



# Community Cards

## LAYER TYPE - Individual, Community

This method helps to introduce the attitude that is important for creating a community that respects and empower the individuals. It instigates people to reflect their own attitude and to speak about it. This usually starts a deep exchange that is very community buiding. They can connect their attitude and values to these cards. Some communities hang these cards (or their own adaptation of them) in their community rooms as a reminder.



### Aims and Objectives

To increase awareness of the participants to know what is needed for the thriving of individuals in community.



### Time

75 - 120 minutes..



### Materials Preparation

The Community Cards are a set of 12 cards that explain the mindset that is needed for community projects. They can [be downloaded here](https://clips.gen-europe.org). (On the website clips.gen-europe.org, search for Community Cards)



### Target audience

This method can be used in trainings and working with real groups. The target audience is a group that will work for an extended time together and is intersted in creating a spirit of community in their group.



### Number of Participants

Minimum 4 – maximum 24.



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Duration	Activity
3'	FRAMING THE EXERCISE
20'	INTRODUCING THE COMMUNITY CARDS BY THE FACILITATOR
5'	TAKING CARDS
20'	SMALL GROUP DISCUSSIONS ABOUT THE CARDS
20'	HARVESTING IN THE PLENARY
5'	DEBRIEFING

THESE ARE MINIMUM-TIMES, IT IS MORE RELAXED TO TAKE MORE TIME FOR THE SMALL GROUPS.

# INTRODUCTION

## FRAMING- 5 MINUTES

In the following exercise, we will dive into our collective wisdom about what it needs to let the individuals thrive in a community. It needs certain attitudes, a certain mindset to make community possible. The cards will serve as a reminder and source of inspiration for the different attitudes.

# COMMUNITY CARDS

## INSTRUCTION 1 - INTRODUCTION TO COMMUNITY CARDS - 20 MINUTES

The facilitator introduces the 12 community cards, illustrates the message with his / her personal world-view and examples from community life.

### To be on a Learning-Path

Everything that I encounter, no matter how painful it is, can contribute to my learning and my spiritual growth.

### Self-Awareness

Knowing the own weaknesses and trigger points. Not hiding them, but working with them and speaking about this.

### Self-responsibility

I am responsible for almost everything that happens to me. It's only myself who can change my life, I cannot expect anybody else to do it.

### Empathy

For myself and for others

### Conscious Emotions

Taking responsibility for my emotions, and exploring the background. Why do I react with this emotion? What does the emotion tell me? What can I learn from this?

### Respecting the needs of others

... and the attitude that it is okay, that everyone is looking for a way to meet their needs.

### Honest and transparent Communication

Communication about intimate issues, about the own weaknesses and doubts, creates trust

### Consciousness about Roles, Power and Privilege

Conscious dealing with the implications of roles, power, rank and privilege. The goal is to empower as many people as possible.

### What is reality?

Beyond the question of right or wrong, there is a place where we can meet. (Rumi)  
Accept subjective truths and take them seriously.

### Inviting Feedback and Dealing with mistakes

Being open to giving and receiving feedback. Welcoming mistakes as a chance for learning and not blaming people for mistakes

### Interest for people

Real interest in the diversity and similarity of human experiences. The awareness that I can learn a lot about myself in encountering others.



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# COMMUNITY CARDS

## Important Advice for the Facilitator:

It is tempting to speak much about the personal enlightenment and insights while presenting these 12 cards. The main part of the method is not the speech of the facilitator, but the time that is dedicated to the exchange about these cards. So try to make it short. Try not to speak more than 1 minute for each card.

Put the card that you have spoken about in a small circle in the middle of the circle people are sitting in. If people are sitting in a different way, pin them on a pinboard.

## INSTRUCTION 3: PICKING THE CARDS AND FORMING GROUPS - 5 MINUTES

The basic intention of this step is to assure that every card is in the hand of one person. The way we do it is not important, we can just hand the cards to group members, but usually try to involve people in asking them to pick one or two cards deliberately, because they mean something for them – either that they express what they think or as well if they have doubts about the importance of this card. In any case we as facilitators / trainers should assure that people do not spend a lot of time doing this, because it is actually not important who has what card and why. They can as well be given blindly to the people.

If there are more than 12 people, the community cards should be printed out twice, on paper of different colours and there should always be two cards with the same writing in two colours. Then people are asked, to first take all cards of the colour that is on top, and only if they are all taken, take from the second set of cards.

After this short minute of handing the cards to the people and asking them to form groups of 2-4 people.

## INSTRUCTION 4: SMALL GROUP DISCUSSION ABOUT THE TOPICS OF THE CARDS - MINIMUM 20'

This is actually the most important part of the exercise. It is the part where the participants dive deeper into thinking about the topics on the cards. They speak about their own experiences, they discuss in the small group and this will deepen their understanding about what is written on the card.

Questions that can guide this exploration can be:

- Do they agree that this is important for a thriving community? Why (not)?
- What are their personal experiences with this attitude?
- What can we do to foster this attitude in communities?
- And in our community in particular?

The facilitator shall encourage the group to make sure that everyone in the small group contributes their experience.

## TIP for the Facilitator:

Especially if the groups are more than 2 people, it makes sense to ring a bell every now and then and to give time instructions and to remind that the group assures that everybody has the time to speak. (Half of the time that you have for the exchange is over now ....., later: 5 minutes left!)

## INSTRUCTION 5: HARVESTING IN THE PLENARY- 20 MINUTES

The small groups report the essence of their discussion about the cards in the plenary in popcorn-style. Other group members and the facilitator have the right to add or to ask questions.

The card is given back and pinned on a pinboard. Important contributions to the cards shall be written down next to it, or ideally: been recorded through graphic recording for integrating another channel of perception.

## INSTRUCTION 6: DEBRIEFING - 5 MINUTES

How was it? Do you think the cards are a good tool to start a conversation about what is important for a community spirit? Would you want to add other cards? Do you think some are not necessary?

