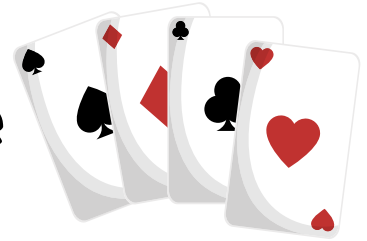


Getting to Know You Card Game



Ace - something you like to do

2 - something you don't like to do

3 - a feeling you've had today (describe)

4 - something that helps you feel better

5 - how I cope

6 - something I did but didn't think I could

7 - a time I felt happy this week (or something that makes me happy)

8 - a time I felt sad this week (or something that makes me feel sad)

9 - a time I felt anxious/worried/scared this week (or something that makes me feel anxious/worried/scared)

10 - a time I felt angry this week (or something that makes me feel angry)

Jack - a time I felt ____ this week (or something that makes me feel ____)

Queen - a coping skill that I want to try/am going to try

King - a goal I'm setting for myself this week