SEL Board Game Cards: Sheet 1

1. SELF-AWARENESS

“This morning, I felt [happy / tired / nervous / calm] because...”

Card 01 • TLC Finish sentence →

1. SELF-AWARENESS

“One personal strength or skill I have is...”

Card 02 • TLC Finish sentence →

1. SELF-AWARENESS

“When I feel stressed, my body feels...”

Card 03 • TLC Finish sentence →

1. SELF-AWARENESS

“I felt very proud when I...”

Card 04 • TLC Finish sentence →

1. SELF-AWARENESS

“This month, my goal is to improve my English [speaking / reading / writing] by...”

Card 05 • TLC Finish sentence →

1. SELF-AWARENESS

> *Options: Honesty • Family • Hard Work • Kindness*

“[Chosen word] is very important to me because...”

Card 06 • TLC Finish sentence →

2. SELF-MANAGEMENT

“When I feel angry or frustrated, I calm down by...”

Card 07 • TLC Finish sentence →

2. SELF-MANAGEMENT

“To organize my schedule and remember appointments, I use...”

Card 08 • TLC Finish sentence →

2. SELF-MANAGEMENT

“When studying English is difficult, I stay motivated by...”

Card 09 • TLC Finish sentence →

2. SELF-MANAGEMENT

“One healthy daily routine I have is...”

Card 10 • TLC — Finish sentence →

2. SELF-MANAGEMENT

Situation: Waiting in a very long line

“While I wait, I keep calm by...”

Card 11 • TLC — Finish sentence →

2. SELF-MANAGEMENT

Situation: Asking for a short break

“Excuse me, could I please take a quick 5-minute break to...?”

Card 12 • TLC — Practice speaking →

3. SOCIAL AWARENESS

Situation: Someone looks sad or quiet

“You look a little down today. Are you okay?”

Card 13 • TLC — Practice speaking →

3. SOCIAL AWARENESS

“In my culture, an important holiday or tradition is...”

Card 14 • TLC — Finish sentence →

3. SOCIAL AWARENESS

Activity: Listen to player on left name favorite food

“So what you're saying is that you really enjoy...”

Card 15 • TLC — Repeat back →

3. SOCIAL AWARENESS

Situation: A friend did not pass a test

“I'm sorry that happened, but don't worry because you can...”

Card 16 • TLC — Finish sentence →

3. SOCIAL AWARENESS

“When someone has a different opinion or tradition than mine, I...”

Card 17 • TLC — Finish sentence →

3. SOCIAL AWARENESS

Situation: Neighbor carrying heavy bags up stairs

“Hello! Would you like some help with...?”

Card 18 • TLC — Practice speaking →

4. RELATIONSHIP SKILLS

Situation: Did not hear or understand

"Could you please speak a little slower and repeat that?"

Card 19 • TLC — Practice speaking →

4. RELATIONSHIP SKILLS

Situation: Complimenting a group member

"I really like your..."
or **"You did a wonderful job on..."**

Card 20 • TLC — Practice speaking →

4. RELATIONSHIP SKILLS

Situation: Proposing an alternative plan politely

"That sounds nice, but could we also consider...?"

Card 21 • TLC — Finish sentence →

4. RELATIONSHIP SKILLS

Situation: Someone took your item by mistake

"Excuse me, I think that might be mine because..."

Card 22 • TLC — Finish sentence →

4. RELATIONSHIP SKILLS

"In my opinion, a good teammate or partner always..."

Card 23 • TLC — Finish sentence →

4. RELATIONSHIP SKILLS

Situation: Declining an invitation politely

"Thank you for inviting me, but I can't attend because I must..."

Card 24 • TLC — Finish sentence →

5. DECISION-MAKING

Situation: Finding a lost wallet with ID and cash

"The safest and most honest thing to do is..."

Card 25 • TLC — Finish sentence →

5. DECISION-MAKING

"Before replying to an angry text or email, it is wise to wait because..."

Card 26 • TLC — Finish sentence →

5. DECISION-MAKING

Situation: Calling in sick to work

"Good morning, I am not feeling well today and will not be able to come to work because..."

Card 27 • TLC — Practice speaking →

5. DECISION-MAKING

Situation: Spending limited cash on want vs. need

"I should spend the money on [groceries / bills] first because..."

Card 28 • TLC — Finish sentence →

5. DECISION-MAKING

Situation: Driving in heavy rain while late

"It is much better to arrive late than to drive fast because..."

Card 29 • TLC — Finish sentence →

5. DECISION-MAKING

Situation: Outdoor trash can is overflowing

"Instead of leaving my trash on the ground, I should..."

Card 30 • TLC — Finish sentence →

CUSTOM CARD

Situation / Prompt:

Card 31 • TLC — Write your own →

CUSTOM CARD

Situation / Prompt:

Card 32 • TLC — Write your own →

CUSTOM CARD

Situation / Prompt:

Card 33 • TLC — Write your own →

CUSTOM CARD

Situation / Prompt:

Card 34 • TLC — Write your own →

CUSTOM CARD

Situation / Prompt:

Card 35 • TLC — Write your own →

CUSTOM CARD

Situation / Prompt:

Card 36 • TLC — Write your own →