

# PEP UP CARDS

Instructions + Activities



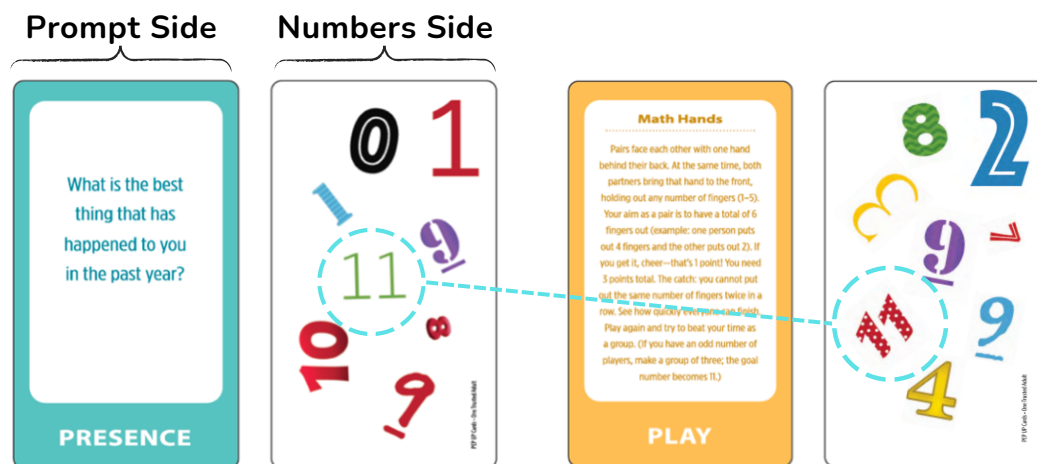
## PEP UP Cards Instructions

Build stronger connections by integrating presence, play, and possibility into your day!

PEP UP Cards are a multifunctional 55-card deck that encourages positive interaction, healthy connections, and energizing fun. One side offers check-in prompts that center on presence, team challenges to inspire a sense of play, and forward-focused questions that explore what is possible. Flip the cards over to find colorful numbers that create a wealth of opportunities for collaborative and competitive games.

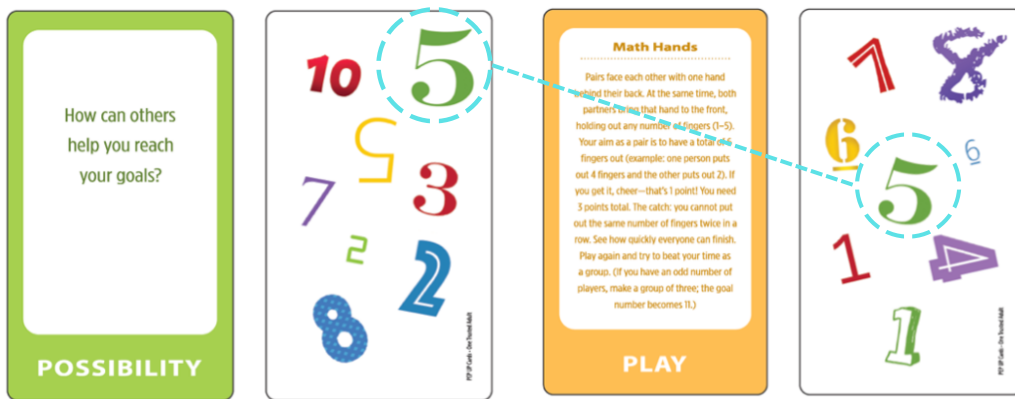
- Each card has a prompt side and a numbers side.
- On the numbers side, each card features a large number in the upper right corner. These numbers are 1 to 11 in each of five colors: red, green, blue, yellow, and purple.
- EVERY card has at least one number in common with every other card—though they may be different colors or fonts, which makes it tricky to spot!
- SOME cards have a perfect match—a number with the exact same color/font.
- No activity included here requires all 55 cards.
- If you have more than 55 people in your group, use multiple decks!

