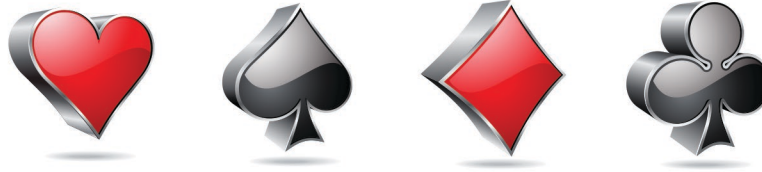


# SOCVOC Card Game



The aim of the game is to promote self-development, social skills and conscious management of emotions, time management and motivation. Print the files double-sided, laminate the cards and prepare a deck (or more decks if you plan on having more players).

## Game rules:

### 1. THE GAME IS INTENDED FOR 2-8 PLAYERS.

### 2. PREPARATION:

- The cards are shuffled and placed in the centre of the table.

### 3. GAMEPLAY:

- Players take turns drawing a card from the deck and reading the question/task aloud and providing an answer.
- Other players can then share their thoughts or experiences on the same topic, encouraging discussion and exchange of perspectives.

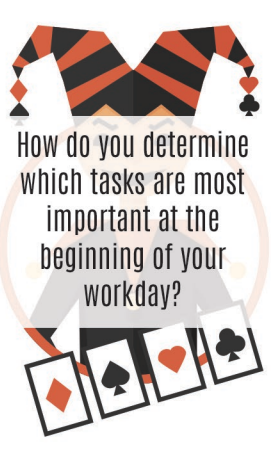
To increase involvement, rules for a card game called "War" can be introduced. Then it is best to play in pairs. The rules of the game are very simple. The shuffled deck of cards is divided into two parts, dealt to the players and placed face up. The players simultaneously lay out one card and compare their values (in terms of seniority - colours do not matter). The player with the higher value card takes the cards and places them at the bottom of his deck. If the cards have the same strength (ace against ace, king against king, etc.), a war breaks out. You must reveal one card at a time, place them face up on your face-up cards, then draw the next card, place them face-up on top of the face-down cards, and then they are compared. The card with the higher value wins, and the winner of the war takes back all the cards used in the war. The process is repeated if a winner cannot be determined again during the war. The person who loses the duel must answer the question/task from the card he/she lost.

After completing the game, players can share their conclusions about what they have learned, what skills they would like to learn, or what they intend to change in their lives thanks to the game experience. This form of game encourages deep introspection, openness to the experiences of others, and builds communication and empathy skills. It provides a safe environment to express yourself and learn from your own and others' experiences.

The deck of cards can of course be used to "normally" play any other card game.

# Print and cut!

**J**  
**o**  
**k**  
**e**  
**r**



How do you determine which tasks are most important at the beginning of your workday?

**J**  
**o**  
**k**  
**e**  
**r**

**J**  
**o**  
**k**  
**e**  
**r**



Describe a time when effective time management helped you avoid stress.

**J**  
**o**  
**k**  
**e**  
**r**

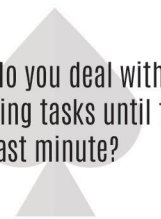
**A**  
♦



What techniques help you get back on track when you lose focus?

♦  
**A**

**A**  
♠



How do you deal with postponing tasks until the last minute?

**A**  
♥



What questions do you ask yourself when looking for the best solution to a problem?

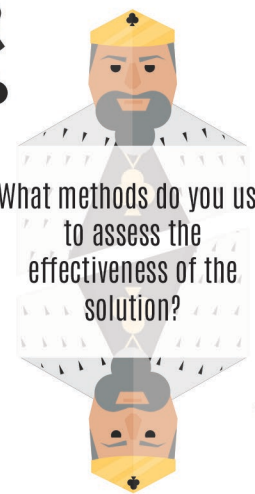
**A**  
♣



Describe a time when you had to think outside the box to solve a problem.



**K**  
♣



What methods do you use to assess the effectiveness of the solution?

**K**  
♣

**K**  
♥



Describe a moment when your internal motivation helped you overcome difficulties.

