

Introduction

Cards For Humanity is a conversation game designed to spark meaningful dialogue around global citizenship, connection, and belonging. Across its themes, from self-reflection to collective action, players are invited To share stories, imagine new futures, and explore different perspectives. Some questions are light and playful, while others are crafted to challenge assumptions, encourage critical thinking, and inspire healthy debate. As you play, remember: this game is about building understanding, not “being right”. That means listening is just as important as speaking. Approach each question with kindness, curiosity, and respect, especially when viewpoints differ. Creating a safe space for expression makes the experience better for everyone. There is no need to answer every question. You can pass (or choose a Wildcard in Complex Play) if something feels too personal or not right for you. And finally, keep in mind that not everyone’s comfort levels, communication styles, or cultural references will be the same. That diversity is a strength. Let it guide you toward greater compassion and connection.

Instructions

Each card has a question on it and an insight of reflection underneath. The cards are split into five categories:

Self & Story – Community & Connection – Global Citizenship & Debate – Imagination & Action – Wildcards

There are two different ways to play: Simple & Complex.

Simple Play

Setup: Players - 2 or more

Materials Needed: Cards For Humanity deck, Pen and paper for each player

Gameplay

1. Shuffle all the cards in the deck.
2. The first player draws a card from the top and answers the question.
3. Any other player can choose to answer too. Jump in if you're inspired!
4. The player who drew the card then reads aloud the reflection or insight underneath.
5. Repeat for as many rounds as you like. There's no winner, just great conversation.

Complex Play

Engage in deeper conversations across 4 thematic levels, earning points for the most compelling responses. The player with the highest score at the end wins and poses a final thought-provoking question.

Setup: Players - 3 or more

Materials Needed: Cards For Humanity deck, Pen and paper for each player

Gameplay:

1. Separate the deck into the four thematic piles and the fifth wildcard pile.
2. Determine the first player (e.g. the person whose birthday is next).
3. This player draws the top card from Pile 1: Self & Story and reads the question aloud.
4. The player who drew the card answers first. Other players may then answer the same question.
5. If the player who drew the card does not wish to answer it, they may skip the question and instead draw from the wildcard pile. All players respond to the wildcard prompt instead. Each player can only pull one wildcard per game!
6. After all responses, each player awards two compassion points to their favourite answer (that they found most engaging, insightful, creative, or vulnerable) and one compassion point to their second favourite answer. Players cannot vote for their own answer.
7. Players record the points they received on their own score sheets.
8. The player who drew the card reads aloud the reflection or insight underneath the question.
9. Proceed clockwise, ensuring each player draws one card from the current pile.
10. Once all players have drawn from Pile 1, advance to Pile 2, and so on, until all four thematic piles have been used.
11. After completing all four thematic piles, tally the points.
12. The player with the highest score is the winner. They select any card from the deck to pose one final question to the group, encouraging a closing reflection or discussion.
13. With larger groups, you can shorten the playtime by making it first to reach 15 points is the winner.



CARDS FOR HUMANITY

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| <p>Wild Cards</p> <p>Take 60 seconds to draw something you loved as a child.</p> <p>Wild Cards</p> | <p>Wild Cards</p> <p>Name three foods that bring you joy and share a story about a memorable time you had one of them.</p> <p>Wild Cards</p> |
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Wild Cards

Take 60 seconds to draw something that reminds you of home.

Wild Cards

Wild Cards

Say one fun fact about yourself - real or made up.

Wild Cards

Wild Cards

Fill in the blanks:
In another life, I would have been a _____.

Wild Cards

Wild Cards

Fill in the blanks:
_____ always makes me feel better.

Wild Cards

Wild Cards

Take 60 seconds to draw a self portrait.

Wild Cards

Wild Cards

Share one sound, taste, or smell from today that stood out.

Wild Cards

Wild Cards

Fill in the blanks:
The last thing that made me laugh out loud was _____.

Wild Cards

Wild Cards

Fill in the blanks:
A good friend is someone who _____.

