



Hear Me, See Me

A game to feel heard, held and empowered

Created by youth, for youth



Save the Children



Supported using public funding by
ARTS COUNCIL ENGLAND



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Save the Children



LOTTERY FUNDED

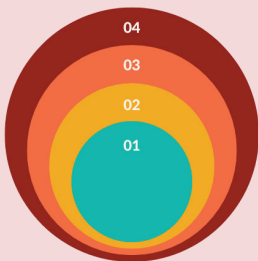
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ENGLAND**

game play

What is MHPSS?

MHPSS stands for Mental Health and Psychosocial Support. It broadly defines the multiple factors we can consider when improving our wellbeing in society, community, family and in ourselves. It is an ecosystem, a bit like this...



04 Society

Socio-cultural norms and policy (beyond the immediate community)

03 Community

Social norms, community-based supports

02 Family

Interpersonal relationships, roles, expectations

01 Individual

Personal characteristics, skills, attitudes, & gender and power dynamics



game play

Print more cards

Print-ready PDF

You can scan the QR code below to access the print PDF of the complete card game. You can then download and print in your office or with a professional printer.

Print quality

- there are 269 card-sides to print
- CMYK colour scheme
- the cards are size 90mm x 120mm (portrait)
- a thickness of 250 gsm will make them durable
- a matt finish will protect them

Follow the QR code to download your free pilot pack, or go to:
<https://www.helenpatuck-cc.com/arts-council-england>



Age suitability: This game is for players aged 16+

The goal of the game is to start conversations about wellbeing and present a framework for resolving personal dilemmas. Players play up to 4 rounds of the game using the provided cards: character cards, tool cards, place cards, merlin cards and dilemma cards.

- Players take it in turns to discuss one character at a time* facing a specific dilemma, and help them find solutions, leading to a final Declaration card.
- The final outcome of the game is to use blank cards to create solutions to your own dilemmas, using the blank cards provided.

*The group can decide if they first want to play 4 rounds for 1 character, then move on to the next, or all select a character and introduce them to the group from the start.

Age
16+



Here is an example of a game outcome

What was the dilemma?

I am Jonas, a 16-year old Dutch student. I heard a friend say something racist and it shocked me.

Which tools were helpful?

Peer support was helpful to get advice from others, and when I was ready, I used open communication with my friend.

Which places were helpful?

I found it helpful to go to places of knowledge and support like anti-racist organisations, and also places of community support like the library, where I could use computers for online advice.

Which Merlin ideas were helpful?

It helped to journal about my feelings and make a list of things I wanted to say. I also liked taking a step back to get grounded as I don't like confrontation.

How can you be an ally?

Not ignoring someone's hateful language, while also finding ways to stay in dialogue and share my concerns and boundaries when it's safe and I trust the person.



All cards and their meanings

Cards for each round of the game



Character card: this card shares the details of a character one player represents in a game.



Dilemma card: this card shares the details of a dilemma the character faces and players need to respond to.



Tool card: this card represents wellbeing tools youth identified with advisors for internal wellbeing.



Place card: this card represents places youth have identified as somewhere they can go for support.



Merlin card: this card represents special actions youth have identified as bringing joy and relief.

Cards for reflections and to create safety



Inner compass card: use this card anytime you feel stuck, to pause, reflect on values, and guide the conversation forward as a group.



Time out card: this card represents a private pause players can request at any time.



Ally card: this card represents a moment to show support to other players without words, and can be played at any time.





?

Blank cards: these cards are deliberately left blank for you to fill in with your own life, stories, dilemmas, tools, places and special ways of taking care of yourself.

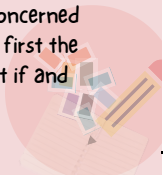


...

Declaration cards: these cards are for the end of the game for you to consolidate your suggestions and solutions for the character and their dilemma.

Blank card guidelines around potential triggering...

- Consider whether this would resonate with others in a way that might harm them or cause them to leave.
- Consider that the goal of the game is to create a non-judgemental space for dialogue.
- The character cards are fictional, but can encourage conversation around difficult subjects. If you are concerned that your idea might cause discomfort, please offer first the option to use a Time Out card, so people can opt out if and when needed.



- **Players can choose and make changes to the characters and the topics**

For example, if somebody wants to add the topic 'nutrition' or healthy diet/sufficient food, the player can state that due to poverty or environmental impact on the farm where the player's character works, the character can only eat plain rice and does not nearly receive enough nutrition. Signs or characteristics might then be: feeling less healthy, low on energy, effects on other family members, no school participation, low income etc.

- **Feel free to remove cards**

If there are cards anyone in your group might feel uncomfortable with, they can be removed - no explanation needed.

- **Review "extra challenging" dilemma cards**

We advise players to review the extra challenging dilemma cards and remove any that you feel might be too sensitive for your group.



game play

4 rounds of a roundtable

... and 4 people can make the roundtable

Round
1



1) Name a game master and distribute cards as per instructions. A player starts the game by selecting a character card. They tell the other players about the character's background and situation.

Round
2



2) The game master selects one dilemma card and reads it aloud to the group.

Round
3



3) Players take a moment to reflect on the dilemma the character faces, then one by one offer Tool Cards, Merlin cards, and Place Cards they believe can help the character feel better - they can also show Ally cards or Time Out cards, at any time.

Round
4



4) After each player has shared their cards, and discussion, players create a declaration or wellbeing plan for the character, using their selected cards as a guide.



Optional **WILD ROUND**: a player can change one rule of the game at any time, and call this a WILD ROUND.

game play

Guiding questions per round (optional) from the game master

... one for each round, just some ideas

Round

1



Round 1 questions

- Can you tell us about your character: their age, their location, their challenges and strengths?
- What might they find hard right now?

Round

2



Round 2 questions

- Describe the dilemma: how might it affect the character?
- What might they find hard right now?

Round

3



Round 3 questions

- Everyone reflects: what tools, places, Merlin actions might help the Character facing this dilemma?
- Which of these might be hard to access?

Round

4



Round 4 questions

- As a group: if you were to create a declaration of what could help for your character, what would you say?
- How could you best be their ally right now?

game play

table layout

1) Name a game master who hands each player a full set of:

- Place cards
- Tool cards
- Merlin cards
- Ally cards
- Time out cards
- Inner compass cards

Round
1



Players take it in turns to select one Character card per game.



Round
2

4) Players together write a Declaration Card based on their game play.

Round
4



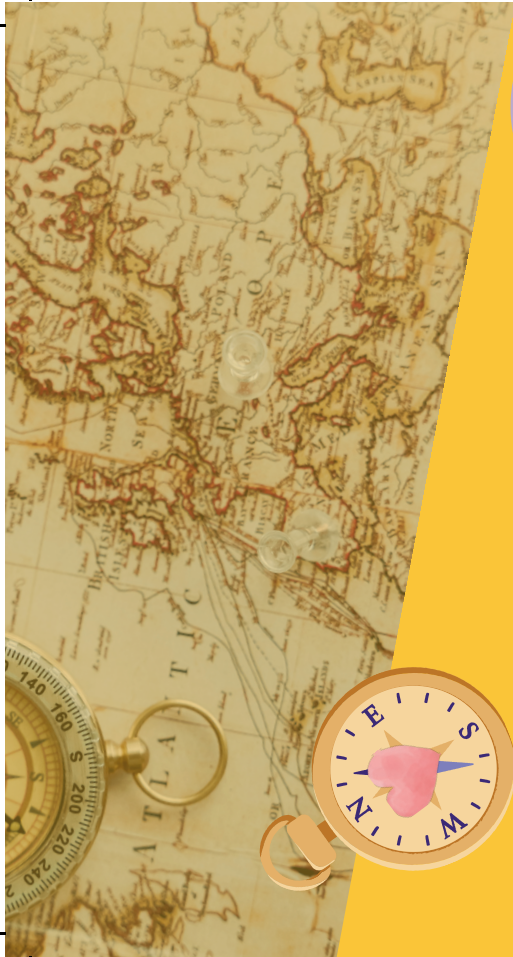
2) Players select one Dilemma card for the selected Character to face per game