### COMMON NUMBERS



Every card's numbers side has at least one "Common Number" with every other card in the deck. See examples above.

## PERFECT MATCH



Some of the cards have a “perfect match,” which means they share a number of the same font and color. See examples above.

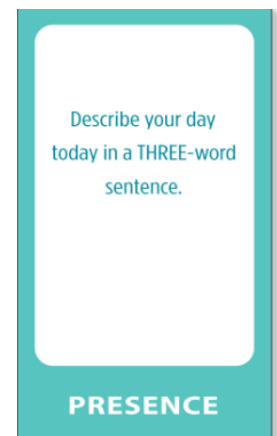
Below, you’ll find ways to use the cards with pairs or as a group—try these, but leave time to create your own interactive experiences with PEP UP cards, a meaningful team-building exercise in itself! If you discover a new activity, please share it with us!

Here’s how to use the cards:

### PROMPT SIDE

At their simplest, PEP UP Cards can be used in morning meetings or as a prompt of the day to pep things up! Begin your time together by choosing a card from the deck and going around the circle to answer the Presence or Possibility prompt or complete the Play challenge. If time allows, do one of each!

As a variation, invite students to answer the Presence and Possibility questions in writing, as a pair/trio discussion, or in a large-group discussion.



Play challenges are designed for groups of 10 to 20 but can be adapted for smaller groups.

## NUMBERS SIDE

The cards' numbers side is an added bonus to provide some extra fun! Here are some ideas for how to use them:

### PEP UP Circle (10-55 participants)

Give each person a card and tell them that the object of the game is to get the group in one large circle in which each participant's card is linked by a Common Number to the cards of the participants on their left and their right. As the facilitator, you know that ANY formation of the circle will work because EVERY card has one Common Number with every other card. Tell them you are timing them, and they need to beat the record time of five minutes!



For an extra challenge:

Give them the same challenge, but instead of a Common Number, this time they have a Perfect Match. This may take some rearranging, and trial and error. If they can't make it happen, they can request one card swap from you, giving you one of their cards and receiving a new one. Time them to see how fast they can make the circle, and then do it again and challenge them to beat the time!

### Sixth Sense (any number of participants)

Give everyone a card and ask them not to show it to anyone else. They can look at their own card. Invite participants to find a partner. Their job is to simultaneously announce the Common Number. To begin each round, partners count 1, 2, 3 together, and after 3, they announce their guess. If both partners guess the Common Number, they high-five and then go play with another partner. If they don't, they guess again until they get it. The game has a fun way of playing out, which you will see as you play. When one partner announces a Common Number that their partner didn't say at the same time, but now knows they have that one in common, body language appears to help the "sixth sense" kick in! Laughter ensues. There is no specific end to the game—just play until energy runs out! At the end of the game, ask who they had the strongest sixth sense with—in other words, did anyone both guess the common number as their first guess? Celebrate these mind melder!

## PEP UP Card Pick-Up (best played with 20 or more participants)

This is the most competitive PEP UP game, and you will learn a lot about your group when you play it! Give each participant a card. On your command, participants go up to another participant and put out the numbers side of their card. The first of the two people to identify a Common Number wins. That person takes the other person's card. Now the person without a card becomes the cheerleader for the winner as they face off against another player. (If someone makes a guess at a Common Number and they are wrong, they automatically lose—this prevents the competitive people in your group from just yelling numbers on their card!) The winning participant uses the new card they've collected for their next round. Eventually, half of the room will be cheering for one person who has won half of the deck and the other half of the room will be cheering for another person who has won half of the deck. These two players face off to determine the PEP UP Card Pick-Up Champion of the day! This game is LOUD and ENERGIZING!

With smaller groups or pairs, you can adapt a mini-version, similar to the card game War. Cards are divided evenly amongst the players, and on command, flip a card and race to find a common number. Whoever finds any match first wins all the cards played in that round. Keep going until someone has ALL the cards. (No cheering for one another in the mini-version—players remain competitors the whole time!)

