

## **Instructions**

### **WHAT IS THE GOAL of the game?**

While talking to someone using these cards, we can discover our own characteristics. Am I a good listener? Do people often tell me that I am a creative person? Or that I have a great sense of humour?

Playing the Discover Yourself game can help you discover the answers to these and other questions.

You can gain insight into your qualities and discover how others see you.

It is possible for other people to see some of our great characteristics that we are not even aware of.

Discover Yourself Online is an interesting game, easy to use and it can help us to get to know ourselves and the person sitting next to us better.

The game consists of 44 cards that show one positive feature or quality.

Players can collect 4, 6 or 8 cards with positive attributes that best describe them.

After that, the game can be resumed online through the Discover Yourself Online site where players can make an Award. Discover Yourself is a game played offline, as a card game, or online, via cell phone, computer or tablet.

## **ONLINE GAME**

How many positive qualities?

The first step is to go to [www.discoveryyourselfonline.com](http://www.discoveryyourselfonline.com) . Do we want to discover four, six, or eight qualities? It depends on how much time we have and how many players we play the game with.

Selecting and choosing

Each time we choose one of the four qualities offered. Which quality describes us best?

If we cannot select any of the four characteristics we can click a button to bring up the following four characteristics. This way we can get the number of qualities we want.

View selected characteristics

When we select a number of characteristics, an overview of the selected maps will be displayed.

If we are in doubt about a selected feature, we can replace it with another one that suits us better. When we are satisfied with the choice, we can move on to making a digital award.

## OFFLINE GAME

### Selecting qualities

When we decide to play a card game, we first agree with a teammate (or teammates) how many features we will choose. We put all 44 cards on the table and open four each time. Alternatively, each player selects the cards up to the desired number. We put selected maps on the table open, so we have an overview. We can put these qualities on a digital award that we can create online through [www.discoveryyourselfonline.com](http://www.discoveryyourselfonline.com) .

### Options for playing:

There are many ways to use the maps. We can choose the mode of use depending on the need and the situation.

1. Two people: in this case we can put a stack of cards on the table and open four cards each time. Each teammate can choose from one of these four cards one quality that he recognizes within himself. Other cards are placed below and then the next four cards are opened. When the game is doubled, a maximum of eight cards can be selected. It is very important to discuss this feature every time you select a map. Instructions for conducting this interview can be found in the "Ideas and Suggestions" section

2. Group of four to eight people: all cards are laid open to see what is written on them and each player selects the card that best fits the person sitting to his left. When all players have a card in their hands, they discuss why they chose that card for their teammate. Maximum four cards per player.

3. Group of four to eight people: all the cards are laid out so that you cannot see what is written on them. Everyone chooses four cards without turning them over. After that, it is up to each player to decide if they are best described by these cards or by someone else in the group. In case they want to give a quality to someone else in the group, they explain why.

These are just some of the opportunities to play Discover Yourself cards. Any other use that opens up the possibility of talking and exchanging opinions is also possible.

## **IDEAS AND SUGGESTIONS**

Discover Yourself is a game that encourages a positive attitude. During the game, all the attention is on the individual discovering their own positive qualities, as well as the qualities of the teammates. Through conversation after selecting the qualities, we can learn more about ourselves and others. With the help of the following questions, we can deepen the conversation:

1. What exactly do you mean by this quality? What do you mean when you say you have this feature?
2. Can you give me an example to help me better understand how this quality describes you?
3. How do people around you notice that you have this quality? Who is noticing that?
4. How do people in your surrounding respond when you show this quality?
5. Do you ever get feedback on this feature?
6. Does it matter to you that you have this quality? Why yes - why not?
7. Do you notice this feature in others? Can you give an example?
8. Do you consciously use this attribute or does it just happen spontaneously?
9. Do you choose some situations to use this feature? Can you give an example?

### **Instructions for constructive conversation:**

1. At each of points above, we can ask questions that are relevant to the behaviour, feelings and reactions from teammates. It is also good to ask questions about the circumstances: for example, "how do you do this at school, and how do you do this at your home?"
2. These questions can serve as examples, but not all of them need to be asked and not in that form. The point is in the dialogue, not giving a good answer.
3. Every time a teammate chooses a card, talk about that particular quality. For example, "in which situation did you show courage?", "Is it important for you to be brave?" This is another confirmation for a teammate that he has this quality.
4. What matters most is what the teammate thinks and feels, not what the interviewer suggests. If a teammate thinks that they have a certain quality, but they do not show it, it is possible that they aspire to have it.
5. If the interviewer wants to prepare well for the interview with Discover Yourself, it is a good idea to think in advance about what qualities your teammate has. In this way, the conversation can begin by giving some examples of the qualities that a teammate has in the eyes of others.

## MAKING AN AWARD

Fill in the name

The name of the teammate whose features it is.

Award example

Here you can see what the award will look like, the name of the player and the qualities selected

Select a background

It is possible to choose one of the pictures offered on the site or use your own photography as a background.

Choose a style

You can choose three letter styles

Add a personal message

Below the qualities, you can write a message or a description of a shared memory.

Award

Now you see what the award will look like. Not satisfied? You can still do something to change.

Save and print

When the award is exactly what you want it to be, save it as a photo or email yourself. Then print in A4 size and plasticize to keep.

## **POSSIBILITIES OF USE**

Discover Yourself Online provides an opportunity to become aware of your own qualities and can be used as part of therapeutic work.

The aim of the game is to highlight the positive qualities of children and young people. The result of this game is also worth mentioning in the young person's file when they live within the Youth Care system.

Discover Yourself Online can be used in Youth Care in many ways:

1. In the institution, everyone, from the manager to the youngest beneficiary, receives an award showing their qualities.
2. As a gift when the child or young person says goodbye to the foster family or institution where he or she lived.
3. During or after the therapeutic sessions.
4. As an award for the biological parents or foster parents.
5. Young people in the living group, letting each other know they appreciate each other.