3) Players play their

- Place cards
- Tool cards
- Merlin cards

Round
3





Inner Compass Cards

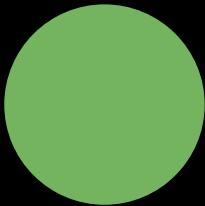
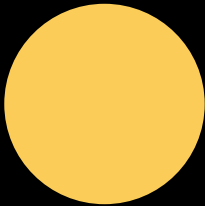
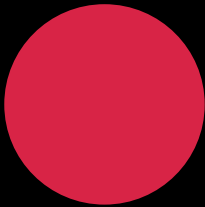
Play me
any time

inner compass

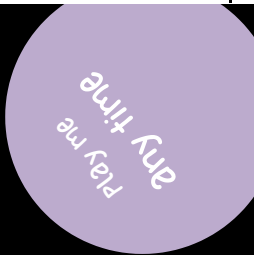


Here are some values that might guide you:

- Strong Identity
- Compassion
- Voice, participation, consent
- Solidarity, respect
- Peace, stability, security
- Justice, dignity, equity
- Your own



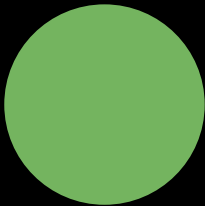
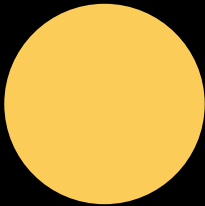
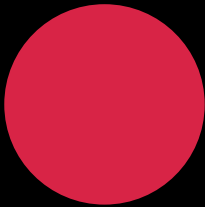
time out cards



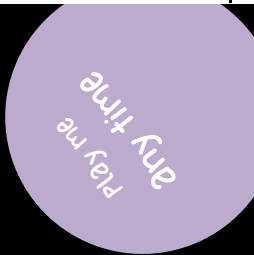
time out



Can I take a breather, no questions asked?



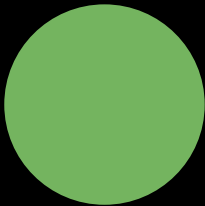
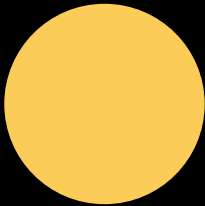
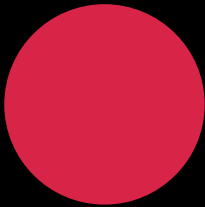
time out cards



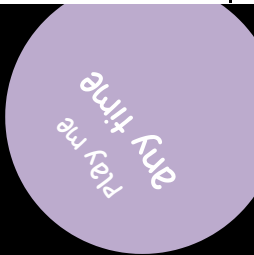
time out



I would like to listen, but not
contribute



time out cards



time out



I am getting overwhelmed and need assistance



Ally Cards

Play me
any time

ally



"Sometimes, the strongest kind of support doesn't need words. A look, a gesture, an image – enough to say: 'I see you, I'm with you.' In that way, you know you're not alone in this. We all carry different stories, but we stand equal in our humanity – and you are never walking alone."

From an ally

Character Cards



1
Round

character

AKNAN

AGE: 21

ORIGIN: GREENLAND



STRENGTH

RESILIENCE, SELF-RELIANCE, SELF-SUFFICIENCY



CHALLENGE

LACK OF MENTAL HEALTH SUPPORT FACILITIES

Character Cards



1
Round

character

HAMZA

AGE: 16

ORIGIN: MOROCCO



⬆️ STRENGTH

COURAGE TO BE HIMSELF, STRONG NETWORK WITHIN LGBTQ+ COMMUNITY, EMPATHY

⬇️ CHALLENGE

LACK OF FAMILY SUPPORT, LIMITED ACCESS TO LGBTQ+ FRIENDLY SPACES AND MENTAL HEALTHCARE

Character Cards



1
Round

character

RAJID

AGE: 20

ORIGIN: PAKISTAN



STRENGTH

RESILIENT, SELF-AWARE, ADVOCATES FOR DISABILITY INCLUSION



CHALLENGE

STIGMA AND INACCESSIBLE INFRASTRUCTURE AS A WHEELCHAIR USER WITH A PHYSICAL DISABILITY

Character Cards



1
Round

character

SAFAE

AGE: 19

ORIGIN: AFGHANISTAN



STRENGTH

CARRIES VALUABLE LIFE EXPERIENCE, SHE HAS SURVIVED UNSAFE ENVIRONMENTS AND HAS DEVELOPED STRONG COPING SKILLS



CHALLENGE

LIMITED ACCESS TO EDUCATION, SHE HAS ONLY HAD BASIC SCHOOLING

Character Cards



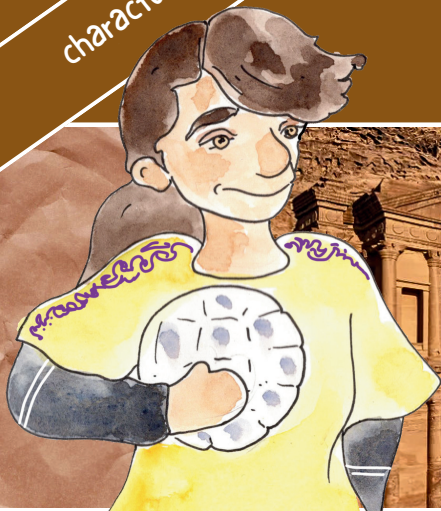
1
Round

character

LUCY

AGE: 22

ORIGIN: JORDAN



STRENGTH

BREAKING SOCIETAL BARRIERS, CUSTOMS AND TRADITIONS THAT SLOW DOWN HER WORK AS A COMMUNITY HEALTH WORKER, FACILITATING FUN ACTIVITIES



CHALLENGE

INTER-PERSONAL RELATIONSHIPS, CULTURAL SENSITIVITY AND RESPECTS DIFFERENT CUSTOMS

Character Cards



1
Round

character

OMAR

AGE: 18

ORIGIN: SYRIA



◆ STRENGTH

QUICK THINKER WHO ADAPTS EASILY TO NEW AND CHALLENGING SITUATIONS, SPEAKS SEVERAL LANGUAGES

⊖ CHALLENGE

NO SOCIAL SAFETY NET TO RELY ON AFTER CONFLICT, FINDS IT HARD TO ASK FOR HELP

Character Cards



1
Round

character

SANGI

AGE: 24

ORIGIN: CONGO



STRENGTH

SHE IS EDUCATED, DETERMINED TO CREATE A BETTER FUTURE THROUGH EDUCATION FOR EVERYONE



CHALLENGE

LIVES IN A REFUGEE CAMP WHERE THERE IS NO FAMILY LIVELIHOOD, SHE HAS TWO CHILDREN TO TAKE CARE OF

Character Cards



1
Round

character

BAS

AGE: 27

ORIGIN: NETHERLANDS



STRENGTH

CHILD ADVOCACY AND COMMUNICATION SKILLS,
UNDERSTANDS YOUNG PEOPLE FINDS SOLUTIONS WITH
THEM



CHALLENGE

GREW UP IN FOSTER CARE, MOVING A LOT WITH NO STABLE
ENVIRONMENT AS A CHILD SO FINDS IT HARD TO RELY ON
OTHERS

Character Cards



1
Round

character

YOUR NAME

YOUR COUNTRY OF ORIGIN

YOUR AGE

YOUR PRONOUNS (HER/HIM/THEY)



✦ STRENGTH

⊖ CHALLENGE



Character Cards



1
Round

character

YOUR NAME

YOUR COUNTRY OF ORIGIN

YOUR AGE

YOUR PRONOUNS (HER/HIM/THEY)