**K**  
♥

**K**  
♠

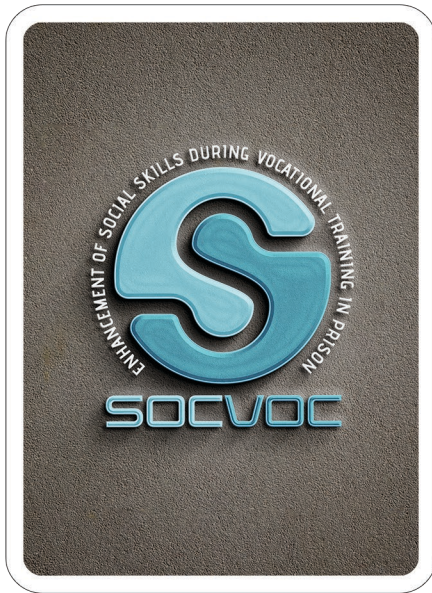
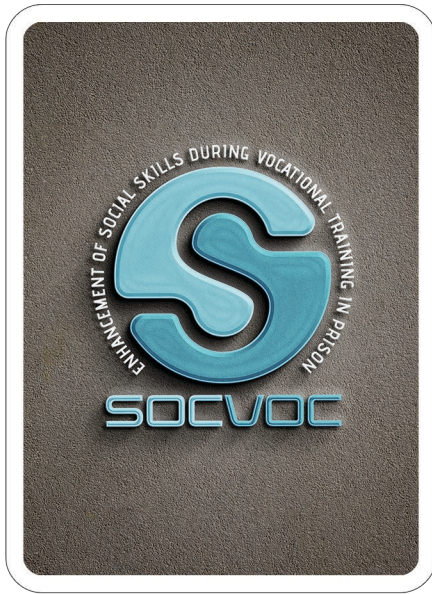


Describe a time when you managed your anger in a positive way.

**K**  
♠



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# Print and cut!

**K**  
♦



Name one way you use to cool your emotions down when you get angry.

♦ **K**

**Q**  
♣



Name one reason why it is worth calming down during an attack of anger.

♣ **Q**

**Q**  
♥



Describe a situation when you managed to avoid a conflict by controlling your emotions.

♥ **Q**


**Q**  
♠



What are your methods for recognizing and preventing upcoming anger?

♠ **Q**

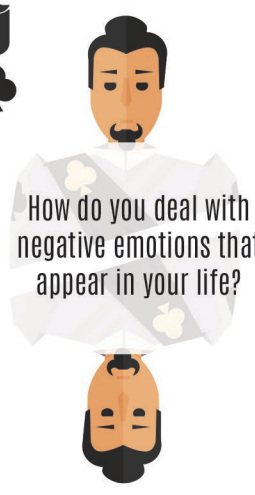
**Q**  
♦



In what situations do you think that expressing anger can be constructive and when it can be destructive?

♦ **Q**

**J**  
♣



How do you deal with negative emotions that appear in your life?

♣ **J**

**J**  
♥



Are there specific signs that tell you that your emotions may be getting out of control?

♥ **J**


**J**  
♠



Describe how your time management changed after implementing a specific change or tool.

♠ **J**

**J**  
♦

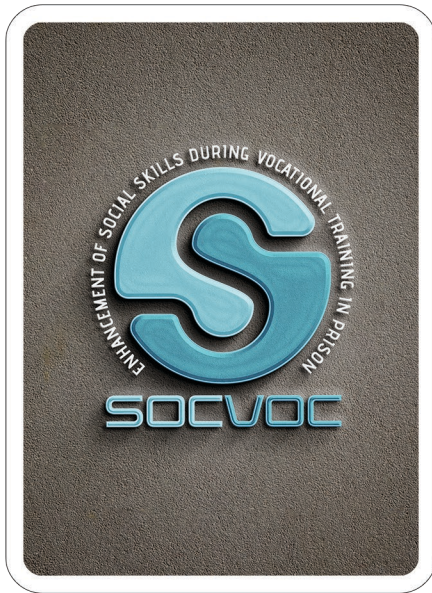
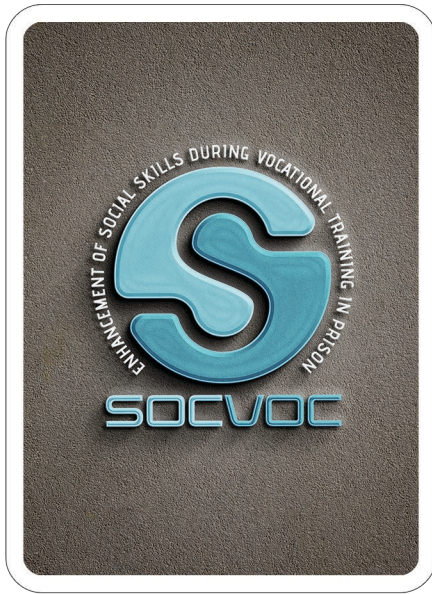


How do you schedule breaks to increase your productivity?