Wild Cards

Wild Cards

Say one word that describes your mood right now.
No repeats allowed.

Wild Cards

Wild Cards

Name three songs that would be on the soundtrack of your life.

Wild Cards

Wild Cards

Fill in the blanks:
I wish people talked more about ____ and less about ____.

Wild Cards

Wild Cards

Name three things you're grateful for.

Wild Cards

Wild Cards

Use your body to strike a pose that sums up your day.

Wild Cards

Wild Cards

Fill in the blanks:
The best smell in the world is ____ because ____.

Wild Cards

Wild Cards

Name three places you'd love to visit.

Wild Cards

Wild Cards

Fill in the blanks:
I feel most like myself when I'm ____.

Wild Cards

Wild Cards

Take 60 seconds to draw a doodle of your mood.

Wild Cards

Wild Cards

Fill in the blanks:
The world needs more ____ and less ____.

Wild Cards

Imagination & Action

If there was a four day work week, how would you spend your 'extra' day?

"Time is the most valuable thing a person can spend."
- Theophrastus

Imagination & Action

Imagination & Action

If young people ran the world, what would be different?

"Young people aren't the leaders of tomorrow. They are the leaders of today and tomorrow."
- Kathy Calvin

Imagination & Action

Imagination & Action

If you could create a new Ministry or Commissioner in your country, what would it be for?

The independent Future Generations Commissioner for Wales is a voice for people not-yet-born. The role was created to speak up for future generations and makes public leaders think about how their choices affect tomorrow.

Imagination & Action

Imagination & Action

If the animal world were to take the podium, what would they say to humankind?

Considering the perspective of animals can deepen our sense of interconnection and spark more compassionate, sustainable choices.

Imagination & Action

Imagination & Action

If you could erase one human-made system, what would it be and what would you replace it with?
(e.g. borders, money, prisons)

Rethinking old systems lets us imagine better ones, like replacing punishment with healing. Change starts with bold questions.

Imagination & Action

Imagination & Action

Imagine a major world issue has been solved. Who worked to solve it and how?

The world needs creative problem-solvers to focus on issues like repairing the planet, improving mental health, and building peace.

Imagination & Action

Imagination & Action

Imagine a society with full gender equality. What does everyday life look like, for everyone?

"In a society where the rights and potential of women are constrained, no man can be truly free. He may have power, but he will not have freedom."
- Mary Robinson

Imagination & Action

Imagination & Action

Describe a world where governments prioritise well-being over money. What would change?

"The gross national product... measures everything, except that which makes life worthwhile."
- Robert F. Kennedy

Imagination & Action

Imagination & Action

Imagine it's 2250. What surprising thing has united all cultures?

"All that you touch, you change. All that you change, changes you. The only lasting truth is change." - Octavia E. Butler

Imagination & Action

Imagination & Action

If you were in charge of redesigning the school system, what would you change?

"Education is the most powerful weapon which you can use to change the world."
- Nelson Mandela

Imagination & Action

Imagination & Action

Describe your dream sustainable life. Consider things like work, hobbies, food and transport.

A sustainable life uses just enough to meet your needs without harming future generations. It often includes clean energy, local food, and low waste.

Imagination & Action

Imagination & Action

What aspects of today's society give you hope for a brighter future?

"What you do makes a difference, and you have to decide what kind of difference you want to make."
- Dr. Jane Goodall

Imagination & Action

Imagination & Action

How would cities look different if they were built with nature in mind?

"There is a way that nature speaks, that land speaks. Most of the time we are simply not patient enough, quiet enough, to pay attention to the story."
- Linda Hogan

Imagination & Action

Imagination & Action

If there were a universal basic income, how would society change?

Basic income means every adult gets money each month to cover needs. Some believe it could reduce poverty and help people focus on learning, caregiving, or creativity.

Imagination & Action

Imagination & Action

Imagine it's the year 2100. What major problem do you hope we have finally solved?

