

Wayahead®

MENTAL
HEALTH
MONTH
OCTOBER

Let's
Talk
About
It



Card Game

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How to play

Let's Talk About It card game to be played in pairs. There are 2 ways to play:

Option 1

1. **Student A** places their **12 Emotion Scenario** cards down on the table in front of them, face side up (like the game of Memory).
2. **Student B** places their **12 Coping Strategy** cards down in front of them on the table, face side up.
3. **Student A** selects an **Emotion Scenario** card and reads the scenario.
4. **Student B** locates the matching **Coping Strategy** card and reads the options.
5. Each student answers the questions, **Which option would you choose and Why**. Students may provide an alternative option (Option D).

How to play

Option 2

1. **Student A** holds the **Emotion scenario** cards and **Student B** holds the **Coping Strategy** cards. Recommended for Stage 3/4.
2. Holding the blue **Emotion** cards face side up, **Student A** selects the top card and reads the **Emotion scenario** (eg Sad)
3. Shuffling through their **Coping Strategy** cards **Student B** locates the identical card (eg Sad) and reads the options.
4. Each student answers the questions **Which option would you choose and why**. Students may provide an alternative option (Option D).

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