### Series suggestion for large-group facilitation using both sides of cards:

If you are running a workshop for a large group (20+), consider this incredible series of activities to maximize presence, play, and possibility and to build trust among your large group right away. This series can take 20 to 30 minutes to complete, but you can adapt to make it shorter or longer.

Begin with Sixth Sense (**instructions above**) but add a twist! After pairs of participants have named their Common Number, have them trade cards, and then invite them to discuss a prompt. Here are some ideas:

- Find something you have in common beyond the color/number on your card (for example, your favorite type of food, a state you have both visited, or a movie you love).



- Share what brought you to this conference/workshop.
- Talk about a trusted adult who showed up for you when you were younger.

You can link the prompt to the content of your presentation or workshop.

Once participants have had a chance to play Sixth Sense and discuss the prompt with five people, ask them to freeze. Then give them the next instruction: “Group yourselves by the color of the biggest number on your card (hint: it’s in the top right corner), and get to know the names of everyone in your group. Go!”

Participants should start sorting themselves based on the color of their card’s biggest numbers—red, yellow, blue, green, or purple—and introducing themselves if they don’t already know one another. (If groups don’t look even, you might have to do some shuffling of participants; alternatively, you can select cards from the deck in advance in order to level your groups.)

Next instruction: “Circle up in your smaller groups. Flip your cards over and choose one **PRESENCE** card. Invite everyone in the circle to answer the **PRESENCE** prompt you chose.” (If a group is small and no members have a **PRESENCE** card, you may need to give them one.)

Allow the groups time to go around the circle and share.

Next instruction: “Now choose a **PLAY** prompt. Each group will have a different **PLAY** challenge to complete. Let me know when you are finished and I will come over to hear how you did.”

Lots will be happening around the room—this is a great energy builder! Once everyone is finished, go around the room and ask each group to share what they did. Some will have presentations or performances to complete for the large group.

Next instruction: “Now choose a **POSSIBILITY** prompt. Invite everyone in your group to answer the prompt you chose.”

(If you are short on time, you may choose to do just one of the Ps rather than all three, but using all three allows you to include many voices and showcase many individual strengths!)

Last instruction: “To wrap up, we are going to play **PEP UP Pick-Up**. This final game will reveal the competitors in the room, and is the fastest and easiest way to collect all the cards!” **Explain the game using the instructions above.**

## BIG-GROUP BREAKOUTS

Use the numbers side of the deck to break your large group into smaller ones quickly and easily.

Deal the cards out to the group or ask participants to choose a card. Alternatively, place a card on each group member's desk or chair before they enter the room.

1. Split the group into 5 or fewer smaller groups (11 participants in each group when the full deck is used): ask participants to find all other participants who have the same color large number in the top right corner, and to line themselves up in numerical order. Each color has the numbers 1–11 when the full deck is used. Remove cards from the deck as needed to achieve the groupings you want. For example, if you have a large group of 15 and want to break them into 3 groups of 5 people, choose cards with large numerals 1–5 in the red, blue, and green colors and set the rest aside.

2. Split the large group into as many as 11 smaller groups (5 participants each when the full deck is used): ask participants to find all other participants who have the same large number in the top right corner. All the 1's together, 2's together, and so on up to 11. This approach is useful when you need to make more than 5 groups. Remove cards from the deck as needed to achieve the groupings you want. For example, if you have a large group of 40 and you'd like to make 8 groups of 5 people, remove all the 9's, 10's, and 11's from the deck.

Contact us at [info@onetrustedadult.com](mailto:info@onetrustedadult.com) with questions and ideas.

MOST IMPORTANTLY

**BE FULLY PRESENT...PLAY...AND  
EXPLORE THE POSSIBLE!**

# OneTrustedAdult

Student engagement begins with adults' commitment to building youth-serving spaces that promote presence, play, and possibility. We hope these activities help you build strong, healthy, and appropriate relationships with the students in your care.

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