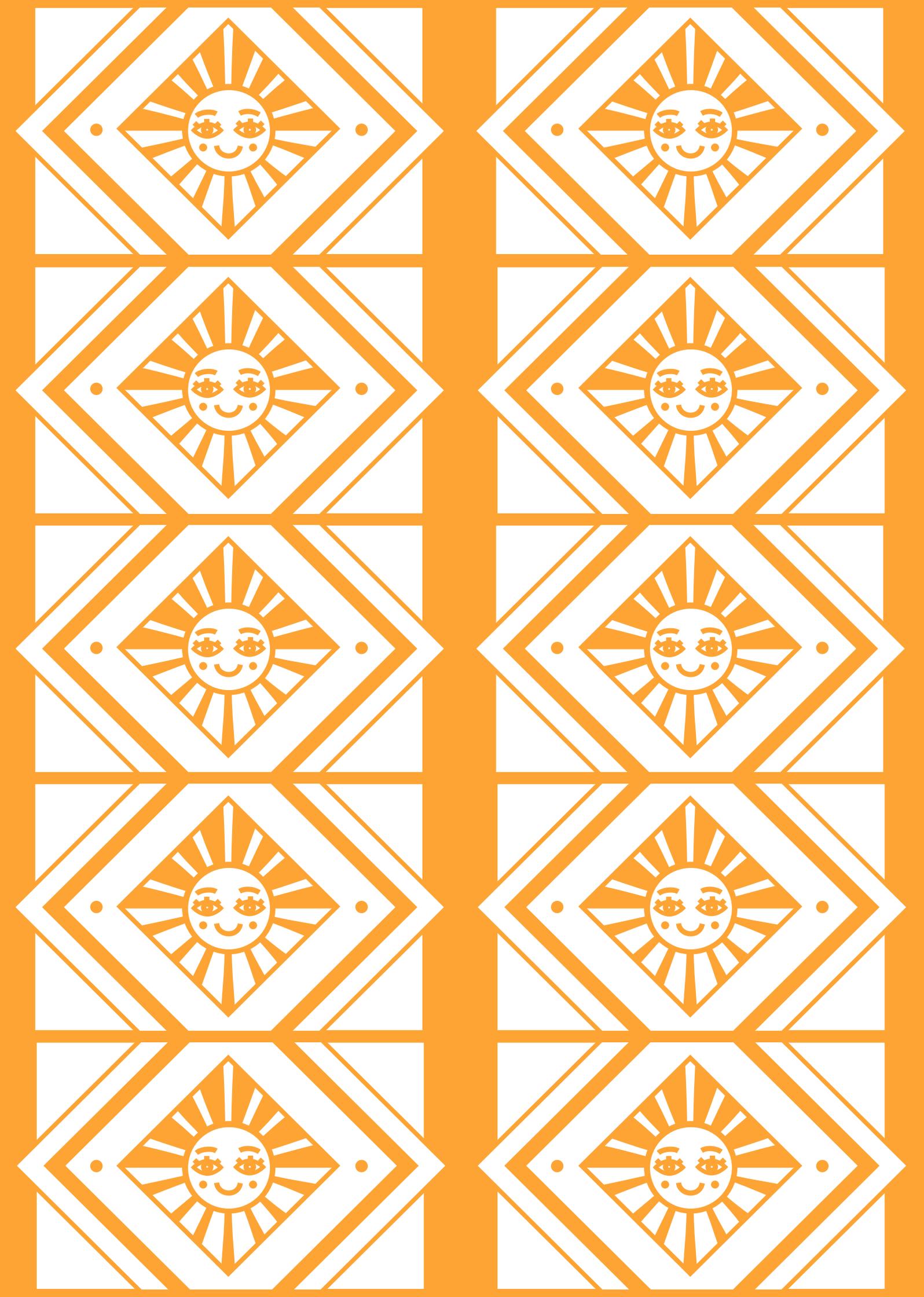
STRETCHING

STRETCHING

FIND SOMETHING SPECIAL
ABOUT YOUR NEIGHBOURHOOD
AND
SHARE IT ON SOCIAL MEDIA

STRETCHING

STRETCHING



NOTICE OTHERS WHO ARE ALONE
AND
INTRODUCE YOURSELF

CARING

RECYCLE!

