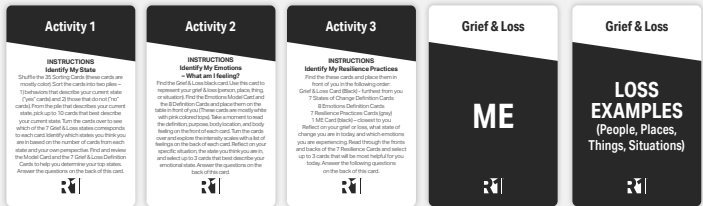


Discovery Cards Content Map

Overview Cards



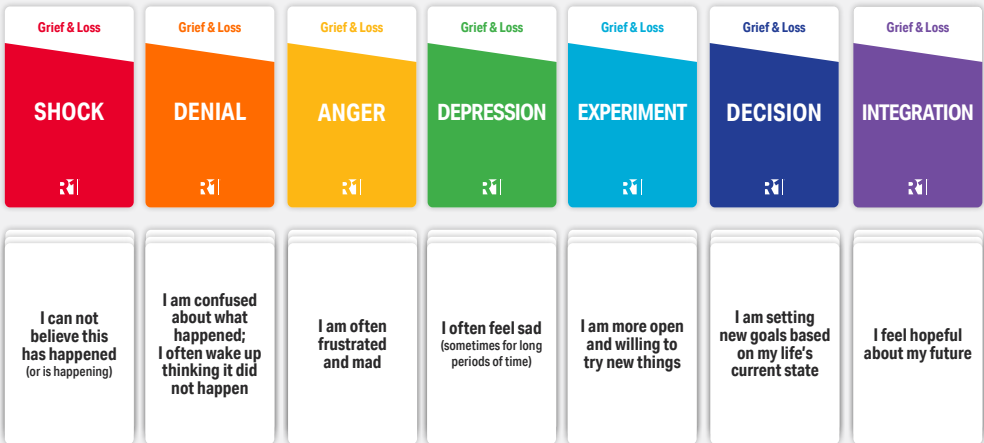
Activity Cards



Definition Cards



Sorting Cards



Emotions Cards



Resilience Cards



6 Overview Cards

- Main Color: Box Color
- 1 Topic Description Card
- 1 Quick Start Card
- 1 Model Card
- 1 Expert Card
- 1 Topic Definition Card
- 1 R1 Card

5 Activity Cards

- Main Color: Black
- Activity 1: Identify My State
- Activity 2: Identify My Emotions — What Am I Feeling?
- Activity 3: Identify My Resilience Practices
- 1 ME Action Card
- 1 Loss Examples Card

7 Definition Cards

- Main Color: White with Colored Tops
- 1 Shock (Red)
- 1 Denial (Orange)
- 1 Anger (Yellow)
- 1 Depression (Green)
- 1 Experiment (Light Blue)
- 1 Decision (Blue)
- 1 Culture (Purple)

35 Sorting Cards

- Main Color: Mostly Color with White Tops
- 5 Shock (Red)
- 5 Denial (Orange)
- 5 Anger (Yellow)
- 5 Depression (Green)
- 5 Experiment (Light Blue)
- 5 Decision (Blue)
- 5 Culture (Purple)

9 Emotions Cards

- Main Color: Magenta Wave Tops
- 1 Emotions & Feelings Model Card
- 1 Anger Card
- 1 Fear Card
- 1 Guilt Card
- 1 Joy Card
- 1 Love Card
- 1 Pain Card
- 1 Shame Card
- 1 Strength Card

8 Resilience Cards

- Main Color: White with Gray Tops
- 1 Emotions & Feelings Model Card
- 1 Connection Card
- 1 Emotional Regulation Card
- 1 Meaning in Life Card
- 1 Physical Health & Wellness Card
- 1 Positive Outlook Card
- 1 Problem Solving Skills Card
- 1 Trusted Network Card

70 TOTAL CARDS