



WELCOME TO SHY'S QUIET COURAGE DECK

Every feeling belongs. Find your way to bloom.



A GREETING FROM SHY

Hello, friend.

I'm Shy, a quiet and gentle neighbor from Feelings Neighborhood.

I believe courage does not have to be loud.

Sometimes we need time to watch, think, listen to our feelings, and gather our strength before taking the next step.

Everyone blooms in their own time.

The smallest brave step can become the start of a new story.

Are you ready to explore your quiet courage and find your way to bloom?



WHAT'S INSIDE

This deck includes 54 cards:

- 24 Butterfly Conversation Cards
- 12 Daily / Weekly Challenge Cards
- 12 Find Your Way Story Cards
- 6 Quality Cards



HOW TO PLAY

Pick a Card and Talk

Shuffle the deck or choose a category.

Take turns drawing one card at a time.

Read the card aloud and answer the question, complete the challenge, or share your own story.

There is no winner in this version.

The goal is to listen, share, learn about one another, and keep the conversation going.

OR

Create Your Own Winning Set

Before the game begins, each player chooses how many cards they would like to collect from each category.

Write down your personal goal:

- ___ Conversation Cards (24 cards in deck)
- ___ Challenge Cards (12 cards in deck)
- ___ Story Cards (12 cards in deck)
- ___ Quality Cards (6 cards in deck)

Players take turns drawing cards.

The first player to collect their complete chosen set wins.

OR

Complete the Shy Set

To win, collect:

- 4 Conversation Cards
- 3 Daily / Weekly Challenge Cards
- 3 Find Your Way Story Cards
- 2 Quality Cards

The first player to collect all 12 cards completes the Shy Set and wins.

A GENTLE REMINDER FROM SHY

You may always:

- Take your time
- Pause
- Ask for Help
- Choose a different question
- Answer by drawing
- Or simply listen

No one has to speak before they feel ready.

There are no perfect answers in Feelings Neighborhood.

Every feeling belongs.

Every story matters.

Every small step counts.

Find your way to bloom.





MORE WAYS TO USE THE DECK

Additional ideas to help you deepen your practice and keep growing with Shy.



1

Practice a Daily or Weekly Challenge



Choose one **Daily / Weekly Challenge Card**.
Decide whether you would like to practice it:

- Today
- Throughout the week
- At home
- At school
- In the community
- Or during your next session

At the end of the day or week, return to the card and reflect:

- What did you try?
- How did it feel?
- What was difficult?
- What would you like to try again?

The goal is not to complete the challenge perfectly.
The goal is to practice.

2

Grow a Quality



Choose one **Quality Card** to focus on for a day or a week.

You may choose:

- Observation
- Thoughtfulness
- Kindness
- Gentle Courage
- Confidence
- Self-Awareness

Think about how this quality already lives inside you and how it might help you grow.

At the end of the practice period, ask:

- When did I use this quality?
- When was it difficult?
- What helped it grow?
- What small step can I take next?



3

Draw the Story



Choose a **Find Your Way Story Card**.

Read the story and create your own picture of what happens.

You may draw:

- The beginning
- The next step
- A different ending
- What Shy might be thinking
- What another character might do
- Or what you would do in the same situation

There are no wrong stories.
Every person may imagine a different path.



4

Turn a Conversation into Art



Choose a **Butterfly Conversation Card**.
Instead of answering only with words, draw your response.

You may draw:

- A Memory
- A Feeling
- A Safe Place
- A Person Who Helps You
- A Choice You Made
- A Brave Step
- Or What the Question Makes You Imagine

After drawing, share as much or as little as you feel ready to share.



5

Choose a Card to Keep



After playing, choose one card that feels especially meaningful.

It might be:

- A question you want to keep thinking about
- A challenge you want to practice
- A story you want to continue
- Or a quality you want to grow

Place the card or a matching sticker somewhere visible:

- In a journal
- In a workbook
- Near a desk
- On a family board
- Or in a personal collection

Let it remind you of the next small step you have chosen.





MEET THE FOUR CARD TYPES

Four ways to talk, practice, imagine, and grow with Shy.



BUTTERFLY CONVERSATION



BUTTERFLY
CONVERSATION

Feeling Calm

We all feel busy and overwhelmed sometimes. It's important to find ways to feel calm and take care of ourselves.



What can you do to feel calm when things are too much?

Talk & Reflect

Choose a **Butterfly Conversation Card**.

Read the prompt, share your thoughts, and let the conversation grow.

These cards help us talk about feelings, thoughts, and everyday experiences in a supportive and meaningful way.



Let's talk, listen, and understand each other a little better.

DAILY / WEEKLY CHALLENGE



DAILY / WEEKLY
CHALLENGE

Patience Takes Time

Patience grows with practice. It can help us learn, grow, and reach our goals.



Choose something that is hard for you to wait for and practice being patient.

What can help you be patient?



Practice a little. Grow a lot.

Try & Practice

Choose a **Daily / Weekly Challenge Card**.

Pick a small action to practice today or throughout the week.

These cards help you build positive habits, try new things, and move toward your goals one small step at a time.

FIND YOUR WAY STORY



FIND YOUR WAY
STORY

Asking for Help

Shy knows it's okay to ask for help. When she needs support, she reaches out. Together, they find a solution and move forward.



Tell Shy about a time you asked for help and what helped you ask.

Imagine & Explore

Choose a **Find Your Way Story Card**.

Read Shy's story and imagine what the experience is like for her.

Then think about your own experience and share your story.

- What happens in your story?
- Who is there?
- What helps you?
- What might you do differently?



*Shy shares her story.
Now it's your turn to share yours.*

QUALITY CARDS



QUALITY CARDS

SELF-AWARENESS

Self-awareness helps us notice our feelings, thoughts, and body, and better understand ourselves.



Question:

What can help you practice self-awareness?

Notice & Grow

Choose a **Quality Card** to focus on for a day or a week.

These cards highlight important qualities that live inside you, such as:

- Observation
- Thoughtfulness
- Kindness
- Gentle Courage
- Confidence
- Self-Awareness

Think about how this quality shows up in your life and how it can help you grow.



*You already have these qualities inside you.
Let's notice them and help them grow.*



EXPLORE MORE IN FEELINGS NEIGHBORHOOD