✦ STRENGTH

⊖ CHALLENGE



Character Cards



1
Round

character

YOUR NAME

YOUR COUNTRY OF ORIGIN

YOUR AGE

YOUR PRONOUNS (HER/HIM/THEY)



✦ STRENGTH

⊖ CHALLENGE



Character Cards



1
Round

character

YOUR NAME

YOUR COUNTRY OF ORIGIN

YOUR AGE

YOUR PRONOUNS (HER/HIM/THEY)

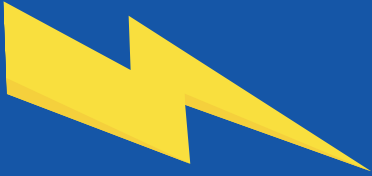


✦ STRENGTH

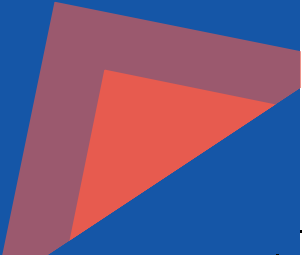
⊖ CHALLENGE



Round
2



Dilemma Cards



dilemma

You are living in a household where you witness violence against your sister

EXTRA CHALLENGING

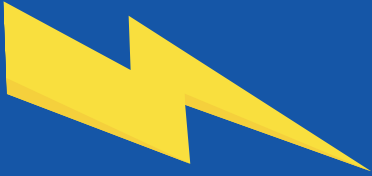


Your family does not speak up when violence against women occurs, and it is normalised in your community



Safety, Dignity, Respect

Round
2



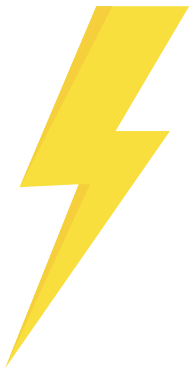
Dilemma Cards



dilemma

You want to study, but because of your family's financial situation, you are forced to work

EXTRA CHALLENGING

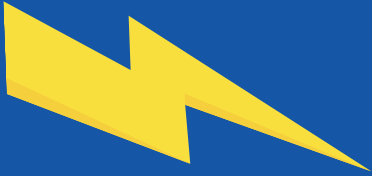


Child labour laws aren't enforced in your community, and no one speaks out against this

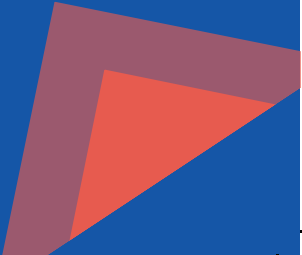


Safety, Dignity, Respect

Round
2



Dilemma Cards



dilemma

You have difficulty getting to school in a rural area with your disability

EXTRA CHALLENGING



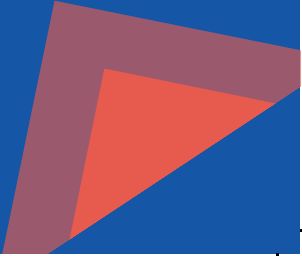
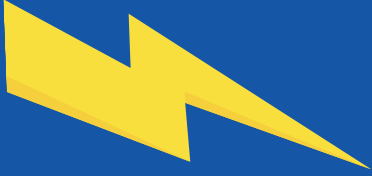
Local infrastructure does not support people with disabilities, and societal change is slow



Safety, Dignity, Respect

Round
2

Dilemma Cards



dilemma

Your cousin is forced into marriage, and she is only 13 years old

EXTRA CHALLENGING



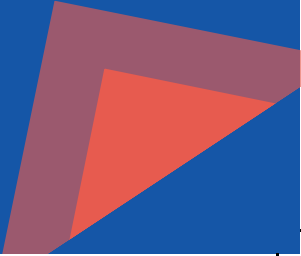
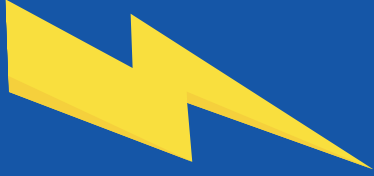
People do not speak up when forced marriage occurs in your community



Safety, Dignity, Respect

Round
2

Dilemma Cards



dilemma

Food insecurity and dealing
with disappearing food
resources

EXTRA CHALLENGING



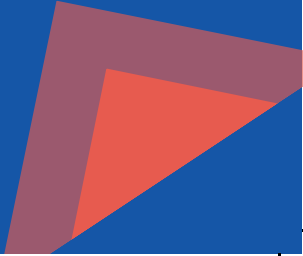
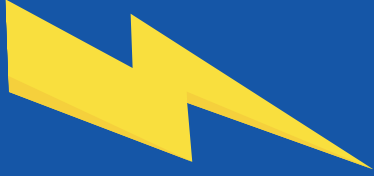
Climate change and conflict affect people's
access to food and water, and humanitarian
assistance is not always available



Safety, Dignity, Respect

Round
2

Dilemma Cards



dilemma

You receive physical threats
due to your sexual
orientation

EXTRA CHALLENGING



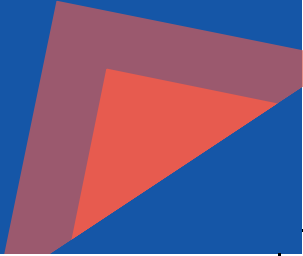
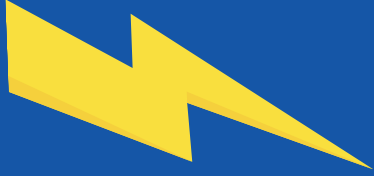
It is not always safe to be yourself in
environments where people hold prejudice,
which can be expressed as violence



Safety, Dignity, Respect

Round
2

Dilemma Cards



dilemma

Experiencing peer pressure
to vape

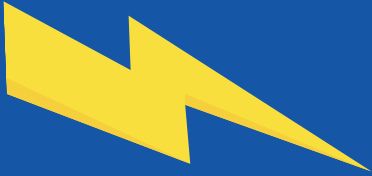


It is a hidden activity, and the school
does not have plans to address
bullying

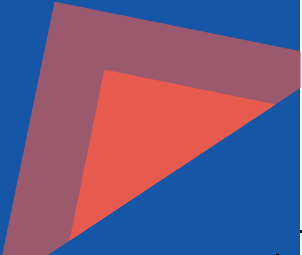


Right to education, Respect, Dignity

Round
2



Dilemma Cards



dilemma

A popular artist targets a minority group and sows division



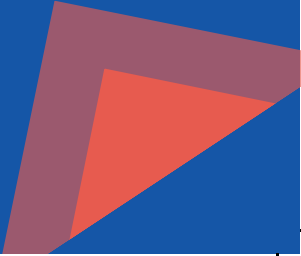
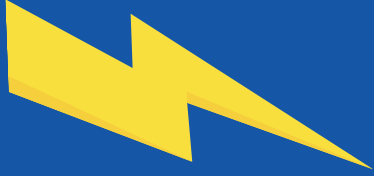
Peers and friends don't question the artist and continue to enjoy their work, even if it's harmful



Safety, Respect, Dignity

Round
2

Dilemma Cards



dilemma

You are overwhelmed with requests for help from vulnerable friends, causing you to feel stressed

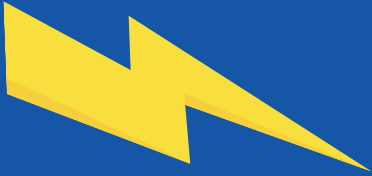


Others are disinterested and turn away, leaving you alone to offer support



Safety, Dignity, Self-protection

Round
2



Dilemma Cards



dilemma

In the park, you see a parent shouting and hitting their child

EXTRA CHALLENGING

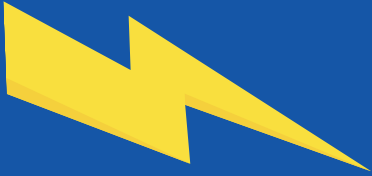


No one else is intervening, and you do not feel physically safe



Security, Justice, Safety

Round
2



Dilemma Cards



dilemma

Your friend is 18, and a military officer asks if you have seen him, as he hasn't come to register for mandatory military service

