

## BONDING AND BRIDGING

### A Dialogue-Based Game for Personal Sharing and Team Bonding

#### GAME OVERVIEW

Bonding and Bridging is a facilitated, printable game designed to help groups build deeper personal connections by sharing their unique experiences, values, and perspectives. By fostering openness and understanding, participants strengthen their bonds and develop a greater appreciation of each other's differences.

#### GAME OBJECTIVES

- Encourage personal storytelling and active listening.
- Help participants recognize and appreciate their differences.
- Strengthen relationships and create a safe space for open dialogue.

## WHO CAN PLAY?

- Teams and workgroups (3-8 players per session).
- Educational and community settings.
- Organizations seeking to improve team dynamics and trust.

## GAME MATERIALS (PRINTABLE KIT)

- Game Instructions (Facilitator's guide).
- Personal Story Cards (Thought-provoking questions).
- Challenge Cards (Encouraging deeper sharing).
- Appreciation Cards (Building team support).
- Reflection Sheets (To document key insights).
- Timer & Discussion Prompts (For structured dialogue).
- Printable Card Templates (Ready-to-cut cards for easy use).

## HOW TO PLAY

### 1. Setting Up (5 min)

- Print and cut out the game materials.
- Players sit in a circle (physical or virtual).
- Assign a Facilitator (or take turns guiding the discussion).

### 2. Personal Story Sharing (15 min)

- Each player draws a Personal Story Card, containing a thought-provoking question (e.g., What's an experience that shaped who you are today?).
- The player shares their answer, while others listen without interrupting.
- After sharing, the group can ask one or two respectful follow-up questions.

### 3. Challenge & Sharing (15 min)

- The Facilitator draws a Challenge Card, which prompts reflection (e.g., Share a time you felt out of place. What did you learn from that experience?).
- Each player takes turns answering and the group practices active listening and empathy.

#### 4. Appreciation & Acknowledgment (10 min)

- Players take turns drawing an Appreciation Card and writing or saying something they appreciate about another player (e.g., I admire your courage in sharing...). This step builds trust and strengthens relationships.

#### 5. Reflection & Insights (10 min)

- Players answers Reflection Sheet with their big takeaways.

- Open group discussion: What did you learn about your teammates that you didn't know before? How can this knowledge help strengthen your connection?

## PRINTABLE GAME CARDS

### PERSONAL STORY CARDS

<p>What's an experience that shaped who you are today?</p>	<p>What values are most important to you, and why?</p>
<p>What's a challenge you've overcome that made you stronger?</p>	<p>Share a childhood memory that still influences you today.</p>
<p>What's something about you that most people don't know?</p>	

## CHALLENGE CARDS

<p>Share a time you felt like you didn't belong. How did you handle it?</p>	<p>What's a lesson you learned from failure?</p>
<p>What's an important tradition in your life?</p>	<p>Describe a situation where you changed your perspective on something important.</p>
<p>Share a personal goal and what it means to you.</p>	

## APPRECIATION CARDS

<p>Name something you admire about the person sitting to your right.</p>	<p>Share a moment when someone in this group made a positive impact on you.</p>
<p>What do you appreciate most about this team?</p>	<p>Describe a quality in another player that inspires you.</p>
<p>Thank someone in the group for something specific they've done.</p>	

## REFLECTION SHEETS

- What's one thing you learned about someone today that surprised you?

- How does understanding others help strengthen our bond?

- What's one takeaway from this session that you will carry forward?