♦ **J**



Print and cut!





# Print and cut!

10  
♣

Describe how you adapt solutions from other fields to your own challenges.

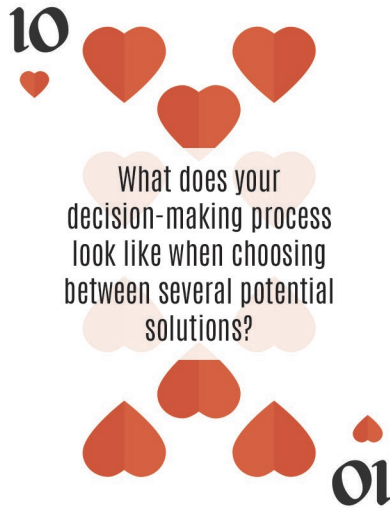
♣ 01



10  
♥

What does your decision-making process look like when choosing between several potential solutions?

♥ 01



10  
♠

What are your strategies for dealing with uncertainty when making decisions?

♠ 01



10  
♦

Describe a time when your passion for a task helped you overcome obstacles.

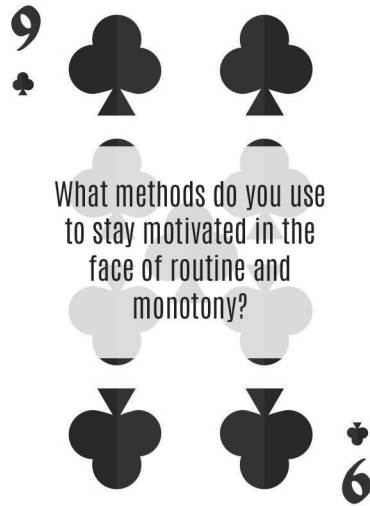
♦ 01



9  
♣

What methods do you use to stay motivated in the face of routine and monotony?

♣ 6



9  
♥

Describe how you use empathy to better understand and control your emotions.

♥ 6



9  
♠

What are your ways of expressing anger in a healthy way, without harm to yourself or others?

♠ 6



9  
♦

How do you learn from experiences when you have failed to control your anger?

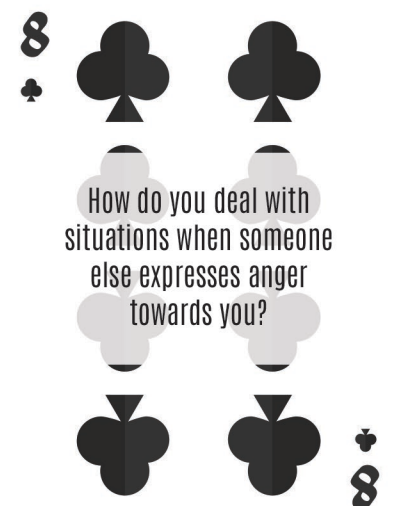
♦ 6



8  
♣

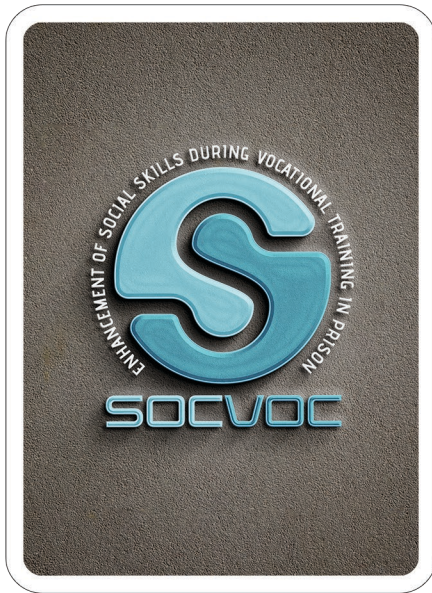
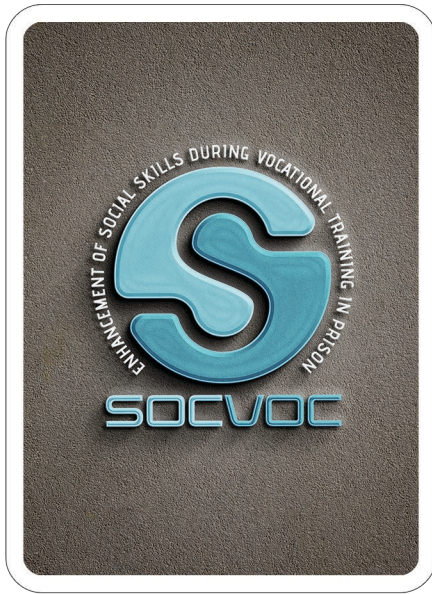
How do you deal with situations when someone else expresses anger towards you?

