

## Planting Family Values Card Game

This game is a fun interactive way to introduce different values to your family members. Before you decide what your core values are for yourself and your family, we must first get to know the list of values!

\* These values are taken from the Acceptance and Commitment Therapy (ACT)-based Values Card Sort. This resource is used at the VanTatenhove Center for Counseling and recommended by Dr. Russell Hall.

### **Instructions for play:**

Object of the game: Be the first to get 6 cards in your garden.

### How to play the game with older children:

Have everyone gather in a circle, wherever is most comfortable. Place all the red cards face down on the game board. Give each person a garden game mat. *(the icons on the mat are for small children to play a matching game with the blue cards. Directions for this will follow).*

Take turns being the first player. Each person picks a red card and reads out loud what the card says (or has it read to them). Continue taking turns picking a card and responding to the prompt. If the word on the card is not something you value, discard it to the stumped pile and wait until your next turn to play again. The next player can pick a card from the stumped pile or the red card pile. Play until the first person has 6 cards on their garden mat. You may want to discuss your favorite value on your mats. This will help your decision-making process when each person chooses their top five values.

\*With younger children: use the set of blue cards. These cards have a value word and an icon. Your little ones can play a matching game while the rest of your family uses the red cards. Your child draws one blue card at a time and tries to match the icon on the card to the icon on their mat. Each mat has a different collection of value word-matching icons. They can try the game with a different mat every game. Invite young children to participate using the red cards if they are able.

Note: This game is about hearing how each player perceives themselves and the values they hold. Winning is not the most important outcome; truth-telling, respecting others, self-awareness, and fun are a few of the goals in this game. We encourage you to play more than once to glean new insights into your family members' values.