EXTRA CHALLENGING



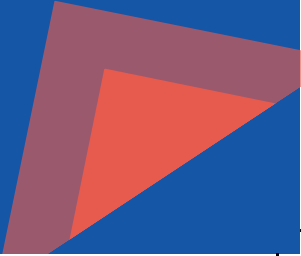
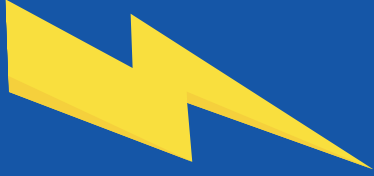
If you say where he is, it might force him into the military, but if you lie about his whereabouts, you might face prosecution



Security, Solidarity, Trust

Round
2

Dilemma Cards



dilemma

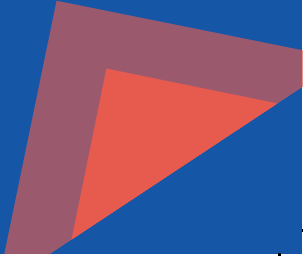
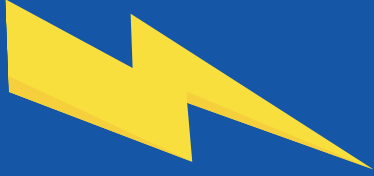
What is your dilemma?

What do you need to think about?



Round
2

Dilemma Cards



dilemma

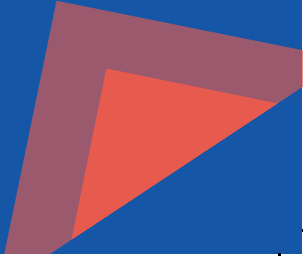
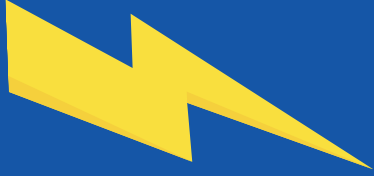
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Round
2

Dilemma Cards



dilemma

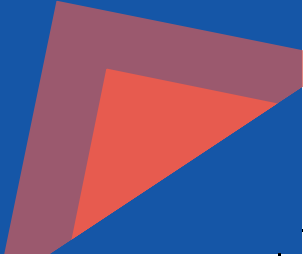
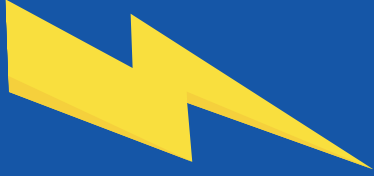
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What do you need to think about?



Round
2

Dilemma Cards

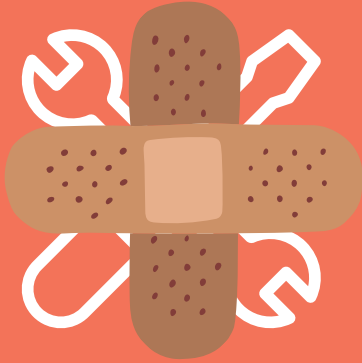


dilemma

What is your dilemma?

What do you need to think about?





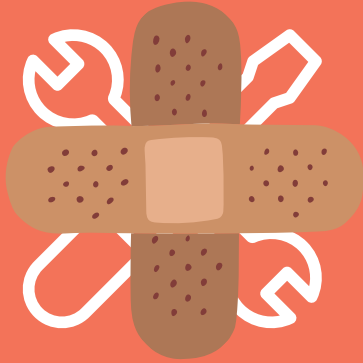
Tool Cards

Round
3

tool



talk about your feelings in a safe way, publicly or privately



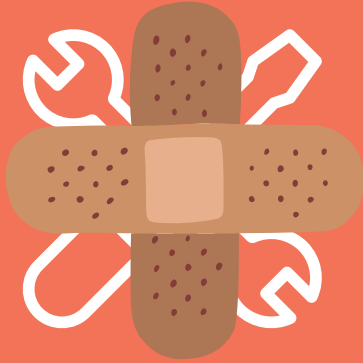
Tool Cards

Round
3

tool



try to understand
and accept yourself



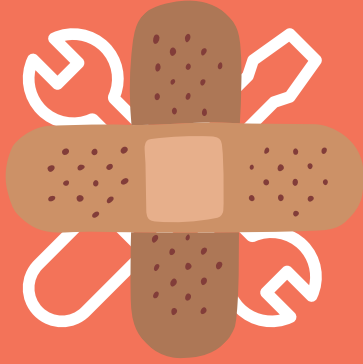
Tool Cards

Round
3

tool



physical activity:
please share how you love to move



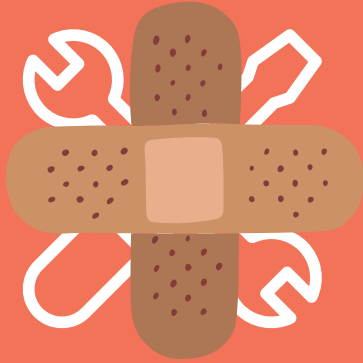
Tool Cards

Round
3

tool



peer support



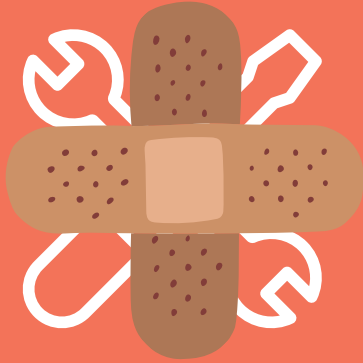
Tool Cards

Round
3

tool



open communication
to build understanding with others



Tool Cards

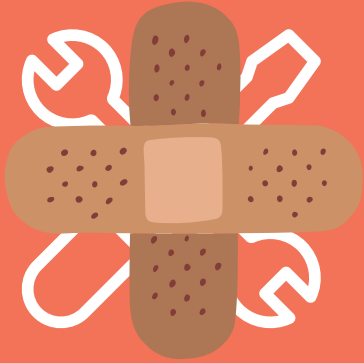
Round
3

tool



being with your emotions:
self-regulation can look like...

- naming your emotions
- taking a step back
- breathing and count to 5
- doing something gentle for your body



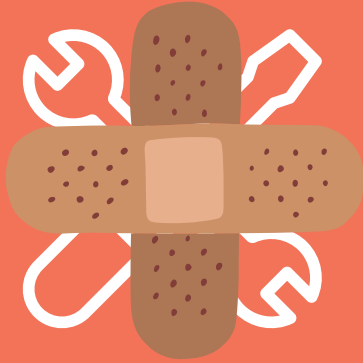
Tool Cards

Round
3

tool



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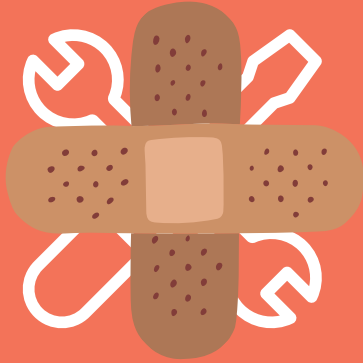
Tool Cards

Round
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tool



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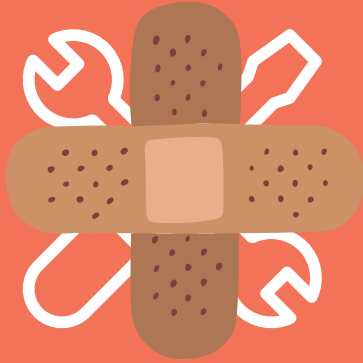
Tool Cards

