



WELCOME TO KINDQUEST

A deck of cards.

**A handful of
questions.**

**Countless ways
to connect.**

KindQuest was created to help healthcare teams get to know each other through meaningful conversations. Using a standard deck of cards, KindQuest opens the door to connection in clinics, hospitals, and anywhere people come together.

This booklet offers 12 creative ways to play with your KindQuest deck. You'll find everything from quick one-on-one prompts to team games for up to 50 people. Some games are fast and casual. Others involve competition, scoring, or group strategy. All of them are designed to build connection, spark conversations, and help your team get to know each other a little better.

HOW TO USE THIS BOOKLET

- Use the questions on the cards to prompt conversations. If someone's unsure how to answer, flip the card and try the alternate question on the back.
- Some games are competitive, others are more about reflection. Mix and match based on what your group needs.
- Leave this guide out in your breakroom, staff lounge, or team meeting space—it's made to be picked up and shared!



HEARTS

Avoid taking points by avoiding hearts and the Queen of Spades. The player with the lowest score at the end of the game wins.



PLAYERS & DECKS



3-9



CARDS NEEDED



- ◆ Remove the Jokers
- ◆ Remove the 2 of Clubs if there are 5 players or the 2 of Clubs & 2 of Diamonds for 6

GAMEPLAY

Deal all the cards evenly to players.

1. Passing Cards

At the beginning of each round, players select 3 cards from their hand to pass to another player:

- In the first round, pass to the left and everyone answers one question from the top card that was passed to them.
- In the second round, pass to the right. Everyone answers one question from the middle card that was passed to them.
- In the third round, pass across the table and everyone answers one question from the bottom card that was passed to them.
- Every fourth round, no cards are passed.

2. Playing Tricks

- The player with the 2 of Clubs plays it first (or 3 of Clubs in larger groups).
- Players must follow suit if possible. If not, they may play any card.
- The highest card of the lead suit wins the trick, and that player leads the next one.

3. Scoring Points

- Each heart is worth 1 point.
- The Queen of Spades is worth 13 points.
- Avoid taking tricks containing these cards unless you're attempting a "Shoot the Moon."

4. Special Rule: Shoot the Moon

- If a player takes all the hearts and the Queen of Spades in a round, they score 0 points, and all other players get 26 points.

5. Ending the Game

- The game ends when one player reaches 100 points or more.
- The player with the lowest score wins.

31 (SCAT)

Achieve the highest score in a single suit, with a maximum possible score of 31. The last player with lives remaining wins.

PLAYERS & DECKS



3-9



CARDS NEEDED



◆ Remove the Jokers



GAMEPLAY

Each player starts with 3 lives (represented by tokens or simply tracked).

Deal 3 cards to each player. Place the remaining cards in a draw pile and flip one card face-up as the discard pile.

1. On their turn, players may

- Draw from the draw pile or the discard pile and answer one question from the drawn card.
- Discard one card to maintain 3 cards in hand.

2. Players aim to improve their hand by focusing on cards of a single suit

- Cards in the same suit are scored as follows:
 - ◆ Aces = 11 points
 - ◆ Face cards = 10 points
 - ◆ Number cards = face value
- Example: Holding Ace, King, and 10 of Hearts gives a score of 31.

3. Knocking:

- If a player feels confident their hand is high enough, they "knock," ending the round after all other players take one final turn.
- Players reveal their hands, and the lowest score loses a life.
- If the knocker has the lowest score, they lose two lives.

4. Automatic Win:

- A player who achieves a score of 31 immediately wins the round, and all other players lose a life.

5. Elimination:

- Players with no lives remaining are eliminated.
- The last player standing wins.

CRAZY EIGHTS

Avoid taking points by avoiding hearts and the Queen of Spades. The player with the lowest score at the end of the game wins.



PLAYERS & DECKS



2-8



OR



CARDS NEEDED



◆ Remove the Jokers

GAMEPLAY

Use one KindQuest deck of cards for 2 – 4 players, with 5+ players, shuffle two decks together.

Deal cards: 5 cards each for 5+ players, 7 cards each for fewer players. Place the rest of the deck face-down as the draw pile and flip the top card to start the discard pile.

