

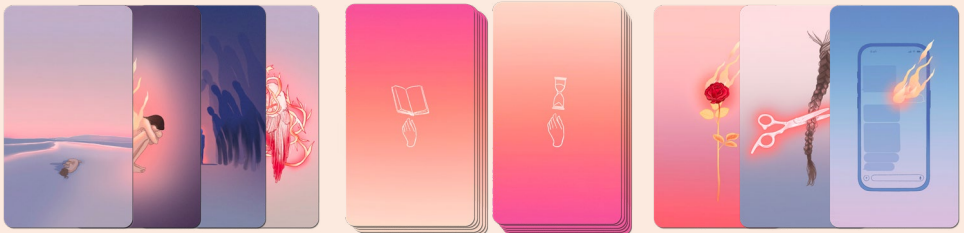
STORY

Congratulations, YOU ARE THE STORY CHARACTER !

You are about to stretch your creative storytelling and Q&A skills.

BEFORE THE GAME STARTS

Take your Action and Intention cards, mix each deck, and place one pack of Intention cards and 1 of Action cards in front of you, face down. Pick 4 Action cards, 3 Intention cards, and place them face up for the whole group to see.



ACTION x 4

INTENTION x 3

Listen to **Care**'s presentation about the use of the Needs and Emotions cards. Ask any questions if you are unclear about the use of any cards. You can check out the Needs cards matrix as well.

AT THE BEGINNING OF EACH ROUND

- ➔ Look at the cards and let them inspire you. Take your time to let feelings and thoughts develop.
- ➔ Come up with a story (fictional, real or in between) that some of the cards inspire you.
- ➔ Pick these cards (between 1 and 7) and show them to the players.
- ➔ Start the game by telling a full story inspired by these cards.
- ➔ You may ask **Care** to pick any Emotion cards before or during your storytelling.
- ➔ Conclude your story by asking the group an open question to prompt a conversation.

Examples of open questions to start the conversation with *(according to the context of the story)*:

- What would you do in this situation?
 - Who or what do you think could possibly help?
 - What would you do to help in this situation?
 - Have you ever felt that way? What did you do?
 - What would you do if you saw a person being sexually harassed?
 - Who can help in case of discrimination?
 - How would you define consent?
-
- What are the tools to heal from shame?
 - If you witnessed such a situation, how would you handle it?
 - In your respective countries, which associations help rape victims?

DURING A ROUND

- ➔ Any player can ask you more questions to better understand the situation.
- ➔ Always try to answer and give as many details as possible, fictional or real.
- ➔ However, you can also answer «I don't know» when you've reached the limits of your imagination or your capacity to handle pressure.

A round can be emotionally challenging: remember you can pick a Needs card at any moment, according to the rules on how to use them (defined in the Needs card matrix).

AT THE END OF THE ROUND

- ➔ A round stops when you have reached a consensus with **Care**, **Wisdom** and **Word** that your question is sufficiently answered.
- ➔ You can initiate the end of a round by asking **Wisdom**, **Word** and **Care** if they agree that's the case.
- ➔ Remember there are no perfect solutions, and there can always be room for more ideas. However, value the importance of starting the conversation!

When you, **Care**, **Wisdom** and **Word**, are in agreement, the group then adds a social transformation piece to the board.



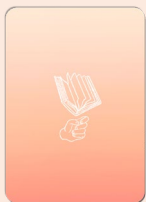


WISDOM

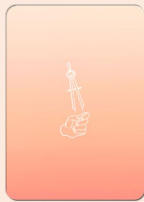
Congratulations, YOU ARE THE WISDOM CHARACTER !
You are going to stretch your investigating skills.

BEFORE THE GAME STARTS

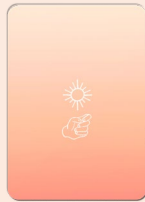
Make 5 decks with the 5 different types of Help cards (Quotes, Tools/Method, Institutions/ Organizations, Laws, Human beings), face down, in front of you.