Round
3

tool



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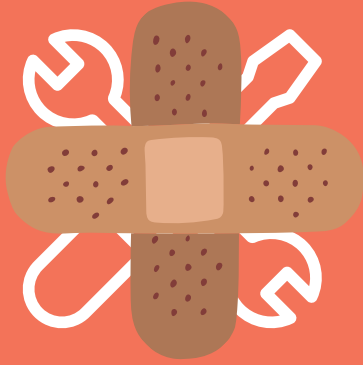
Tool Cards

Round
3

tool



peer support



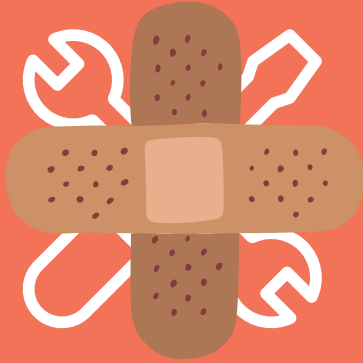
Tool Cards

Round
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tool



open communication
to build understanding with others



Tool Cards

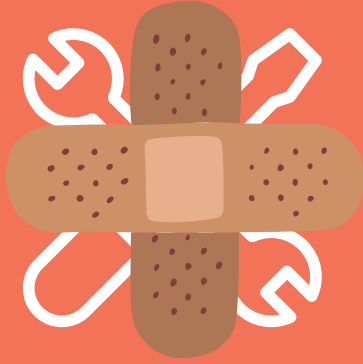
Round
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tool



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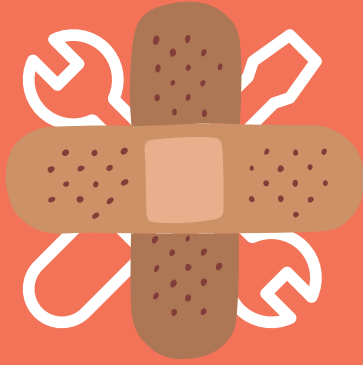
Tool Cards

Round
3

tool



talk about your feelings in a safe way, publicly or privately



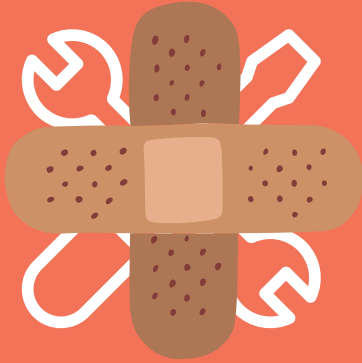
Tool Cards

Round
3

tool



try to understand
and accept yourself



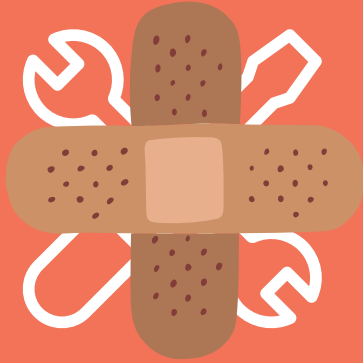
Tool Cards

Round
3

tool



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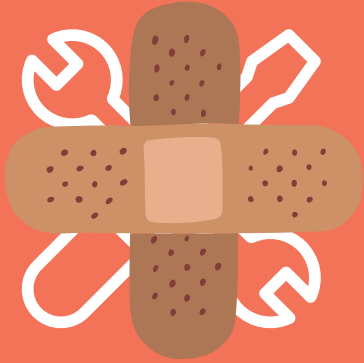
Tool Cards

Round
3

tool



peer support



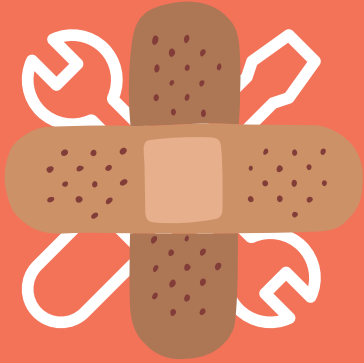
Tool Cards

Round
3

tool



open communication
to build understanding with others



Tool Cards

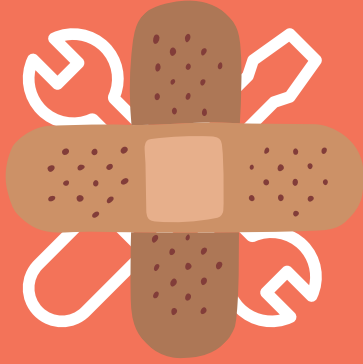
Round
3

tool



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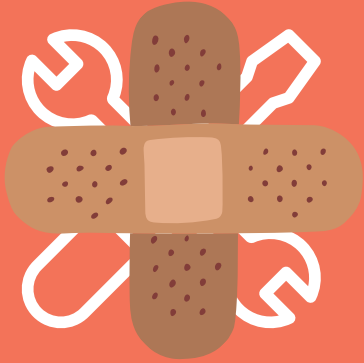
Tool Cards

Round
3

tool



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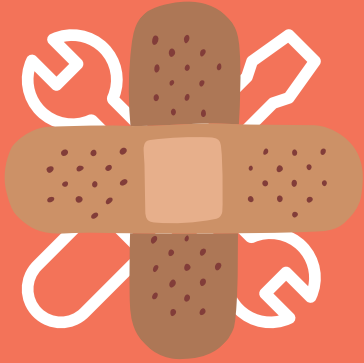
Tool Cards

Round
3

tool



try to understand
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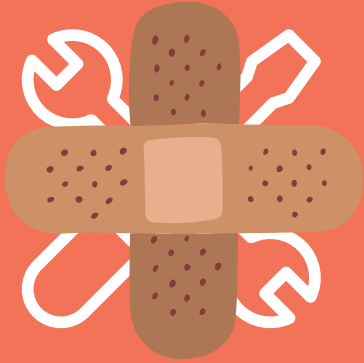
Tool Cards

Round
3

tool



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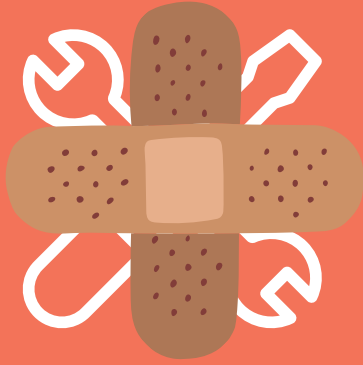
Tool Cards

Round
3

tool



peer support



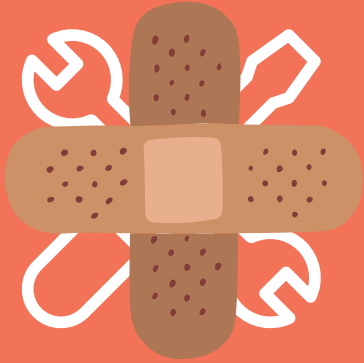
Tool Cards

Round
3

tool



open communication
to build understanding with others



Tool Cards

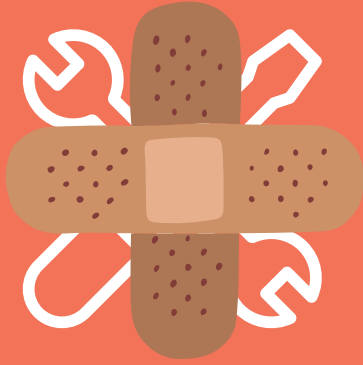
Round
3

tool



being with your emotions:
self-regulation can look like...

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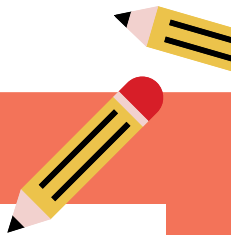


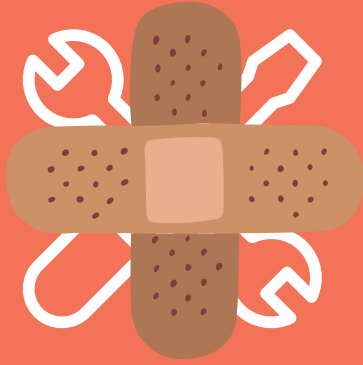
Tool Cards

Round
3

tool

what is your tool?