1. Players take turns

playing a card that matches the rank or suit of the top card on the discard pile and answer one question from the card you are playing

- Example: If the top card is the 6 of Hearts, a player can play any 6 or any Heart.

2. Special Cards

- 8s are wild: Play an 8 to change the suit. Announce the new suit (e.g., “Clubs”).
- Optional Special Rules: You can add house rules for other cards, such as:
 - ◆ 2: The next player draws 2 cards.
 - ◆ Queen: Skip the next player.
 - ◆ Ace: Reverse the order of play.

3. If a player cannot play a card

they must draw from the draw pile until they can play.

- If the draw pile is exhausted, reshuffle the discard pile.

4. Winning the Round

- The first player to get rid of all their cards wins the round.

5. Scoring

- Remaining cards in other players' hands are scored as follows:
 - ◆ 8s = 50 points
 - ◆ Face cards = 10 points
 - ◆ Number cards = face value
- The winner scores zero.

6. Winning the Game

- Play multiple rounds until one player reaches a predetermined score (e.g., 100 points).
- The player with the lowest total score wins.

CARD RELAY

Answer icebreaker questions in a fun relay format while fostering team interaction.



PLAYERS & DECKS



6-20



per team

CARDS NEEDED



◆ Remove the Jokers

GAMEPLAY

Divide the group into teams of 3–5 players each.

Provide a KindQuest deck of cards for each team

Shuffle the deck and stack it face down at the starting point of each team.

1. The first player on each team draws a card from their team's pile, answers one question on the card, and then runs to pass the card to the next teammate.
2. The second teammate repeats the process, drawing a new card and answering one question.
3. Play continues until a set time limit is reached.
4. The team that answers the most questions within the time wins!

CARD MATCH MIXER



Use cards to spark conversations and help players meet new people.

PLAYERS & DECKS



10-50
(ideal for
large groups)



CARDS NEEDED



♦ Remove the Jokers

GAMEPLAY

Shuffle the deck and give each participant one card.

1. Players must mingle and find someone with the same rank or suit as their card.
2. Once they find a match, both players take turns answering one question from their card.
3. After answering, players swap cards and look for new matches.
4. The goal is to meet as many people as possible within a set time.

WAR

Engage in a human-powered version of the classic card game "War," with icebreaker challenges.



PLAYERS & DECKS



6-20
(split into two
teams)



CARDS NEEDED



◆ Remove the Jokers

GAMEPLAY

Split the group into two teams.

Shuffle the deck and divide it evenly between the two teams.

1. Each team selects one player to "battle" in each round.
2. Both players draw the top card from their team's pile and reveal them.
 - The player with the higher card wins the round. In case of a tie, both players answer an icebreaker question.
3. The losing team member must answer one question from the winning card.
4. Play continues until all cards are drawn, alternating players for each battle.
5. The team with the most rounds won is declared the winner.

SUIT SWAP

Encourage interaction by grouping participants based on card suits.



PLAYERS & DECKS



10-30

(ideal for
large groups)



CARDS NEEDED



GAMEPLAY

Shuffle the deck and give each participant a card.

1. Form Groups

Players find others with the same suit to form small discussion groups.

2. Discussion

Within their groups, players take turns answering the question from the lowest suit

3. Suit Swap

After 5–10 minutes, players swap their cards with someone from a different suit and form new groups.

4. Continue

Repeat until everyone has interacted with multiple groups.

5. Optional Twist

Use Jokers as “wild cards” and allow those players to join any group of their choice.

ICEBREAKER RUMMY



Create sets of cards while answering icebreaker questions to get to know others.

PLAYERS & DECKS



3-9



OR



4 players

8 players

CARDS NEEDED



◆ Remove the Jokers

GAMEPLAY

Deal 7 cards to each player. Place the remaining cards in a draw pile and flip the top card face-up to start the discard pile.

1. Turn Sequence

- Players take turns drawing one card from the draw pile or discard pile, then discarding one card.
- The goal is to form sets of cards (either three or more cards of the same rank, e.g., 5♥, 5♣, 5♦, or a run of three or more consecutive cards in the same suit, e.g., 3♦, 4♦, 5♦).

