



# WONDER DECK

THE ULTIMATE EXPLORATION  
AND ACTIVITY CARDS

## INSTRUCTIONS

### INTRODUCTION

Welcome to **WonderDeck!** Pick a card whenever you feel bored, and start doing something fun! Dive into **154 unique activities** across 7 different categories. Say goodbye to boredom and hello to adventure!

### CATEGORIES



**CREATE** Express yourself through art, crafts, writing, and other creative endeavors.



**EXPLORE** Slow down and carefully observe the world with all five senses.



**CONNECT** Strengthen bonds with family and friends through meaningful conversations, shared experiences, and joint activities.



**PLAY** Let loose and have fun with games, puzzles, role-playing, and imaginative play.



**MOVE** Get active with physical activities such as exercise, dance, yoga, and outdoor adventures.



**LEARN** Give your brain some exercise through educational activities, experiments, and fun projects.



**CARE** Cultivate empathy and compassion with activities that promote responsibility, environmental awareness, and acts of kindness.

[Turn over for more](#)

## GETTING STARTED

- 1** Shuffle the deck of cards. If you only want to pick activities from one category, then shuffle the categories separately.
- 2** Select a card from the deck. Read it and do the activity listed.  
After you finish the activity, take a moment to reflect on what you liked and didn't like. You can share your thoughts, feelings, and ideas with others.
- 3** When you're done, you can choose to repeat the same activity, or select another card for a new adventure.



**For even more fun, combine cards from two categories. For example combine a “listening walk” and “riding a bike” to make a listening bike ride. The possibilities are endless!**

Need help or have an issue?  
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