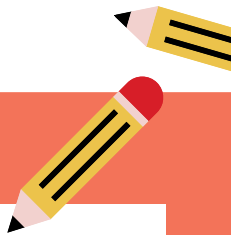


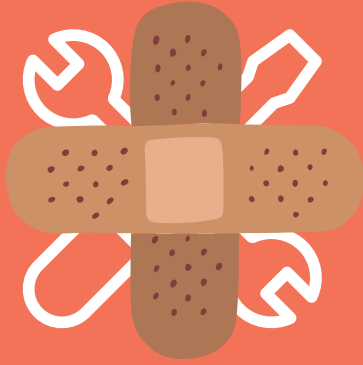
Tool Cards

Round
3

tool

what is your tool?



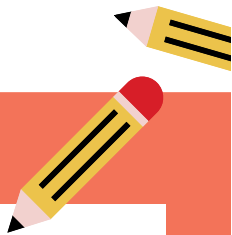


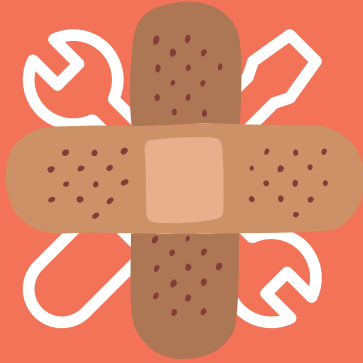
Tool Cards

Round
3

tool

what is your tool?



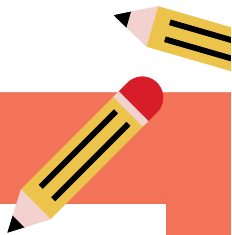


Tool Cards

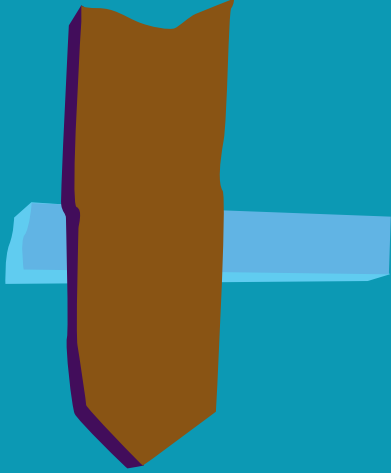
Round
3

tool

what is your tool?