Thinking about the future helps us solve today's problems. Many believe we could end hunger, use 100% clean energy, or even reverse climate change if we take action together.

Imagination & Action

Imagination & Action

Design a new global celebration. What does it honour or celebrate?

"How important it is for us to recognize and celebrate our heroes and she-roses!"
- Maya Angelou

Imagination & Action

Imagination & Action

How can technology foster inclusivity and collaboration?

"Technology inclusion is so important because the world is changing rapidly."
- Kimberly Bryant

Imagination & Action

Imagination & Action

What would a truly fair immigration policy look like?

"No one leaves home unless home is the mouth of a shark."
- Warsan Shire

Imagination & Action

Imagination & Action

If you could change or implement one law worldwide, what would it be and why?

"Human rights are not things that are put on the table for people to enjoy. These are things you fight for and then you protect." - Wangari Maathai

Imagination & Action

Imagination & Action

Choose a moment in history and reimagine a better outcome.

What kind of leadership would your alternative vision have required?

Thinking about "what if" scenarios in history helps us understand how different choices could have led to different results.

Imagination & Action

Global Citizenship & Debate

If you were to measure a country's progress, what would you measure?

GDP (Gross Domestic Product) measures a country's economy, what it makes, earns, and spends. But it doesn't measure things like income inequality, social progress, environmental impact, or quality of life.

Global Citizenship & Debate

Global Citizenship & Debate

Should voting be a legal requirement, and should children have the right to vote?

"The vote is the most powerful nonviolent tool we have."
- John Lewis

Global Citizenship & Debate

Global Citizenship & Debate

Do you think AI will help or harm relationships between countries?

"Like all technologies before it, artificial intelligence will reflect the values of its creators. So inclusivity matters - from who designs it to who sits on the company boards and which ethical perspectives are included." - Kate Crawford

Global Citizenship & Debate

Global Citizenship & Debate

What should be a basic right for every child, no matter where they're born?

"Children are the world's most valuable resource and its best hope for the future."
- John F. Kennedy

Global Citizenship & Debate

Global Citizenship & Debate

Should wealthier countries be required to pay more overseas aid?

Wealthier nations often benefit from historic systems, like colonisation or extractive trade, that have disadvantaged others. Many view overseas aid as a step toward economic justice, solidarity, and shared global wellbeing.

Global Citizenship & Debate

Global Citizenship & Debate

When, if ever, is war justified?

"I am capable of what every other human is capable of. This is one of the great lessons of war and life." - Maya Angelou

Global Citizenship & Debate

Global Citizenship & Debate

Is protest an effective way to create change. Why or why not?

"I am no longer accepting the things I cannot change. I am changing the things I cannot accept." - Angela Davis

Global Citizenship & Debate

Global Citizenship
& Debate

Should access to the internet be considered a human right?

The UN says yes, because the internet connects people to jobs, education, and their rights. Without it, many are left behind.

Global Citizenship & Debate

Global Citizenship
& Debate

Is it ethical to impose universal human rights standards on countries with different cultural or religious traditions?

While human rights aim to protect dignity for all, enforcing them uniformly can risk erasing cultural identities. Ethical global citizenship requires listening, context, and collaboration, not just consensus.

Global Citizenship & Debate

Global Citizenship
& Debate

Do you believe social media does more to connect or divide us globally?

"In the age of social media, everyone's a newspaper columnist, exaggerating what they think and feel."
- Charlie Brooker

Global Citizenship & Debate

Global Citizenship
& Debate

What important global issue do you think is most ignored and why?

"We can no longer save the world by playing by the rules."
- Greta Thunberg

Global Citizenship & Debate

Global Citizenship
& Debate

What responsibilities come with freedom of speech?

"Freedom of speech is not freedom from consequences."
- Idiom

Global Citizenship & Debate

Global Citizenship
& Debate

Describe one way your actions affect people in other countries.

How could you bring this awareness more into your daily life?

Things like what we buy, eat, or throw away can affect workers, environments, and communities all around the world.