Quotes



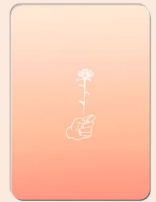
Tools/Method



**Institutions
Organizations**



Laws



Human beings

While doing so, you can take a look at the content to get an overall vision. If there are 2 Wisdom characters, discuss and decide how to share the Help cards.

Listen to **Care's** presentation about the use of Needs and Emotions cards. Ask any questions if you are unclear about the use of any cards. You can check out the Needs cards matrix as well.

AT THE BEGINNING OF EACH ROUND

- ➔ Listen to Story's story.
- ➔ You can take notes on the key aspects to guide your search through the Help cards.
- ➔ You can also take any Emotions card from **Care** during the storytelling.

DURING A ROUND

- ➔ Help the Living Souls formulate answers by providing resources you think can be helpful.
- ➔ You can participate and formulate ideas as well. But you mainly observe and complement.
- ➔ As the discussion unfolds, look through Help cards to guide the players by proposing cards that give concrete information about laws, institutions and services available in the field.
- ➔ Players can also ask you for specific resources.
In case of a large group, the second Wisdom can also do a quick search on the internet and peruse any complementary resources available (books, tools...) or in the facilitator's guide, to provide answers.
- ➔ Your goal is to raise awareness and critical thinking towards information to enrich the discussion during the game. To do so, you can participate in the discussion as well.
- ➔ You can fill in a blank Help card as well as the point is to enrich the game.

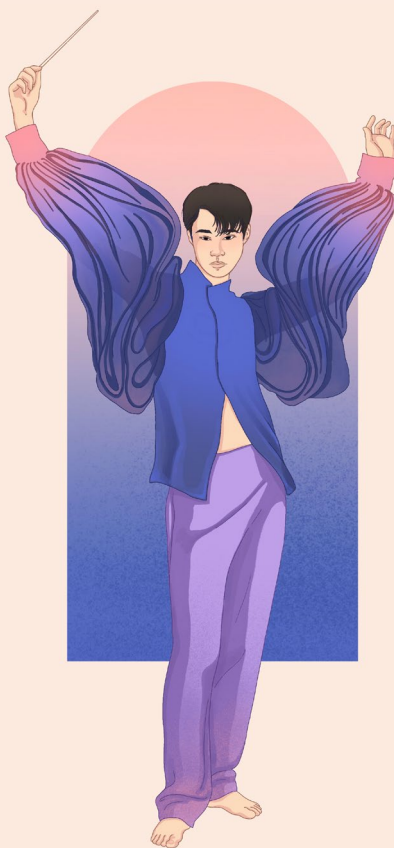
A round can be emotionally challenging: remember you can pick a Needs card at any moment, according to the rules on how to use them (defined in the Needs card matrix).

AT THE END OF THE ROUND

- ➔ A round stops when you have reached a consensus with **Care**, **Wisdom** and **Word** that your question is sufficiently answered.
- ➔ You can initiate the end of a round by asking **Wisdom**, **Word** and **Care** if they agree that's the case.
- ➔ Remember there are no perfect solutions, and there can always be room for more ideas. However, value the importance of starting the conversation!

When you, **Care**, **Wisdom** and **Word**, are in agreement, the group then adds a social transformation piece to the board.





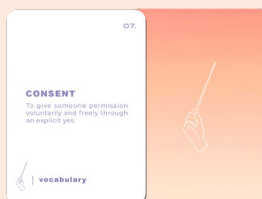
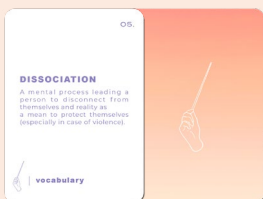
WORD

Congratulations, YOU ARE THE WORD CHARACTER !

You are going to stretch your vocabulary skills.

BEFORE THE GAME STARTS

Peruse the Definition Cards categories matrix to get an overview of the words. Arrange your 40 Words cards face up so that all participants may see the words and familiarize themselves with the terms. While doing so, read the definitions to get an overall vision of these terms.



