



**Community
Foundation**
of Greater Peterborough

Vital Conversations

Game Instructions

To play the Vital Conversations card game, you will need:

- 1 Vital Conversations deck of cards
 - 1 Vital Actions form
 - Greater Peterborough's Vital Signs® report
 - 4 to 8 people
-

The Vital Conversations deck has 40 cards:

- **Guidelines cards** – 8 cards with advice on how to have a respectful, interesting conversation.
- **Question cards** – 10 cards with questions to start your conversations.
- **Conversation cards** – 10 cards with prompts to help guide your conversation.
- **Action cards** – 4 cards to help identify 'Vital Actions' that will build a stronger community.
- **Now what? cards** – 8 cards with ideas on actions you can take after your conversation.

How to play the game:

- Give everyone one Guidelines card and read the guidelines together.
- Shuffle the Question cards and place them in a pile in the middle of the table, face down.
- Shuffle the Conversation and Action cards together and deal all the cards out to the group.
- Turn over a Question card. This is the conversation starter for this round.
- The person with the 'My Perspective is . . .' Conversation card goes first. Play one Conversation card at a time. Once the 'My Perspective is . . .' card has been played, you can play the Conversation cards in any order. The Action cards should be saved until all of the Conversation cards have been played.

- Using the prompts on the Conversation cards, discuss the question as a group. Each person will place one Conversation card at a time in the middle of the table and share their thoughts based on the card's prompt. Let the conversation flow as naturally as possible, and use the Conversation cards to bring new ideas or perspectives into the group discussion.
- Once all of the Conversation cards have been played, move on to the Action cards.
- Play one Action card at a time, the order doesn't matter. Discuss the card as a group and record the action ideas on the Vital Actions form to share with the Community Foundation.
- After all of the Conversation and Action cards have been played, the first round of conversation is over. We recommend at least three rounds of conversation.
- To start another round of conversation, shuffle the Conversation and Action cards and deal them out again. Flip over another Question card and repeat the steps above.
- When the group has finished the Vital Conversations game, give everyone one Now what? card to take home and send the Vital Actions notes to the Community Foundation.

Guidelines Card

Stop.
Pause for a moment to consider the idea in front of you.

Look.
Notice how body language affects the tone of your conversation.

Listen.
Try to understand the true meaning of what's being said, and listen at least as much as you speak.

Speak.
Say what you think, ask hard questions, disagree and debate.

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Now what? Card

Go to cfgp.ca/vitalsigns to

- get updates on Vital Signs statistics
- keep the conversation going
- share your action ideas
- connect with a network of community builders

Share your questions, ideas, photos and actions

 community.foundationptbo.com
 [@cfgp_](https://twitter.com/cfgp_)
[#VitalConversations](https://hashtag.vitalconversations.com)
[#VitalPtbo](https://hashtag.vitalptbo.com)

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Question Card

Overall, our community's sense of belonging has decreased in recent years, but we still value our high levels of community connectedness.

Do you feel like you 'belong' in our community?

What leads to a sense of belonging?

Who 'belongs' in our community and who is excluded?

Question Card

People often say that we need more jobs. The fastest growing areas for employment are service sector jobs like customer service reps and PSWs.

What's the difference between a job and 'decent work'?

What does decent work look like in our community?

Question Card

Many aspects of our local economy are strong, with more small businesses starting up every year. But many people still struggle to afford a decent quality of life in our community.

Who gets ahead and who is left behind in our local economy?

Question Card

15.8% of families in Greater Peterborough live in poverty.

What does a decent quality of life look like in our community?

What does the community miss out on when so many people can't meet their basic needs?

Question Card

Our population is growing in the City and declining in the County.

What changes do you see happening in rural Peterborough?

What about within the City of Peterborough?

How will those changes affect you?

Question Card

Our community sits on the traditional territory of the Mississauga Anishnabe people and is covered by the Williams Treaty.

What kind of relationship does Greater Peterborough have with Curve Lake and Hiawatha First Nations?

Question Card

1/3 of our population is under the age of 30 and people aged 20 - 34 have the lowest sense of belonging in our community.

Do you think kids growing up in our community will want to live here as adults?

Question Card

Greater Peterborough's population growth is the result of people moving here from other places in Canada and the world.

Do you think our community is a welcoming community for people who come from away?

How might our community change as more people move here from other places?

Conversation Card

Devil's Advocate

For the sake of debate, share an opposite or argumentative point of view.

Conversation Card

I'd like to know...

What information or perspectives are missing from this conversation?
What do you wish you knew about this topic?

Conversation Card

My perspective is...

What do you think about this topic?

Conversation Card

Complicate things

Ask a hard question about this topic.

Conversation Card

Who's responsible?

Whose role is it to deal with this topic?

Conversation Card

What's changed?

What changes have you seen in our community around this topic in the past 10 years?

Conversation Card

Re-Frame

What would it look like if you flipped this topic or conversation on its head?

Conversation Card

What makes you say that?

Can you explain how you got to your perspective or idea?

Question Card

How might we approach big issues in our community when opinions are divided?

What factors could local elected officials consider when making decisions about the community?

What kind of leadership will our community need in the future?

Question Card

We're a generous and caring community, with higher than average levels of volunteerism and charitable giving.

What are some of the other things that make this community a unique and great place?

When have you been truly proud to be a part of this community?

Action Card

What can we do?

What role can people like us play in taking action on this topic?

Action Card

Couldn't we at least...?

What small steps can we take to make positive change on this topic?

Conversation Card

I wonder why...?

How did things get this way in our community?

Conversation Card

Other voices

What other perspectives exist on this topic in our community?

Action Card

What do we have to work with?

What strengths or advantages do we have in our community that will help with this topic?

Action Card

Biggest impact?

What is one thing we could change that would make a big difference to this topic?