Global Citizenship & Debate

Global Citizenship
& Debate

What do you think it means to be a global citizen?

"The way to right wrongs is to turn the light of truth upon them."
- Ida B. Wells

Global Citizenship & Debate

Global Citizenship
& Debate

What role does technology play in your vision of a better society?

Technology could help solve problems like hunger, pollution, and access to education, if used with fairness and care.

Global Citizenship & Debate

Global Citizenship
& Debate

Is debate a useful process? What's a debate you wish people would have differently?

"Discussion is an exchange of knowledge; argument an exchange of ignorance."
- Robert Quillen

Global Citizenship & Debate

Global Citizenship
& Debate

Who is the activist that most inspires you and why?

People like Malala Yousafzai, Nelson Mandela, and Greta Thunberg show that one person can make a big difference in the world by standing up for what they believe in.

Global Citizenship & Debate

Global Citizenship
& Debate

Should borders be open or closed?

Some people believe open borders help the economy and bring people together. Others worry about safety and resources. This debate shows how hard it is to make fair rules for everyone.

Global Citizenship & Debate

Global Citizenship
& Debate

What do you believe are the best solutions to a housing crisis?

The United Nations says that everyone has the right to a safe and healthy place to live. This has been a basic human right since 1948.

Global Citizenship & Debate

Global Citizenship
& Debate

How does colonisation affect a country you love?

Colonisation happened when powerful countries took control of lands and people who lived there first. Today, its effects are still seen in unfair systems, lost cultures, and unequal wealth in many places.

Global Citizenship & Debate

Community &
Connection

What three values matter most to you and why?

Values are the beliefs that help guide your decisions and actions. Knowing your values can help you stay true to yourself, even when life gets hard or complicated.

Community & Connection

Community &
Connection

If you could magically change one thing about your community, what would it be?

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."
- Margaret Mead

Community & Connection

Community &
Connection

If you could rename a place in your community what would you call it and why?

Names hold meaning. Changing them can honour voices that were left out or tell a better story about who we are now.

Community & Connection

Community &
Connection

What's your go-to spot when you need to clear your mind or feel grounded?

Having a safe or calming space, like a park, a window seat, or a quiet room, can help your brain reset and your heart slow down.

Community & Connection

Community &
Connection

What does equality mean to you?

"Injustice anywhere is a threat to justice everywhere."
- Dr. Martin Luther King Jr.

Community & Connection

Community & Connection

What part of nature do you think humans most often take for granted?

We often forget how much we rely on air, soil, water, and insects. These things quietly keep life going every day.

Community & Connection

Community & Connection

How do you live by your values?

Living by your values means acting in ways that match what you believe is right, even when it's not easy.

Community & Connection

Community & Connection

What's one thing you'd change about your community to benefit nature?

"The beauty of the natural world lies in the details."
- Natalie Angier

Community & Connection

Community & Connection

What's a cause you're concerned about that you'd like to learn more about?

Curiosity is a tool for change. When you learn about the things that worry you, you're more likely to act and understand others.

Community & Connection

Community & Connection

Describe a time when your first impression of someone was changed?

"I don't like that man. I must get to know him better."
- Abraham Lincoln

Community & Connection

Community & Connection

Where do you feel disconnected in your life?

"Almost everything will work again if you unplug it for a few minutes, including you."
- Anne Lamott

Community & Connection

Community & Connection

What place in nature feels like home to you, and why?

"In nature, nothing exists alone."
- Rachel Carson

Community & Connection

Community & Connection

When were you first concerned about a social justice issue?

Many people first notice injustice when it affects them or someone they care about. That moment can spark a lifetime of action.

Community & Connection

Community & Connection

How do you care for nature?

Even small actions, like picking up litter, planting flowers, or saving water, show respect for the planet and help it heal.

Community & Connection

Community & Connection

What local cause or issue do you feel most passionate about, and why?

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."
- Desmond Tutu

Community & Connection

Community & Connection

What gives you hope?