All definitions are a simplified synthesis of various definitions across the globe and different areas of expertise (Law, Sociology, Psychology, Social...). They serve as a basis for discussion only and can be analyzed and redefined by the group.

Listen to Care's presentation about the use of Needs and Emotions cards. Ask any questions if you are unclear about the use of any cards. You can check out the Needs cards matrix as well.

AT THE BEGINNING OF EACH ROUND

- Listen to **Story**'s story.
- You can do a first selection of words you think might especially be pertinent for this story (terms mentioned directly or indirectly in the story).
- You can use the Definition Cards categories matrix to help you sort them out.

DURING A ROUND

- You help the group choose words for the story. Naming a situation is an important step towards healing.
- You make sure all players know or understand the meaning of the words used so that the conversation can be effective. Cognitive bias, cultural and social background can give even a simple word a different meaning.
- Pay attention to all the players, try to identify when players are lost in definitions, terms, and suggest a "definition moment".
- In a "definition moment," you present the definition suggested by the game and assist the players in finding and agreeing on a common definition.
- You can participate and formulate ideas as well. But you mainly observe, complement and help naming situations.
- As the discussion unfolds, you look through Definition cards to suggest "definition moments" on certain words.
- You can suggest complementary definitions outside of the 40 words defined in the game.

A round can be emotionally challenging: remember you can pick a Needs card at any moment, according to the rules on how to use them (defined in the Needs card matrix).

AT THE END OF THE ROUND

- A round stops when you have reached a consensus with **Care**, **Story**, **Wisdom** and **Word** that your question is sufficiently answered.
- You can initiate the end of a round by asking **Story**, **Wisdom** and **Care** if they agree that's the case.
- Remember there are no perfect solutions, and there can always be room for more ideas. However, value the importance of starting the conversation!

When you, **Care**, **Wisdom** and **Word**, are in agreement, the group then adds a social transformation piece to the board.





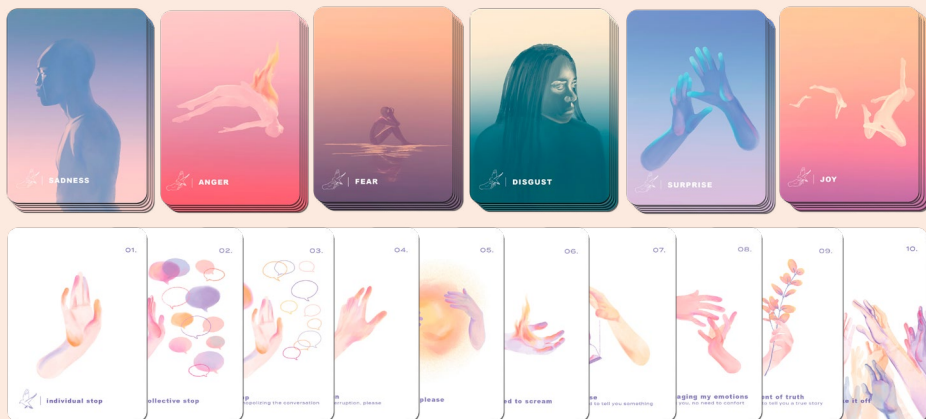
CARE

Congratulations, YOU ARE THE CARE CHARACTER(S) !

You are going to stretch your empathy and caring skills.

BEFORE THE GAME STARTS

Set your Needs and Emotion cards face up so that all participants may see them and familiarize themselves with all the cards and possibilities.



For the 10 Needs cards, place them face up in front of you and within reach of everyone.

Peruse then read the Needs card matrix out loud, for you and the entire group to understand. Show the Needs cards to the group as you explain them. Answer questions from the group about the use of Needs cards. If anything is unclear, ask the facilitator or look into the game rules.