2. Icebreaker Twist

- When a player lays down a set, they must answer a question from one of the cards in the set they are laying down

3. Ending the Round

- The round ends when a player goes out by laying down all their cards.
- Other players tally the points of their remaining cards:
 - ◆ Face cards = 10 points
 - ◆ Number cards = face value
 - ◆ Aces = 1 point

4. Winning

- The player with the lowest score after a set number of rounds wins.

PASS THE DECK

Engage players in answering spontaneous icebreaker questions as they pass the deck.



PLAYERS & DECKS



6-20



CARDS NEEDED



♦ Remove the Jokers

GAMEPLAY

1. Passing the Deck

Players sit in a circle. The deck starts with one player and is passed clockwise as music plays (or while the facilitator counts down).

2. Drawing a Card

When the music stops, the player holding the deck draws the top card and answers one of the questions on that card.

3. Continuing Play:

The game continues until everyone has had a turn or a set number of rounds have been completed.

4. Optional Challenge

If someone draws a face card (e.g., King, Queen, or Jack), they can choose another player to answer the question instead.

KINDQUEST BINGO



Create a Bingo-like experience with spontaneous icebreaker questions

PLAYERS & DECKS



Groups of 10
(or up to 10)



+



per group
of 10

for host

CARDS NEEDED



♦ Remove the Jokers

GAMEPLAY

Deal cards face up to all players (5 cards)

1. Call Cards

- The host draws one card at a time from the shuffled deck and announces it
- Players check for that card and if they have it, they turn it upside down
- Every two or three cards, the host asks one of the questions from the drawn card and whomever has it, must answer the question for the rest of the group

2. Winning

- The player who turns all their cards over first calls out KindQuest (or Bingo).

ICEBREAKER BINGO



Create a Bingo-like experience using cards and encourage players to answer icebreaker questions along the way.

PLAYERS & DECKS



6-20+



CARDS NEEDED



SETUP

Materials

- ◆ Bingo cards (you can create these using a 5x5 grid or 3x3 grid for larger groups of random card ranks and suits)
- ◆ A way to mark cards on the Bingo cards (e.g., stickers, pens, or coins).

Prepare the Deck

Shuffle the deck thoroughly.

Distribute Bingo Cards

- ◆ Each player gets a unique Bingo card with a random selection of 25 card ranks/suits (or 9 card ranks/suits for larger groups)
- ◆ Ensure some overlap between players to make the game interactive.

GAMEPLAY

1. Call Cards

- The host draws one card at a time from the shuffled deck and announces it (e.g., "6 of Hearts").
- Players check their Bingo cards for the announced card. If they have it, they mark it.

2. Answer Icebreaker Questions:

- If a player marks a card on their Bingo card, they must answer one question from the card

3. Interactive Element (Optional):

- Encourage players to ask follow-up questions to each other based on the responses to make it more engaging.

4. Winning:

- The goal is to complete a Bingo pattern (e.g., a line, four corners, or a full card) as announced by the host at the start of the game.
- When a player completes the pattern, they shout "Bingo!" and must answer a "grand question" chosen by the group or host (e.g., "What's one thing people would be surprised to know about you?").
- Continue playing additional rounds or crown a single winner.

ICEBREAKER BINGO



TIPS FOR SUCCESS

- Use smaller grids (3x3) if you want quicker rounds for larger groups.
- Incorporate wild cards (e.g., Jokers or 8s) where players can choose any suit or question when they're drawn.
- Adjust the difficulty or questions based on the group's familiarity with each other.

EXAMPLE LAYOUT *(see next page for printable)*

A♠	7♦	10♣	Q♥	3♣
5♥	K♣	9♦	2♠	J♥
8♦	6♠	FREE	A♥	4♣
10♦	J♠	Q♠	7♣	K♦
3♥	2♦	8♠	4♠	9♣


EXAMPLE LAYOUT FOR LARGER GROUPS

K♣	9♦	2♠
6♠	FREE	A♥
J♠	Q♠	7♣



ICEBREAKER BINGO



A♠	7♦	10♣	Q♥	3♣
5♥	K♣	9♦	2♠	J♥
8♦	6♠		A♥	4♣
10♦	J♠	Q♠	7♣	K♦
3♥	2♦	8♠	4♠	9♣



ICEBREAKER BINGO



K♣	9♦	2♠
6♠		A♥
J♠	Q♠	7♣