

t1

t2

t3

t4

t5

t6

t7

t8

t9

Use the fabric cards to indicate to what extent:

You know the interests of the other players.

Use the fabric cards to indicate to what extent:

You know the background of the other players.

Use the fabric cards to indicate to what extent:

You know the names of the other players.

Use the fabric cards to indicate to what extent:

You experienced sadness with the other players.

Use the fabric cards to indicate to what extent:

You experienced joy and laughter with the other players.

Use the fabric cards to indicate to what extent:

You think or know you will have much in common with the other players.

Use the fabric cards to indicate to what extent:

You feel a shared purpose with the other players.

Use the fabric cards to indicate to what extent:

You feel safe with the others to share your inner emotions.

Use the fabric cards to indicate to what extent:

You feel safe with the others to share you don't know something.

t10

t11

t12

t13

v1

v2

v3

v4

v5

Still in silence:

Place your patches on fabrics or question cards to indicate your feelings and wishes.

Still in silence:

Shuffle each of the stacks and reveal the fabric question-by-question.

Use the fabric cards to indicate to what extent:

You care about the well-being of the other players.

Use the fabric cards to indicate to what extent:

You doubt whether you picked the right study.

Use the fabric cards to indicate to what extent:

You find it hard to raise your hand in class.

End of silence:

Talk about the fabric you just built together, to learn about and strengthen the fabric.

Use the fabric cards to indicate to what extent:

You are uncertain about your body or appearance.

Use the fabric cards to indicate to what extent:

You currently have worries about, or miss, a friend or family member.

Use the fabric cards to indicate to what extent:

You feel uncertain when you meet someone for the first time.

v6

v7

v8

v9

v10

v11

v12

v13

Use the fabric cards to indicate to what extent:

You have been discriminated based on gender, ethnicity, beliefs or sexuality.

Use the fabric cards to indicate to what extent:

You have been bullied in school.

Use the fabric cards to indicate to what extent:

You feel others are better than you are.

Still in silence:

Shuffle each of the stacks and reveal the fabric question-by-question.

Use the fabric cards to indicate to what extent:

You find it hard to ask for help.

Use the fabric cards to indicate to what extent:

You have had feelings of loneliness or depression.

End of silence

Talk about the fabric you built together, to learn about and strengthen the fabric.

Still in silence:

Place your patches on fabrics or question cards to indicate your feelings and wishes.

t1

t2

t3

t4

t5

t6

t7

t8

t9

Use the fabric cards to indicate to what extent:

You know the interests of the other players.

Use the fabric cards to indicate to what extent:

You know the background of the other players.

Use the fabric cards to indicate to what extent:

You know the names of the other players.

Use the fabric cards to indicate to what extent:

You experienced sadness with the other players.

Use the fabric cards to indicate to what extent:

You experienced joy and laughter with the other players.

Use the fabric cards to indicate to what extent:

You think or know you will have much in common with the other players.

Use the fabric cards to indicate to what extent:

You feel a shared purpose with the other players.

Use the fabric cards to indicate to what extent:

You feel safe with the others to share your inner emotions.

Use the fabric cards to indicate to what extent:

You feel safe with the others to share you don't know something.



t10

t11

t12

t13

v1

v2

v3

v4

v5

Still in silence:

Place your patches on fabrics or question cards to indicate your feelings and wishes.

Still in silence:

Shuffle each of the stacks and reveal the fabric question-by-question.

Use the fabric cards to indicate to what extent:

You care about the well-being of the other players.

Use the fabric cards to indicate to what extent:

You doubt whether you picked the right study.

Use the fabric cards to indicate to what extent:

You find it hard to raise your hand in class.

End of silence:

Talk about the fabric you just built together, to learn about and strengthen the fabric.

Use the fabric cards to indicate to what extent:

You are uncertain about your body or appearance.

Use the fabric cards to indicate to what extent:

You currently have worries about, or miss, a friend or family member.

Use the fabric cards to indicate to what extent:

You feel uncertain when you meet someone for the first time.

v6

v7

v8

v9

v10

v11

v12

v13

Use the fabric cards to indicate to what extent:

You have been discriminated based on gender, ethnicity, beliefs or sexuality.

Use the fabric cards to indicate to what extent:

You have been bullied in school.

Use the fabric cards to indicate to what extent:

You feel others are better than you are.

Still in silence:

Shuffle each of the stacks and reveal the fabric question-by-question.

Use the fabric cards to indicate to what extent:

You find it hard to ask for help.

Use the fabric cards to indicate to what extent:

You have had feelings of loneliness or depression.

End of silence

Talk about the fabric you built together, to learn about and strengthen the fabric.

