

How to Use Your Discussion Cards

Use for family conversations, bedtime chats, car rides, calm-down moments, or one-on-one connection time.

Each card includes one complete discussion set:
Reflection, Scenario, Choice, and Action.

Choose one card at a time and move through the sections from top to bottom.

Reflection — Think about your own experiences

Scenario — What would you do?

Choice — Good choice or try again?

Action — Practice the skill

Cut each discussion-card page into three vertical cards.

Optional: Punch a hole near the top corner and place cards on a loose-leaf binder ring for easy storage.

Kindness

Discussion Cards

Reflection

What is one kind thing someone has done for you?

Scenario

You see someone sitting alone. What could you do?

Choice

Walk away or invite them in?

Action

Include someone today.

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Kindness

Discussion Cards

Reflection

How does kindness make someone feel?

Scenario

A friend drops their things. What happens next?

Choice

Help them or keep walking?

Action

Do one helpful thing today.

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Honesty

Discussion Cards

Reflection

Why can telling the truth feel hard?

Scenario

You made a mistake, but no one saw. What do you do?

Choice

Hide it or tell the truth?

Action

Practice being honest today.

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Patience

Discussion Cards

Reflection

When is it hard to wait?

Scenario

You want a turn, but someone else is first. What do you do?

Choice

Wait calmly or complain?

Action

Practice waiting quietly today.

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Promises

Discussion Cards

Reflection

Why is it important to keep a promise?

Scenario

You promised to help, but now you want to play. What happens next?

Choice

Keep your promise or forget it?

Action

Keep one small promise today.

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Bravery

Discussion Cards

Reflection

What does it mean to be brave?

Scenario

You feel nervous to try something new. What do you do?

Choice

Try anyway or give up?

Action

Take one brave step today.

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