



Resilience
Ridge

Game Rules



Motivation & Energy

- After each move, the group must decide whether they will reduce Energy or Motivation by 1.
- If **Energy** and **Motivation** are both in green zones, players can make 2 extra moves in the current round.
- If **Energy** drops into the red zone, players can only make sideways or downward moves.
- If **Motivation** drops into the red zone, no further moves are possible. Players must then use a character's special skill to boost motivation.

Signposts - Event Cards

If a player lands directly on or passes over a signpost after rolling the dice, the game piece is placed accordingly, and the event card is played.

Landmarks

- Landmarks indicate which character should start an interaction.
- Ideally, players should visit all 5 landmarks. If time is running out, players can decide on skipping max 1 landmark which will cost them -4 Motivation.

Character Cards

- Each player assumes the role of a character whose traits should be actively played out during the game.
- Depending on the instructions, characters are required to perform interactions.
- Characters have special skills that can be used in specific situations, so that they can help the group in their own way.

Campsites

If a player lands directly on or passes over a campsite after rolling the dice, they can decide if they want to gain 1 Energy or 1 Motivation. Each campsite provides Energy or Motivation only once.