CARING

PICK UP 7 PIECES OF LITTER

CARING

INVITE SOMEONE OVER OR OUT WITH YOU

CARING

SMILE AT A STRANGER

CARING

SAY HELLO TO THE NEXT PERSON YOU SEE

CARING

HOLD THE DOOR OPEN FOR SOMEONE

CARING

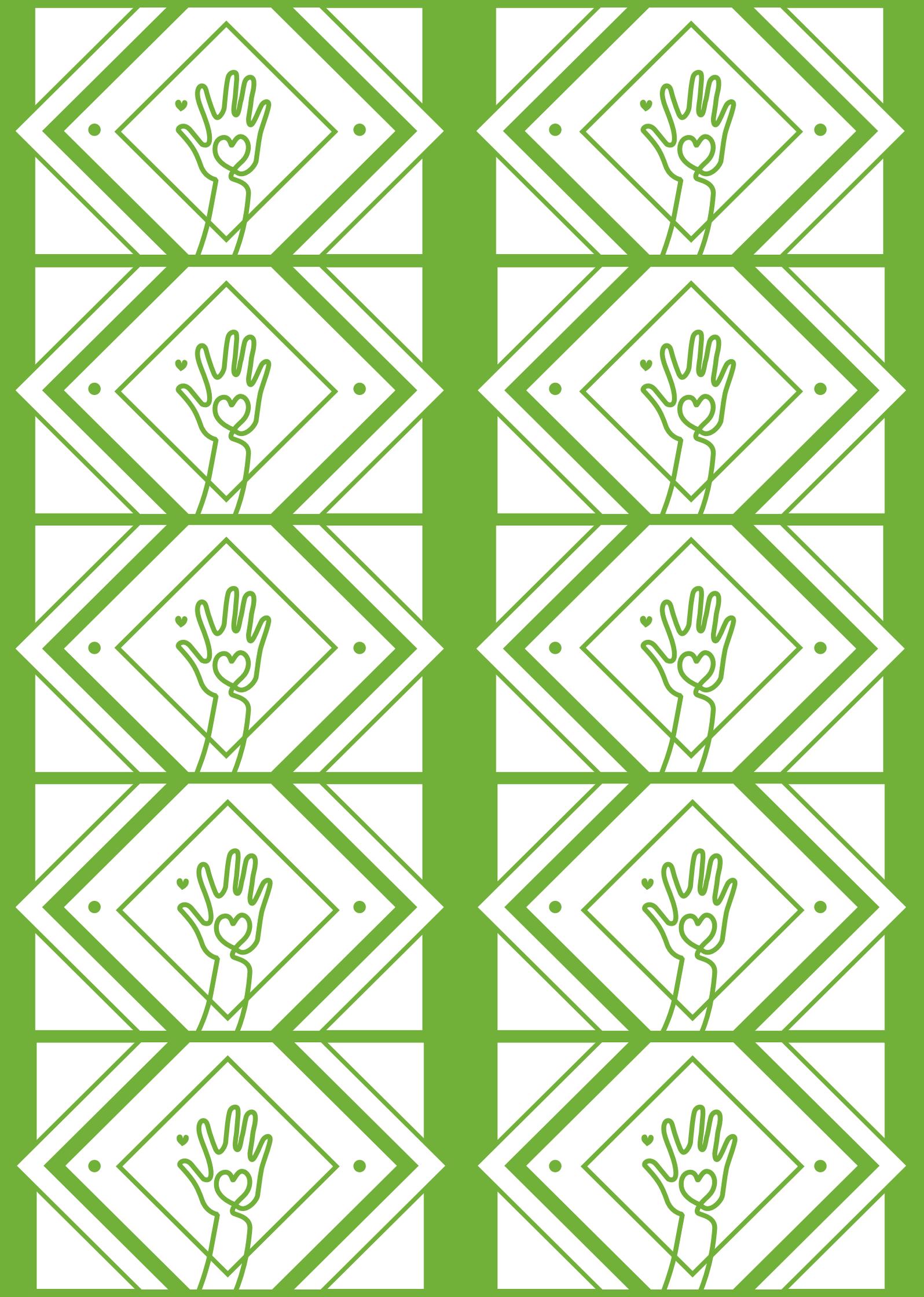
BUY SOMETHING AT A LOCAL BUSINESS
AND
GIVE THEM SOME POSITIVE FEEDBACK

CARING

LET SOMEONE GO IN FRONT OF YOU
IN A QUEUE

CARING

CARING



**BECOME A 'REGULAR':
TAKE THE PAPER TO COFFEE SHOP
ON SATURDAY
INSTEAD OF READING IT AT HOME,
OR GO TO THE GYM**

CONNECTING

OFFER TO HELP A PERSON OR GROUP

CONNECTING

**ACCEPT THE NEXT INVITATION
THAT COMES YOUR WAY**

CONNECTING

**SUPPORT A LOCAL SPORTS TEAM
AND
GO ALONG TO ALL THE GAMES**

CONNECTING

**JOIN A SPIRITUAL GATHERING
IN YOUR COMMUNITY
AND
TRY THE SOCIAL OPPORTUNITIES
THEY OFFER**

CONNECTING

**GO TO YOUR LOCAL PUB
TO WATCH THE GAME
INSTEAD OF STAYING HOME**

CONNECTING

**JOIN SOCIAL MEDIA
(BUT MAKE SURE YOU KNOW