Place Cards



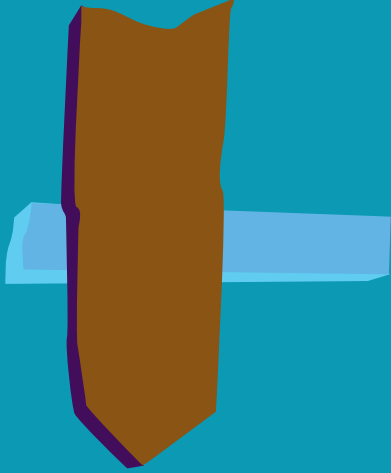
Round
3

place



places in nature
or by water

Place Cards



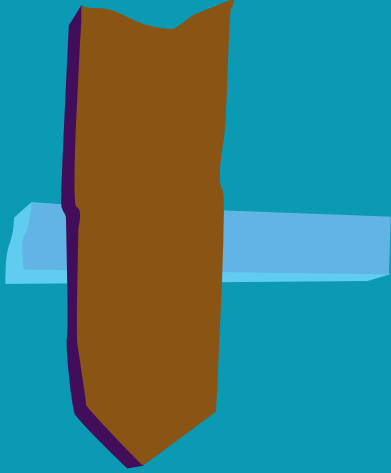
Round
3

place



places of knowledge
and support

Place Cards



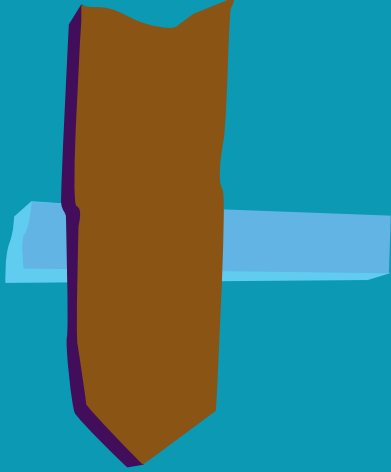
Round
3

place



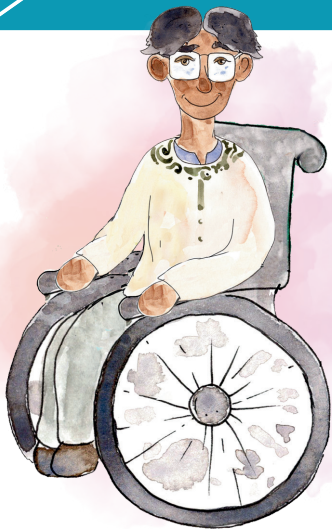
places of community connection

Place Cards



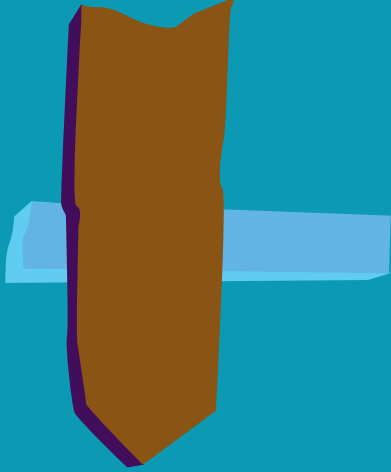
Round
3

place



places of meditation and dreams:
memories and poetry circles

Place Cards



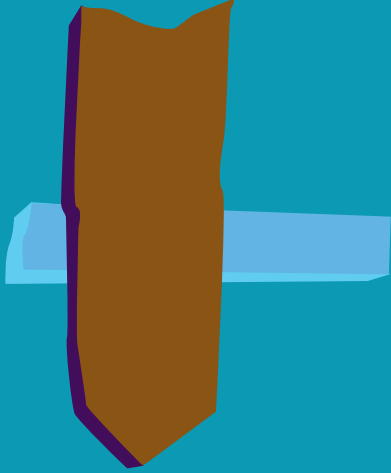
Round
3

place



places where people can
take care of you

Place Cards



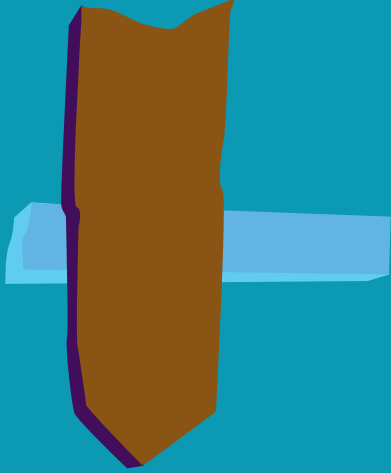
Round
3

place



places in nature
or by water

Place Cards



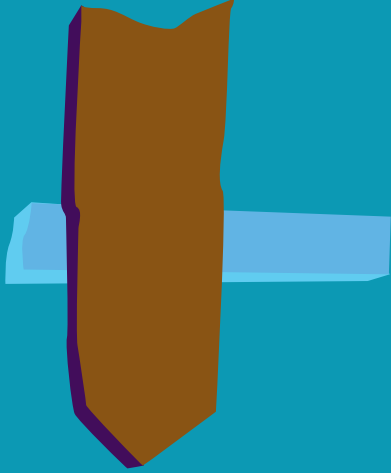
Round
3

place



places of knowledge
and support

Place Cards



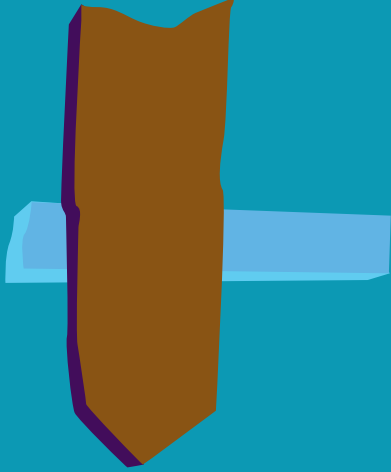
Round
3

place



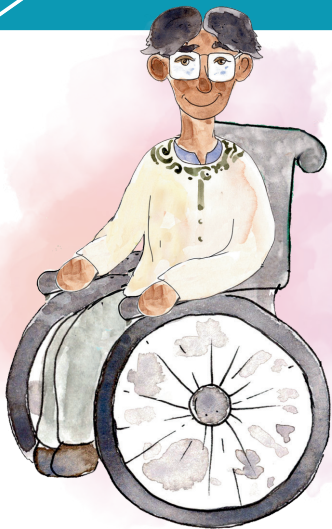
places of community connection

Place Cards



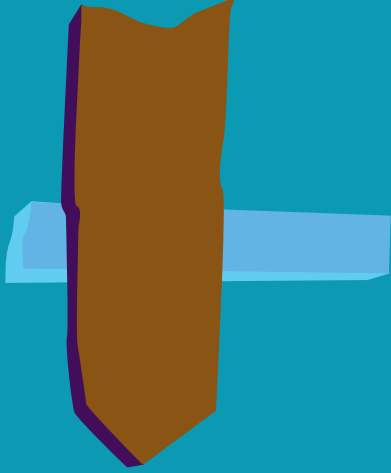
Round
3

place



places of meditation and dreams:
memories and poetry circles

Place Cards



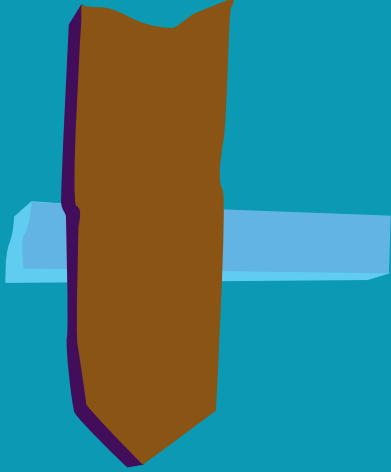
Round
3

place



places where people can
take care of you

Place Cards



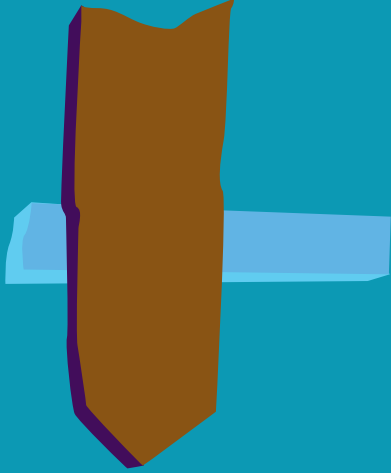
Round
3

place



places in nature
or by water

Place Cards



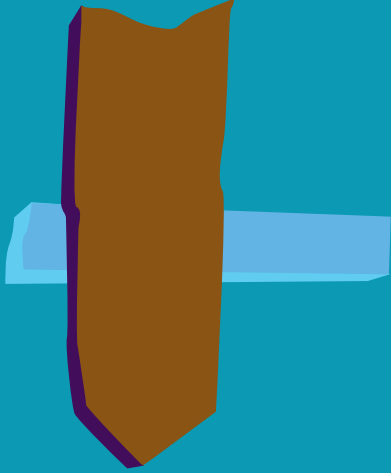
Round
3

place



places of knowledge
and support

Place Cards



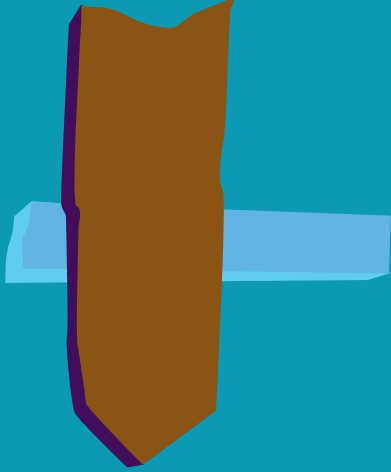
Round
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place



places of community connection

Place Cards



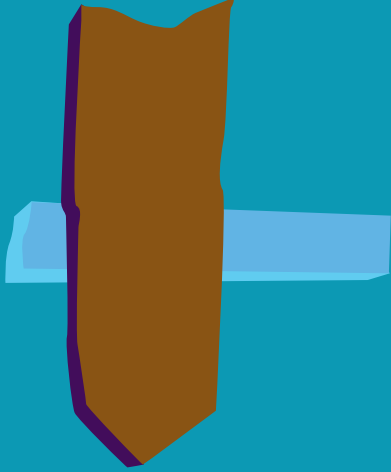
Round
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Place Cards



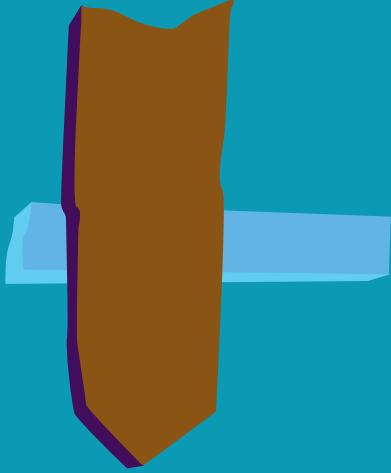
Round
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place



places where people can
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Place Cards



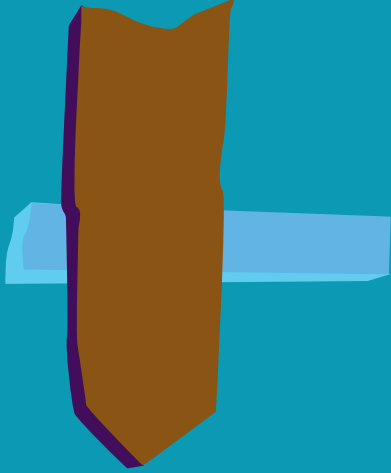
Round
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places in nature
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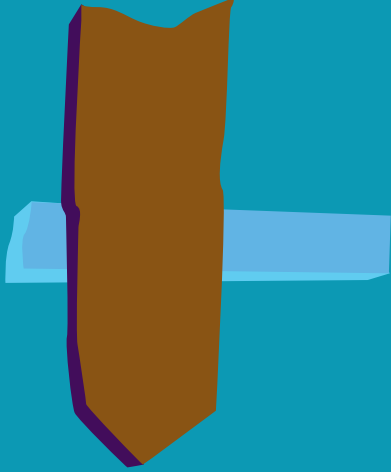
Round
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places of knowledge
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Place Cards



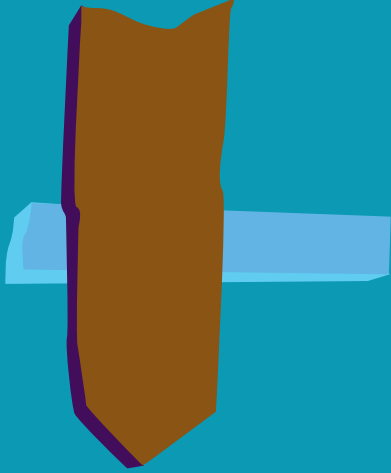
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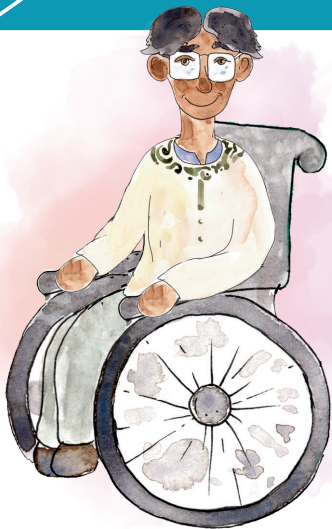
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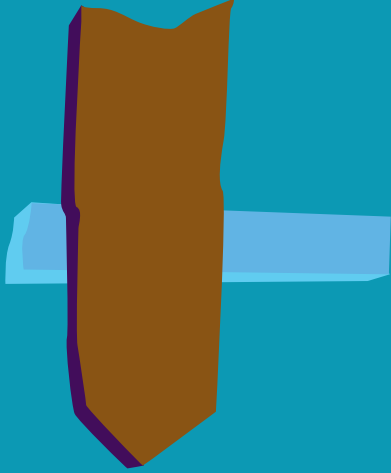
Round
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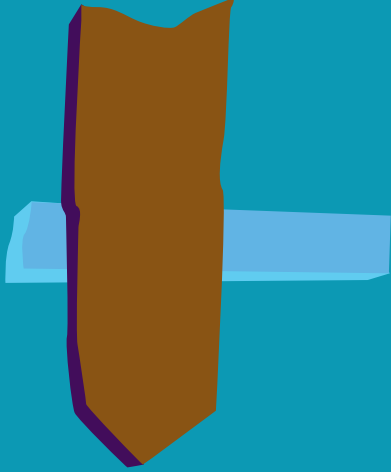
Round
3