♣ 8





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# Print and cut!



Describe a time when understanding another person's perspective helped you calm your anger.



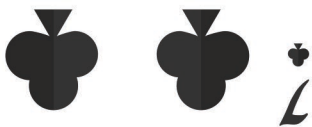
How do you stay calm in high-stress situations, such as before an important speech or meeting?



What techniques help you manage your daily time most effectively?



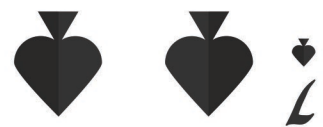
Describe a time when you had to set priorities to meet deadlines.



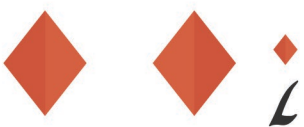
What tools (e.g. applications, calendars) do you consider essential in planning your day?



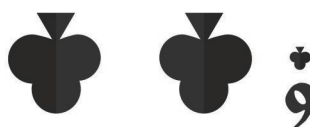
How do you deal with unexpected tasks that disrupt your schedule?



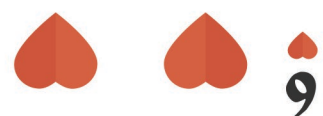
How do you set realistic deadlines for your tasks?



Describe a time when you found a creative solution to a difficult problem.

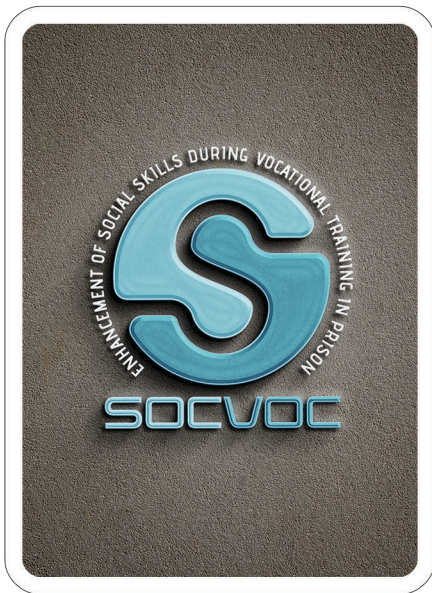
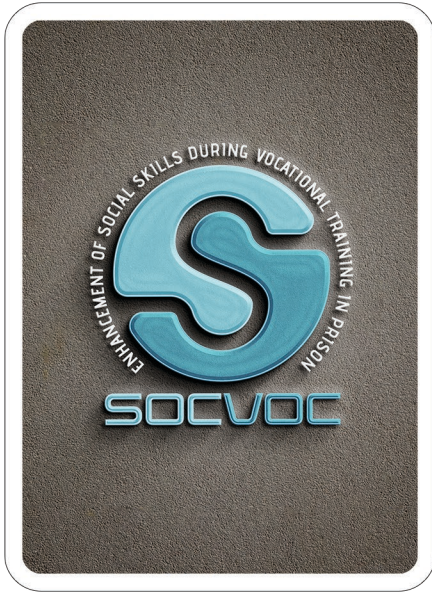
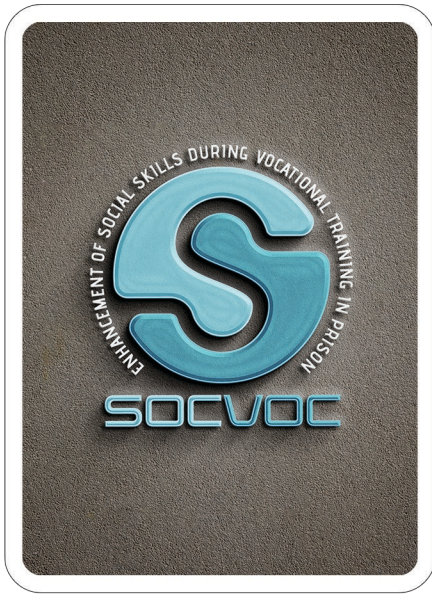


What steps do you take when you encounter an obstacle in achieving your goal?





