

# ULEAD Card Activity: **Continuum**



ULEAD Deck(s):  
ULEAD Original



**Card Elements:**  
Question, Quote



Great For:  
Engagement, Mindfulness



**SEL Category:**  
Social Awareness



Instructions:

Pre-pick questions or quotes that you would like the whole group to answer. Tell the group that we are creating a continuum from one side of the room to the other. Read out either the quote or the question and assign the options to the two ends of the continuum. Invite participants to move to anywhere in that spectrum that would represent their response. For the quotes, make one end of the spectrum "Agree" and the other "Disagree". When people have moved to their spot, invite a few people to share why they chose that spot to stand. Select people from a range of perspectives. Read the next quote or question and have them move again.

For more information and activities go to [uleadinc.org](http://uleadinc.org)

CASEL. "CASEL'S SEL Framework: What Are the Core Competence Areas and Where Are They Promoted?" 2020. <https://casel.org/wp-content/uploads/2020/12/CASEL-SEL-Framework-11.2020.pdf>.

