

NSP Card Decks



Using strengths, mindful, and intentional activities with children and families builds resilience, teaches skills for self-management, empowers healing, and assists with forward growth. Cut out the following “cards” to use for activities or provide them as a list to families, teachers, or children to strengthen understanding. You can also use your strength of creativity to come up with your own ideas, the possibilities are endless. Here are a few suggestions to get you started:

Try This

- Pick a few favorite cards and hang them up.
- Tape a new card to the back of your door and switch it every week. Share an intentional reflection moment with the teacher, family member, or client as they exit.
- Send home certain cards, or the entire deck, with a child or family as a visual reminder to dig deeper into the concepts.
- Model how to ask these questions for families and ways they can use at home.
- Use as prompts to encourage weekly journaling or illustrating.
- Provide the cards to teachers to assist in increasing healthy connections with students.
- Start and/or end a phone call or session with a card.
- (Virtual) Share your screen with virtual clients and allow them to answer you in the chat.
- (Virtual) Have client close their eyes and randomly point to the screen to determine one to be discussed.
- (Virtual) Email different questions to guardians to encourage further discussion at home.
- Print, cut and use the cards to provide meaning to the everyday games you play with individuals you serve. For example:
 - o Candyland - Every time someone draws a single blue square, a NSP card is picked and discussed.
 - o Uno - Every time someone plays a skip card, a NSP card is picked and discussed.
 - o Connect 4 - Every time there are 3 in a row, a NSP card is picked and discussed.
 - o Jenga - Every time a player leaves only one block per layer, a NSP card is picked and discussed.
 - o Legos- Every time someone adds a green Lego to a creation, a NSP card is picked and discussed.
 - o Sensory play - Every time someone uncovers a red bead from the sensory sand, makes a shape with a cookie cutter and playdough, a NSP card is picked and discussed.
 - o Gross motor - Every time someone stands up, sits down, tries a new stretch, rolls a ball across the table, a NSP card is picked and discussed.



Strength Cards

What would it be like to use the strength of kindness when you recognize you might need help with something?

Is there a strength you'd like to know more about?

How can you use the strength of love to take care of yourself?

Tell me about a time when you can use a strength to get through something hard, when you wanted to give up.

Tell me about someone that has the strength of _____.

When is a time someone spotted your strengths?

How can you use the strength of hope to care for others?

What strength brings joy to your heart?

When is a time you used the strength of _____?

What strength do you rely on the most?

What role does the strength of perspective have in helping you stay calm?

What strength brings joy to others?

What strength have you used the most since the last time we met?

What strength do you notice in those you love?

Are there certain strengths that help you feel focused?

Have you ever seen someone use a strength when they were feeling nervous? What was that like?



Strength Cards

What would it be like to use a strength to help clear your mind?

Are there strengths that you hope others see in you?

What strength do you see in me?

What strength can you use to try one thing differently between now and when I see you again? How do you imagine using the strength?

Is there a strength that helps you make changes when you want to try

What is your least favorite strength?

When do you feel uncomfortable using a strength? When others use them?

Tell me a time when you used a strength to do your best?

What is your favorite strength?

What strengths help you express your feelings in healthy ways?

How have you used the strength of bravery when you felt fearful?

How are you able to use your strengths in your daily life?

Can you tell me a time you felt inspired by a strength?



Mindful Cards

Let's stop and take 3 deep breaths, we will breathe in through our nose while we count to three and out through our mouth while we count to 5.

Let's stop and count our 10 fingers forwards and backwards. Let's touch the tip of each finger as we count them.

Let's stop and use our fingertip to make the number 8 on the table, over and over again, at least 10 times.

Let's stop and look for objects in the room that you have never noticed before.

Let's stop for 10 seconds and notice how our hearts feel.

Let's stop and complete the statement, "Right now, I feel..."

Let's close our eyes and imagine smelling a yellow dandelion, and then making a wish as we blow on a white fuzzy one.

Let's close our eyes, take 3 deep breaths, and imagine the sun shining its bright light on us, providing us warmth.

Let's stop for 10 seconds and notice how our heads feel.

Let's stop and use our sense of hearing to listen for 15 seconds. Share with me what you heard?

Let's close our eyes and picture a cupcake with a candle on it. Let's say something kind to ourselves as we breathe in, and then slowing blow the candle out.

Let's take a minute to notice if we feel any pain or anger in our bodies. What do you notice?

Let's stop and feel our feet connect with the ground. Can you feel the bottom of your feet connecting with the ground?

Let's stop and use our sense of smell for 15 seconds. Share with me what you smell?

Let's stop and count how many (insert any color) objects we can find in the room.

What do you notice about the texture of the clothing you are wearing? the table?



Mindful Cards

Let's stop and
remember a time we
did something kind
for others.

Let's stop and
remember a time
someone did
something really
kind for us.

Let's take a break,
stand, and stretch our
arms up to the sky
and gently sway back
and forth, as if our
arms are a tree in the
soft wind.

Let's stop and
notice the
temperature of the
room, do you feel
warm? Cool? Just
right?



Intentional Cards

What is one thing you can do differently this week that will increase your happiness?

How do you want others to view you?

Help me understand 3 things that are important to you?

What are 3 things that others value in you?

Which of your family values feel truest to you?

What life experiences have been your favorite so far?

What are three things that you find hurtful?

How do you show intention with your school assignments?

Which of your family have values don't feel healthy?

What life experiences would you like to change?

Who is someone you admire? Can you tell me more about that?

How do you interact with family members?

What actions of others do you find helpful? Important?

What are your hopes for this week? This month? This year? Your future?

Who is someone you fear? Can you tell me more about that?

What is a small step you can take to achieve your goal?



Intentional Cards

What kind of friendships would you like to create?

What can you let go of?

How can you recreate experiences to bring you joy?

Which hobbies would you like to have? What is the first step to explore it?

What can you do to implement self-care today?

What energizes you?

What habits no longer serve you?

How can you work positively today?

What options can you create?

How can you surround yourself with those that support you?

What do you want to feel more of in your daily life?

How do you intend to honor your body today?

How do you know that you've achieved a desired outcome?

What helps clarify your vision?