Then, explain the use of Emotion cards: players can pick up an Emotion card to tell or show the group how they feel; **Care** can suggest an Emotion card to any player to help them name their emotions. When handed an Emotion card, the players can accept or reject it.

If there are 2 Care characters, discuss and decide on how to share the Needs cards responsibilities.

After reading and discussing the Needs and Emotions cards, make sure everyone has understood their use and the game can start!

AT THE BEGINNING OF EACH ROUND

- Listen to **Story**'s story.
- Make sure the Emotion cards are available to everyone during the storytelling. You can suggest any Needs card after Story asked their question, like a Hug, please or Shake it off to the group if you feel there is an individual or collective need.

DURING A ROUND

- You attend to everyone's feelings and needs, using your Needs and Emotion cards.
- For the Emotion cards, make sure that everyone has access to them during the game and can pick them up. You can suggest Emotion cards to players if you feel it could be helpful for them to help formulate their emotions. They can accept or reject them.
- Players give the Emotion cards back to you and place them on top of the deck when their emotions change.
- For the Needs cards, use them and remind the players of their use. To do so, refer to the Needs card matrix. Any player can pick one or several Emotion and Needs cards during the round when they feel the need.
- You can participate and formulate ideas as well. But you mainly observe and care for the group.

AT THE END OF THE ROUND

- A round stops when you have reached a consensus with **Story**, **Wisdom** and **Word** that your question is sufficiently answered.
- You can initiate the end of a round by asking **Story**, **Wisdom** and **Word** if they agree that's the case.
- Remember there are no perfect solutions, and there can always be room for more ideas. However, value the importance of starting the conversation!

When you, **Care**, **Wisdom** and **Word**, are in agreement, the group then adds a social transformation piece to the board.

You can then suggest a Shake it off, Hug or Scream card as a transition before ending the game or starting another round.





LIVING SOULS

Congratulations, YOU ARE A LIVING SOUL CHARACTER !

You are going to stretch your empathy, critical thinking, active listening, communication and problem-solving skills.

BEFORE THE GAME STARTS

Settle down around the board table and just be yourself!

Remember that the type of stories and conversations you are about to share require strength and courage. While the other characters are busy organizing their cards, you may want to use that moment to occupy yourself with an activity that prepares you to face hard conversations.

These activities are different for everyone but here are a few suggestions: focus exercises, deep breathing, chatting with other **Living Souls**, listening to music, journaling, stretching, drawing...basically anything civil that gives your strength and courage a boost.

Prepare a pen and paper to take notes on **Story's** story.

If there are several of you, you can assign a note-taker for the group. The note-taker writes the answers to Story's question. They can also do recaps when the group needs it. Write the answers clearly as they will help devise an action plan for those who want to take individual action once the game is over.

Listen to Care's presentation about the use of Needs and Emotions cards. Ask any questions if you are unclear about the use of any cards. You can check out the the Needs cards matrix as well.

AT THE BEGINNING OF EACH ROUND

- Listen to **Story**'s story.
- You can take notes if that helps you process the story. Write down **Story**'s question.
- You can take any Emotions card from Care during the storytelling.

DURING A ROUND

You need to find possible solutions to answer **Story**'s open question. Go as deeply as you can. Be creative!

To help with that, you can:

- Ask questions to **Story**
- Ask for a "definition moment" from **Word**
- Ask for resources from **Wisdom**
- Express your needs using the Needs card from **Care**
- Express your emotions by picking up an Emotion card and placing it in front of you

When you are the only **Living Soul**, take note of the suggestions and recap regularly for the group.

In a bigger group - over 6 players- the designated note-taker writes the suggested solutions and can recap when asked by any other players.

AT THE END OF THE ROUND

- A round stops when the **Living Souls**, helped by other characters, sufficiently answered the question.
- **Care, Story, Wisdom, or Word** signal the end of the round. At that moment, you synthesize your answers for Care, Story, Wisdom and Word to decide whether the question is sufficiently answered and the round over.

When it is decided that the round is over, the group adds a social transformation piece to the board..

