



instruction



Dear Friend,

You are holding more than a set of cards in your hands. You are holding invitations to pause, to reflect, to speak, to listen, to imagine, and to grow.

The Empathy Cards were created for you to support your journey of understanding yourself more deeply and connecting more meaningfully with the people around you.

You may notice that these cards are closely connected to peacebuilding. That is not a coincidence.

Peacebuilding does not begin in institutions or agreements; it begins within people. It begins with self-awareness, grows through dialogue, is strengthened through cooperation, is tested in moments of conflict, and expands when we choose creative solutions over division.

You can use these cards alone, in pairs, or in groups. You can go deep or keep it light. You can follow the structure or adapt it creatively. What matters most is creating a space of respect, curiosity, and care.

The deck is divided into 5 thematic categories, each containing 20 cards:

- *Self-Awareness*
- *Dialogue*
- *Cooperation*
- *Navigating Conflict*
- *Creative Problem Solving*

Each category includes:



*10 Reflection &
Discussion Prompts*



*10 Activity-Based
Prompts*

This card set is designed to be flexible, participatory, and adaptable to different group sizes and contexts.

Cards can be used:

- *Individually (self-reflection)*
- *In pairs (deep listening & empathy practice)*
- *In small groups (3–6 participants)*
- *In plenary sessions*

Depending on the time and depth you aim for, the cards can function as:

- *Quick warm-up reflections*
- *Structured pair dialogues*
- *Small-group exploration tasks*
- *Whole-group learning experiences*

About Each Category



Self-Awareness Cards

Invite young people to explore their emotions, values, identity, and needs.

Through reflective and creative prompts, participants strengthen emotional literacy and build the foundation for empathy, self-regulation, and healthy boundaries.



Dialogue Cards

Encourage open
and respectful
communication.

These cards help youth practice active listening, ask meaningful questions, express needs clearly, and engage constructively across differences.



Cooperation Cards

Focus on
teamwork
and shared
responsibility.

Through interactive challenges and reflection, participants build trust, navigate group dynamics, and contribute positively to collective goals.



Navigating Conflict Cards

Support
constructive
approaches to
disagreement.

Youth explore triggers, emotions,
and power dynamics while
practicing de-escalation,
accountability, and repair.



Creative Problem Solving Cards

Promote flexible
thinking and
collaboration.

Through imaginative tasks,
participants develop solution-
oriented mindsets and respond
to challenges with resilience and
creativity.

The Empathy Cards are prepared as part of the project InnovatorsLab: Gen Z's Game-Based Peace Building, a transformative initiative empowering Generation Z to lead peacebuilding efforts through creativity, technology, and play.

Funded by the Erasmus+ Programme, the project brings together partner organizations from Bulgaria, Romania, Turkey, Georgia, and Armenia to co-develop innovative, game-based approaches to conflict transformation and youth engagement.

The Empathy Cards are designed as interactive learning tools that invite young people to reflect, role-play, perspective-shift, and practice active listening in a safe and creative way. Rooted in non-formal education principles, the cards encourage participants to explore emotions, unpack conflict situations, and build deeper understanding of others' experiences.



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