

# Session Idea Menu



# Spark Cards Session Idea Menu

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This Session Idea Menu is designed to help facilitators keep Spark Card sessions fresh, engaging, and adaptable. Use these 10 quick formats to vary your approach, encourage participation, and connect the cards to real experiences in different ways. Each idea can be adapted for huddles, team meetings, one-on-one conversations, or informal gatherings.

## 1. 2-Minute Reflection

Pull one card, read it aloud, and give everyone two minutes to think silently before sharing (if they wish). Quick, low-pressure, and easy to fit into a huddle.

## 2. Role Swap

Choose a Perspective Card. Ask each person to answer from a different perspective than their own (Team Member, Family, Resident, Leader). Builds empathy and insight.

## 3. Paired Story Share

Pick a Story Starter Card. Have people pair up to share their experiences with one partner, then invite a few to share highlights with the larger group.

## 4. Silent Write, Group Read

Provide index cards or sticky notes. Everyone answers the card's question in writing. Collect and read a few aloud (without names) to spark group discussion.

## 5. One Word Round

After reading the card, go around the group asking each person to share one word that comes to mind. Use those words to open up a deeper conversation.

## 6. Build on It

Start with one person answering the card. The next person must build on what was said, adding a related idea, example, or reflection until everyone has contributed.

## 7. Pick & Pass

Place several cards face-down in the middle of the table. Each person draws one at random and reads it silently. If they feel it's a good fit for them to answer, they keep it. If not, they place it back in the middle and draw another. Once everyone has a card they're comfortable with, go around the group and have each person share their response.

## 8. The Ripple Effect

Choose a card and ask: "If we applied this insight every day, what ripple effects might we see for residents, families, and the team?" Great for linking reflection to action.

## 9. Strengths First

Select a card and ask the group to share examples of when they've seen this done well. Shift the focus to strengths before discussing challenges.

## 10. Card of the Day

Display one card in a shared space all day. Invite anyone who stops by to add their thoughts on a flip chart or sticky notes. Share highlights at the next huddle.

These formats are meant to inspire variety and creativity in your Spark Card sessions. Feel free to adapt them or combine them to suit your team's needs and the time you have available