HOW TO STAY SAFE ONLINE FIRST -
GOOGLE OR SEEK ADVICE)**

CONNECTING

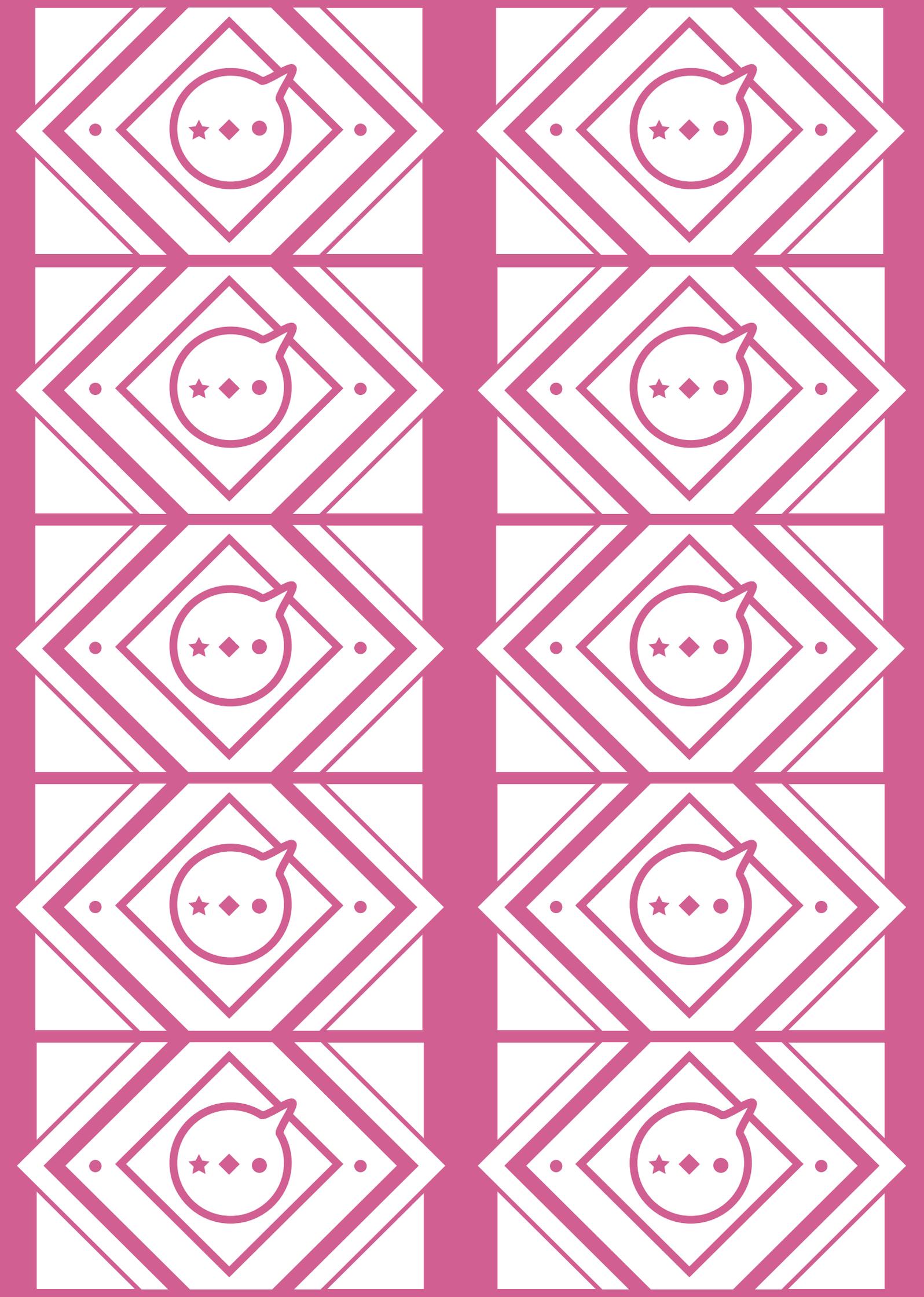
**ORGANISE A MOVIE NIGHT OUT
WITH PEOPLE YOU KNOW
AND THEIR FRIENDS**

CONNECTING

**COMPLIMENT SOMEONE -
WHETHER YOU KNOW THEM OR NOT!**

CONNECTING

CONNECTING



CREATE CHALK ART ON THE PAVEMENT

CREATING

PAINT A ROCK
AND
LEAVE IT SOMEWHERE PUBLIC
WITH A NOTE FOR THE FINDER
TO DO THE SAME

CREATING

MAKE A CARD FOR SOMEONE SPECIAL

CREATING

ADD A POEM,
PICTURE
OR THANK YOU
TO A COMMUNITY NOTICE BOARD

CREATING

CREATE SOME POSITIVE AFFIRMATIONS
FOR YOURSELF
AND
PUT THEM WHERE YOU WILL SEE THEM -
REPEAT OFTEN

CREATING

MAKE A SPACE AT YOUR FRONT GATE
FOR SHARING YOUR EXCESS PRODUCE
WITH PASSERS BY

CREATING

HOST A GAMES NIGHT AT YOUR HOUSE
OR A LOCAL CAFÉ OR PUB

CREATING

HOST A CLOTHING SWAP

CREATING

MAKE A NEW SONG
AND
SHARE IT WITH SOMEONE

CREATING

CREATING