Still in silence:

Place your patches on fabrics or question cards to indicate your feelings and wishes.

t1

t2

t3

t4

t5

t6

t7

t8

t9

Use the fabric cards to indicate to what extent:

You know the interests of the other players.

Use the fabric cards to indicate to what extent:

You know the background of the other players.

Use the fabric cards to indicate to what extent:

You know the names of the other players.

Use the fabric cards to indicate to what extent:

You experienced sadness with the other players.

Use the fabric cards to indicate to what extent:

You experienced joy and laughter with the other players.

Use the fabric cards to indicate to what extent:

You think or know you will have much in common with the other players.

Use the fabric cards to indicate to what extent:

You feel a shared purpose with the other players.

Use the fabric cards to indicate to what extent:

You feel safe with the others to share your inner emotions.

Use the fabric cards to indicate to what extent:

You feel safe with the others to share you don't know something.

t10

t11

t12

t13

v1

v2

v3

v4

v5

Still in silence:

Place your patches on fabrics or question cards to indicate your feelings and wishes.

Still in silence:

Shuffle each of the stacks and reveal the fabric question-by-question.

Use the fabric cards to indicate to what extent:

You care about the well-being of the other players.

Use the fabric cards to indicate to what extent:

You doubt whether you picked the right study.

Use the fabric cards to indicate to what extent:

You find it hard to raise your hand in class.

End of silence:

Talk about the fabric you just built together, to learn about and strengthen the fabric.

Use the fabric cards to indicate to what extent:

You are uncertain about your body or appearance.

Use the fabric cards to indicate to what extent:

You currently have worries about, or miss, a friend or family member.

Use the fabric cards to indicate to what extent:

You feel uncertain when you meet someone for the first time.



v6

v7

v8

v9

v10

v11

v12

v13

Use the fabric cards to indicate to what extent:

You have been discriminated based on gender, ethnicity, beliefs or sexuality.

Use the fabric cards to indicate to what extent:

You have been bullied in school.

Use the fabric cards to indicate to what extent:

You feel others are better than you are.

Still in silence:

Shuffle each of the stacks and reveal the fabric question-by-question.

Use the fabric cards to indicate to what extent:

You find it hard to ask for help.

Use the fabric cards to indicate to what extent:

You have had feelings of loneliness or depression.

End of silence

Talk about the fabric you built together, to learn about and strengthen the fabric.

Still in silence:

Place your patches on fabrics or question cards to indicate your feelings and wishes.

t1

t2

t3

t4

t5

t6

t7

t8

t9

Use the fabric cards to indicate to what extent:

You know the interests of the other players.

Use the fabric cards to indicate to what extent:

You know the background of the other players.

Use the fabric cards to indicate to what extent:

You know the names of the other players.

Use the fabric cards to indicate to what extent:

You experienced sadness with the other players.

Use the fabric cards to indicate to what extent:

You experienced joy and laughter with the other players.

Use the fabric cards to indicate to what extent:

You think or know you will have much in common with the other players.

Use the fabric cards to indicate to what extent:

You feel a shared purpose with the other players.

Use the fabric cards to indicate to what extent:

You feel safe with the others to share your inner emotions.

Use the fabric cards to indicate to what extent:

You feel safe with the others to share you don't know something.

t10

t11

t12

t13

v1

v2

v3

v4

v5

Still in silence:

Place your patches on fabrics or question cards to indicate your feelings and wishes.

Still in silence:

Shuffle each of the stacks and reveal the fabric question-by-question.

Use the fabric cards to indicate to what extent:

You care about the well-being of the other players.

Use the fabric cards to indicate to what extent:

You doubt whether you picked the right study.

Use the fabric cards to indicate to what extent:

You find it hard to raise your hand in class.

End of silence:

Talk about the fabric you just built together, to learn about and strengthen the fabric.

Use the fabric cards to indicate to what extent:

You are uncertain about your body or appearance.

Use the fabric cards to indicate to what extent:

You currently have worries about, or miss, a friend or family member.

Use the fabric cards to indicate to what extent:

You feel uncertain when you meet someone for the first time.

v6

v7

v8

v9

v10

v11

v12

v13

Use the fabric cards to indicate to what extent:

You have been discriminated based on gender, ethnicity, beliefs or sexuality.

Use the fabric cards to indicate to what extent:

You have been bullied in school.

Use the fabric cards to indicate to what extent:

You feel others are better than you are.

Still in silence:

Shuffle each of the stacks and reveal the fabric question-by-question.

Use the fabric cards to indicate to what extent:

You find it hard to ask for help.

Use the fabric cards to indicate to what extent:

You have had feelings of loneliness or depression.

End of silence

Talk about the fabric you built together, to learn about and strengthen the fabric.

Still in silence:

Place your patches on fabrics or question cards to indicate your feelings and wishes.