

Teach.

The free facilitator guide. ROOM · 10 to 30 people · 28 minutes · no devices required.

One card is one day. Each card runs the same five-phase day — HOOK, STORY, WONDER, ACTION, WISDOM — in twenty-eight minutes, with nothing but the cards and the people in the room. 52 cards is roughly a school term.

TWELVE DECKS, ONE CARD

Before class: choose today's card. Pull that same card from every deck — one per group of two or three.

Your twelve decks: one is yours for teaching. The others live with the groups — same card in every hand, so everyone holds the day. Lost cards heal themselves: there are twelve copies of every card in the room.

BEFORE YOUR FIRST SESSION

Before your first session, write your local emergency number and a local helpline here:

EMERGENCY _____

HELPLINE _____

The US numbers printed on HELD cards — 911, 988, HOME to 741741, the Trevor Project — apply only in the United States. findahelpline.com works everywhere.

If you're in withdrawal or in danger, medical help comes first.

This deck is written for adult circles, not children's classrooms. Where this guide says "student", read "participant"; where it says "your school's safeguarding process", follow your organization's duty-of-care process.

HELD · RECOVERY
THE 28-MINUTE DAY

One card, one day.

Run the day from this page. Hands or silence — both are answers, in every phase.

HOOK · 2 MIN

Hold the card up. Read the front line aloud, twice. Ask: “What word stays with you?” Hands or silence — both are answers.

STORY · 5 MIN

Read the back aloud, slowly, exactly as written. If you have a screen, the card’s code plays Kelly reading it — press play only if the room agrees.

Before your room’s first press-play, say this aloud: “Kelly is synthetic — a made voice, not a person. She reads only if we press play.”

WONDER · 8 MIN

Ask, then wait longer than is comfortable: “When have you felt what this card says?” · “What would change tomorrow if it were true?”

ACTION · 8 MIN

Each group holds its card and does one small thing: write one line, draw the card’s idea, or tell a partner one true sentence. No group shares unless it wants to.

WISDOM · 5 MIN

Circle up. Each person may say one sentence, or “pass.” Read the front line one last time. Then the room returns today’s card to the deck — together.

52 cards. 52 days. You already have everything you need.

HELD · RECOVERY

THE ROOM'S RULES

The room's rules.

THE PASS RULE

The pass rule protects children and adults alike. Nobody reads aloud who doesn't want to. "Pass" is a full sentence — no follow-ups, no fixing, no advice unless someone asks.

THE CARE CARD

Keep one care card face-up where the whole room can see it, every session.

KELLY, IF YOU WANT HER

No devices needed — a phone and a speaker add Kelly's voice; the cards alone are the whole lesson. Kelly may read before the circle opens or after it closes — never during a human's turn.

THE HUMANS ARE THE HELP

If someone's grief is bigger than the room, the lesson is not the help — the humans are. This deck's job, and Kelly's, is to help your students find each other, and find you.

SAFEGUARDING

Pass protects sharing, never safety. Never promise secrecy. If a student's words worry you, follow your school's safeguarding process today.

This guide is instructional copy for facilitators — not clinical guidance, and not part of Kelly's reviewed reading corpus. The living version of this guide: held.press/rehab/teach

HELD · RECOVERY

WRITE TODAY'S CARD NAME HERE

TODAY'S CARD

fold here to stand it on a desk — or pin the page flat to the board

TODAY'S CARD

WRITE TODAY'S CARD NAME HERE

HELD · RECOVERY