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# Print and cut!



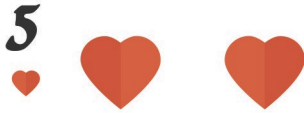
How do you assess which problems require immediate attention and which can wait?



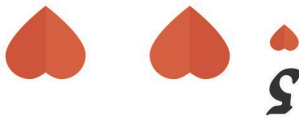
What strategy helps you most effectively resolve conflicts in your team?



What are your methods for avoiding information overload when looking for solutions?



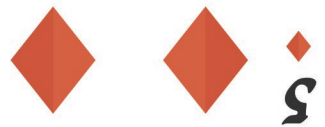
How do you deal with the pressure of solving problems during limited time?



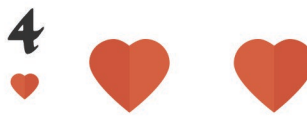
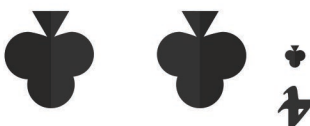
What are your main sources of motivation when working on long-term projects?



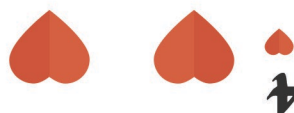
What small daily habits help you stay motivated?



How do you deal with moments of doubt in your abilities?



How do you reward yourself for achieving small and large goals?

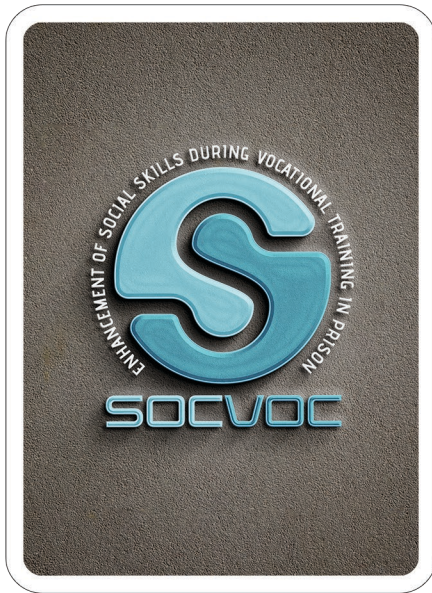
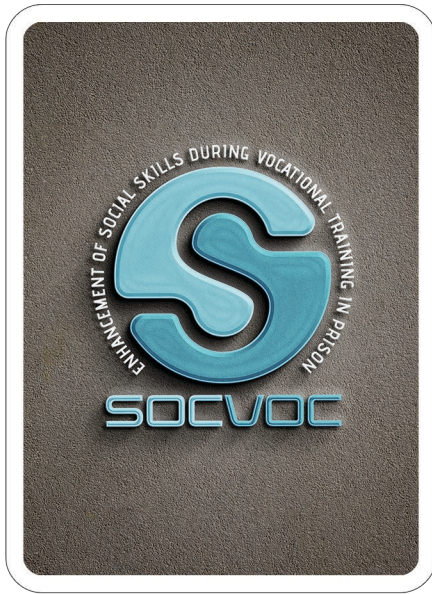


How do you maintain a positive attitude even when results are not satisfactory?





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# Print and cut!



What do you do when you feel that your motivation to work is significantly decreasing?



How do you react to unexpected changes in your plan and how does it affect your time management?



How do you set priorities when all tasks seem equally urgent?



How do you deal with problems that seem to have no solution?



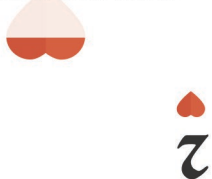
How do you document and learn from solved problems to apply these experiences in the future?



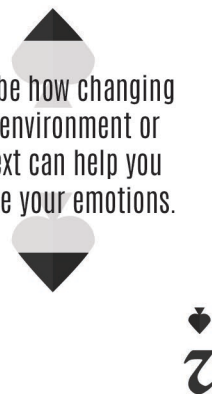
How do you maintain enthusiasm for long-term projects once the initial excitement wears off?



Describe a strategy you use to turn failure or disappointment into motivation to keep going.



Describe how changing your environment or context can help you manage your emotions.



Do you use physical activity or sport to deal with stress and anger, and how?





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