



Angels: The strengths of everyday kindness



Acts of everyday kindness are all around us. They can come in the form of a kind word, a helping hand, an encouraging smile, a letter, a gentle reminder, a friendly visit or shared meal. We can think of each one of these as the touch of an angel.

In these cards you will find a variety of angels—but don't expect a pious set of ascetics! Here you'll find grandparents, children, men, women, musicians, gardeners, boat-builders, bike-riders, as well as hooting-tooting-saxophonists. Use these cards in an array of different way. Here's a few ideas for starters!

The Act of Giving

Giving or receiving acts of kindness comes naturally to many people. But these are also learned skills—skills that not all of us have the opportunity to practice. In a counselling scenario, use the Angels cards to help a client explore the giving experience.

- Can you choose a card that represents something you have given or tried to give (e.g. a smile, a compliment or a helping hand)?
- Was it easy to give this gift or did you have to work hard to do it?
- How did you feel before, during and after giving this gift?
- Do you hope to give this gift again? Is there anything you would want to do differently next time?

Inviting Angels: Goal-setting

Are you taking on a new challenge or making a significant change in life? Use *Angels* to contemplate the strengths or qualities you might find useful on the journey.

- Is there a card (or 2-3) that represents a strength or quality you might draw on?
- What is one step you could take towards this?
- Who do you know who might help you, or who practices the strength?
- For something you are about to undertake, which 2 or more cards represent the strengths you think will be of most value?
- Which Angel represents how you would like to be by the end of the year (or the end of this challenge, etc.)?
- What do you imagine you will be doing, thinking and feeling when you achieve this?



Storytelling and Creative Writing

The Angels cards can be used for all kinds of storytelling activities by individuals, classes and groups. Here are some ideas:

- Place the cards face down and randomly choose 3-6 cards. Or shuffle and deal the cards in a group setting. Can you tell/write a story using all of your cards?
- A variation is to leave the ending open and randomly choose another card and ask someone else to complete the story.
- Choose a card. Can you tell/write a story about what happens when this angel seems to disappear from our life, or the life of our family, community, workplace, or world? What actions could you take to 'invite' the angel back?
- Can you tell a story using *the Angels* cards about your best, worst and funniest experiences today or this week?

Team-building and Leadership

- Thinking of a team you are part of, which card do you associate with each person on the team?
- Which 3 cards represent qualities you are able to bring to the team?
- Which cards represent strengths your team already does well?
- Which cards represent strengths you would like to see your team develop further?
- Can you select a card that identifies a style of leadership you think your project, position or team needs right now?
- Is there a card that represents something you or your team struggles with from time to time? Is there another card (i.e. strength) that could help with this?



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52 laminated, full-colour cards, 120 x 130mm, polypropylene box, 36-page booklet
Author: Karen Bedford Artist: Trace Balla
ISBN: 978 1 920945 65 7

Product Code: 4950