

COOL TOOLS

Expression Cards



What you'll need:

- Expression cards (available for purchase at www.ettq.ou.edu for \$15)



Purpose of Activity:

To encourage students to engage in self-reflection. At the beginning of a session this helps participants think of ways to apply the material to their lives. At the end of a session, it reinforces concepts and encourages participants to take action.



Activity Instructions:

Spread cards out on a table and invite your audience to choose a certain number of cards that represent an answer to a question. The question can be anything.

Examples:

- Card that represents your personality
- Card that represents your financial goals
- Card that represents financial stability
- Card that represents what lessons you will take away from this session
- Card that represents what you hope to learn from this session

Allow each person to show their card and share their reason for selecting it. If you participate in the activity, be sure to wait until the end to share your cards so that you let the audience set the tone.