

What's Your Story?

A card game to get you talking

This game can be played one to one or with groups of any size.

How to Prepare

Print out the 4 sheets of *What's Your Story? Cards* and cut along the lines to make yourself a pack of individual cards.

How to play

What's Your Story is as simple as it sounds, it is asking people to tell a story about themselves. We have found that if you just ask questions, people are reluctant to answer. However, if you make questions into a game, people of all ages want to play.

Working with community members we developed a series of 48 cards that explore mental health and emotional literacy. The game can be played in a number of different ways. Feel free to mix it up and try different ways at different times, see which works best for your group.

- 1.** You can place the cards face down on a table and ask the chooser to pick a card and answer the question.
- 2.** You can fan the cards out like a magician and ask the chooser to pick a card.
- 3.** You can flick through the cards and ask the chooser to say stop and that's the card you read out.

Once the 'chooser' has told their story you can open it up to the rest of the group and ask if anyone else wants to share their story. If you are working in a small group of five or less, then you might want to ask everyone in turn to tell their story.

Top Tip

If you don't have access to a printer, you can make grids of six sets of six questions roll a dice to determine the grid number and roll again to choose the question.

What is it you are not telling me?



Mental Health
Research for
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www.collective-encounters.org.uk