"Hope is being able to see that there is light despite all of the darkness." - Desmond Tutu

Community & Connection

Community & Connection

How do you contribute to your community?

Being involved in your community helps you meet people, feel useful, and know that you're making a difference.

Community & Connection

Community & Connection

If you could have a conversation with one element of nature what would you ask it?
(e.g. a tree, river or an animal)

"Many eyes go through the meadow, but few see the flowers in it." - Ralph Waldo Emerson

Community & Connection

Community & Connection

Describe humanity's best and worst qualities.

"To be whole. To be complete. Wilderness reminds us what it means to be human, what we are connected to rather than what we are separate from." - Terry Tempest Williams

Community & Connection

Community & Connection

What are the benefits of diversity in your community?

When people from different backgrounds live and work together, they bring new ideas and ways of thinking. This can make communities more united and interesting.

Community & Connection

Self & Story

If you were a landscape, what kind would you be?
(e.g. mountain, forest, desert, ocean)

"The wilderness holds answers to questions we have not yet learned to ask."
- Nancy Wynne Newhall

Self & Story

Self & Story

What's your comfort watch - a movie or TV show you return to regularly?

"I'm not superstitious but I am a little stitious."
- Michael Scott, The Office

Self & Story

Self & Story

What is your favourite bug, bird or animal and why?

Learning about animals can teach us empathy and curiosity. Every creature has a role in keeping nature in balance.

Self & Story

Self & Story

When do you feel most alive?

"Being alive is not a miracle, feeling alive is." - Amit Abraham

Self & Story

Self & Story

Choose five words to describe yourself.

"Knowing others is intelligence; knowing yourself is true wisdom." - Lao Tzu

Self & Story

Self & Story

Describe a time when you were awestruck by nature.

Feeling awe in nature has been shown to lower stress and increase kindness. It reminds us we're part of something bigger.

Self & Story

Self & Story

Describe your earliest memory.

Early memories are often emotional and sensory. We tend to remember moments with strong feelings.

Self & Story

Self & Story

What is the greatest piece of advice you've ever received?

"Good advice is always certain to be ignored, but that's no reason not to give it." - Agatha Christie

Self & Story

Self & Story

What one book would you recommend to others?

Stories help us make sense of the world. Sharing books is like sharing a window into your way of seeing things.

Self & Story

Self & Story

What is your biggest fear?

Fear is the brain's way of protecting us, but naming our fears helps reduce their power.

Self & Story

Self & Story

Describe a time when you felt embarrassed.

"We are constantly dealing with the embarrassment of being alive." - Ayo Edebiri

Self & Story

Self & Story

Describe a time when you felt out of place.

"A mind that is stretched by a new experience can never go back to its old dimensions." - Oliver Wendell Holmes Jr.

Self & Story

Self & Story

How do you create moments of play and fun in your life?

Having fun helps your brain release chemicals that make you feel happy and reduce pain. That's why play is good for your mood and body.

Self & Story

Self & Story

Describe a smell that reminds you of your childhood.

Smells can strongly remind us of past experiences. They often bring back memories more clearly and emotionally than things we see or hear.

Self & Story

Self & Story

When did you last ask someone for help?

Asking for help builds trust and connection. Studies show that people actually like you more when you reach out. They feel needed and valued.

Self & Story

Self & Story

Describe the last time you cried.

Crying helps your body release stress and feel better by producing chemicals that calm you and ease emotional pain.

Self & Story

Self & Story

What song never fails to make your hair stand up?

"You can't move mountains by whispering at them." - Pink

Self & Story

Self & Story

What's one culture that has always fascinated you?

Exploring other cultures helps us understand our own more clearly. It also builds respect and appreciation for differences.

Self & Story

Self & Story

When was the last time you know you made someone happy?

"We need joy as we need air. We need love as we need water. We need each other as we need the earth we share." - Maya Angelou

Self & Story

Self & Story

Describe a loved one's home from your childhood.

"Childhood means simplicity. Look at the world with the child's eye - it is very beautiful." - Kailash Satyarthi

Self & Story