place



places where people can
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Place Cards



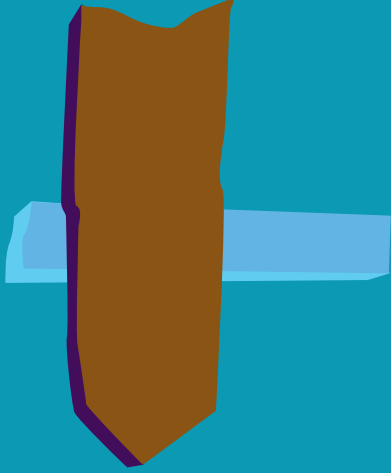
Round
3

place

where is your special place?



Place Cards



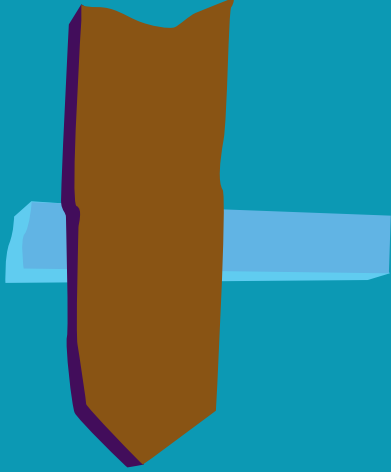
Round
3

place

where is your special place?



Place Cards



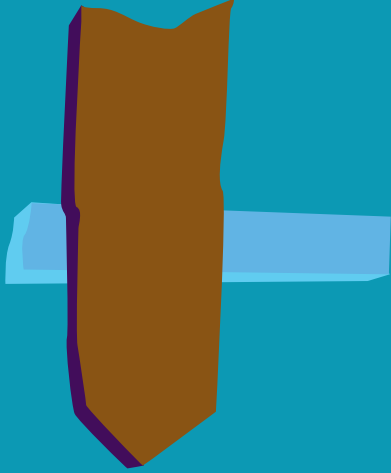
Round
3

place

where is your special place?



Place Cards



Round
3

place

where is your special place?





Merlin Cards

Round 3

merlin



step back and journal for a moment:
you could write a poem or draw



Merlin Cards

Round 3

merlin



your genie waits within this lamp,
ready to grant three wishes.
Step aside, breathe and regain your
calm before returning



Merlin Cards

Round 3

merlin



try to find an animal
to be around



Merlin Cards

Round 3

merlin



do a cultural dance together
(teach/learn)



Merlin Cards

Round 3

merlin



take a break to practice some
mindfulness
(give a small example, like noting)



Merlin Cards

Round 3

merlin



make music:
play an instrument or write a song



Merlin Cards

Round 3

merlin



pray or be with your
spiritual practice



Merlin Cards

Round 3

merlin



read or listen
to books you love



Merlin Cards

Round 3

merlin



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Merlin Cards

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Merlin Cards

Round 3

merlin



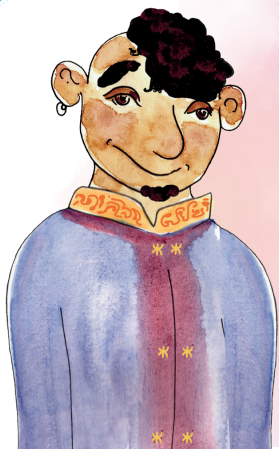
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Round 3

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Round 3

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Merlin Cards

Round 3

merlin



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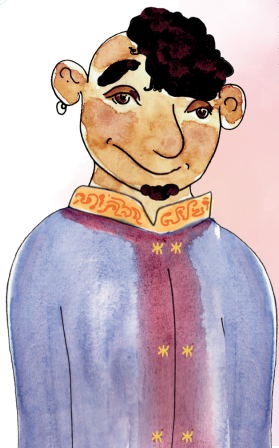


Merlin Cards

Round

3

merlin



make music:
play an instrument or write a song



Merlin Cards

Round 3

merlin



pray or be with your
spiritual practice



Merlin Cards

Round 3

merlin



read or listen
to books you love



Merlin Cards

Round 3

merlin

what is your merlin card?





Merlin Cards

Round 3

merlin

what is your merlin card?





Merlin Cards

Round 3

merlin

what is your merlin card?





Merlin Cards

Round 3

merlin

what is your merlin card?





Declaration cards

4
Round

declaration

Declaration Card

Your roundtable resolution is...

What was the dilemma?

.....
.....
.....

Which tools were helpful?

.....
.....
.....

Which places were helpful?

.....
.....
.....

Which Merlin ideas were helpful?

.....
.....
.....

How can you be an ally?

.....
.....
.....





Declaration cards

4
Round

declaration

Declaration Card

Your roundtable resolution is...

What was the dilemma?

.....
.....
.....

Which tools were helpful?

.....
.....
.....

Which places were helpful?

.....
.....
.....

Which Merlin ideas were helpful?

.....
.....
.....

How can you be an ally?

.....
.....
.....





Declaration cards

4
Round

declaration

Declaration Card

Your roundtable resolution is...

What was the dilemma?

.....
.....
.....

Which tools were helpful?

.....
.....
.....

Which places were helpful?

.....
.....
.....

Which Merlin ideas were helpful?

.....
.....
.....

How can you be an ally?

.....
.....
.....





Declaration cards

4
Round

declaration

Declaration Card

Your roundtable resolution is...

What was the dilemma?

.....
.....
.....

Which tools were helpful?

.....
.....
.....

Which places were helpful?

.....
.....
.....

Which Merlin ideas were helpful?

.....
.....
.....

How can you be an ally?

.....
.....
.....





Declaration cards

4
Round

declaration

Declaration Card

Your roundtable resolution is...

What was the dilemma?

.....
.....
.....

Which tools were helpful?

.....
.....
.....

Which places were helpful?

.....
.....
.....

Which Merlin ideas were helpful?

.....
.....
.....

How can you be an ally?

.....
.....
.....





Declaration cards

4
Round

declaration

Declaration Card

Your roundtable resolution is...

What was the dilemma?

.....
.....
.....

Which tools were helpful?

.....
.....
.....

Which places were helpful?

.....
.....
.....

Which Merlin ideas were helpful?

.....
.....
.....

How can you be an ally?

.....
.....
.....





Declaration cards

4
Round

declaration

Declaration Card

Your roundtable resolution is...

What was the dilemma?

.....
.....
.....

Which tools were helpful?

.....
.....
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Which places were helpful?

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Which Merlin ideas were helpful?

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How can you be an ally?

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Declaration cards

4
Round

declaration

Declaration Card

Your roundtable resolution is...

What was the dilemma?

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Which tools were helpful?

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Which places were helpful?

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Which Merlin ideas were helpful?

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How can you be an ally?

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