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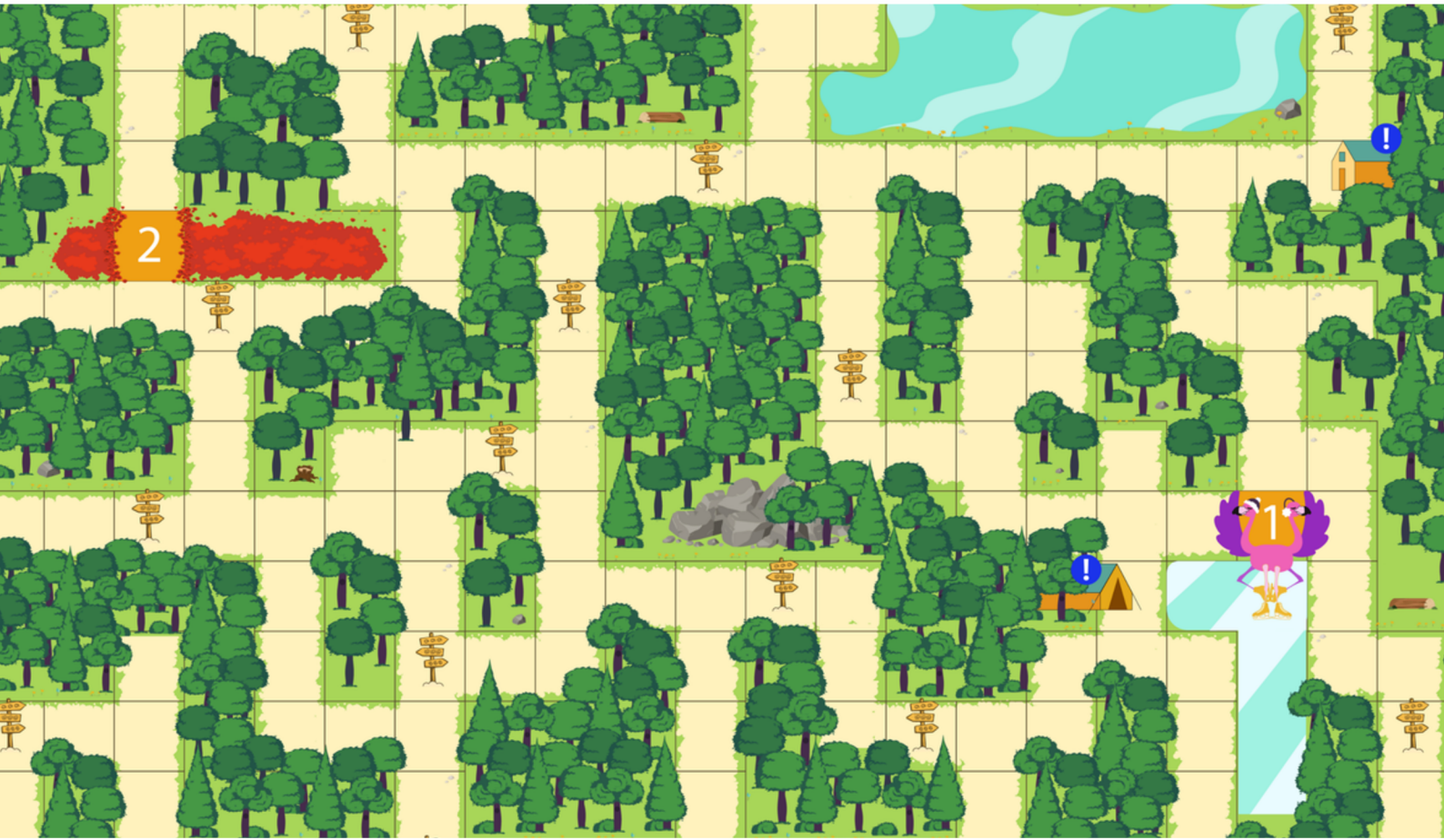


Co-funded by the European Union



Resilience Ridge





RESILIENCE RIDGE

The story of the school hike

The game is set on a mountain, where 4 school staff members decide to take part in a hiking trip to summit. The hikers' team includes the Mountain Guide, the Headmaster of the School, a Teaching Assistant, a Young Teacher, and a Senior Teacher who come together to embark on a unique experience each driven by their own motivations and seeking to address personal concerns related to their work. On their journey to the final destination, they must pass through at least four landmarks. Along the way, they will encounter both positive events and unexpected challenges, which will affect their Energy and Motivation levels accordingly. The five players must work together to make collective decisions in response to what they encounter, aiming to reach the top as a group, in 45 minutes, so that they will be picked up by a helicopter waiting for them.



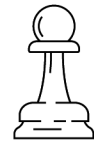
RESILIENCE RIDGE- GAME GUIDE



GAME RULES

Duration:

- Total playtime: 120 min
- Setup, rule explanation, and background story: 30 minutes
- Gameplay: 45 minutes
- Debriefing: 30 minutes



Players: 3-5
(+1 facilitator)

COMPONENTS



1 game board



1 timer
(it can be a mobile app)



5 Character Cards



5 Role-play Cards



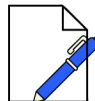
8 Special skill Cards



3 counters/pawns



1 six-sided die



pen and paper



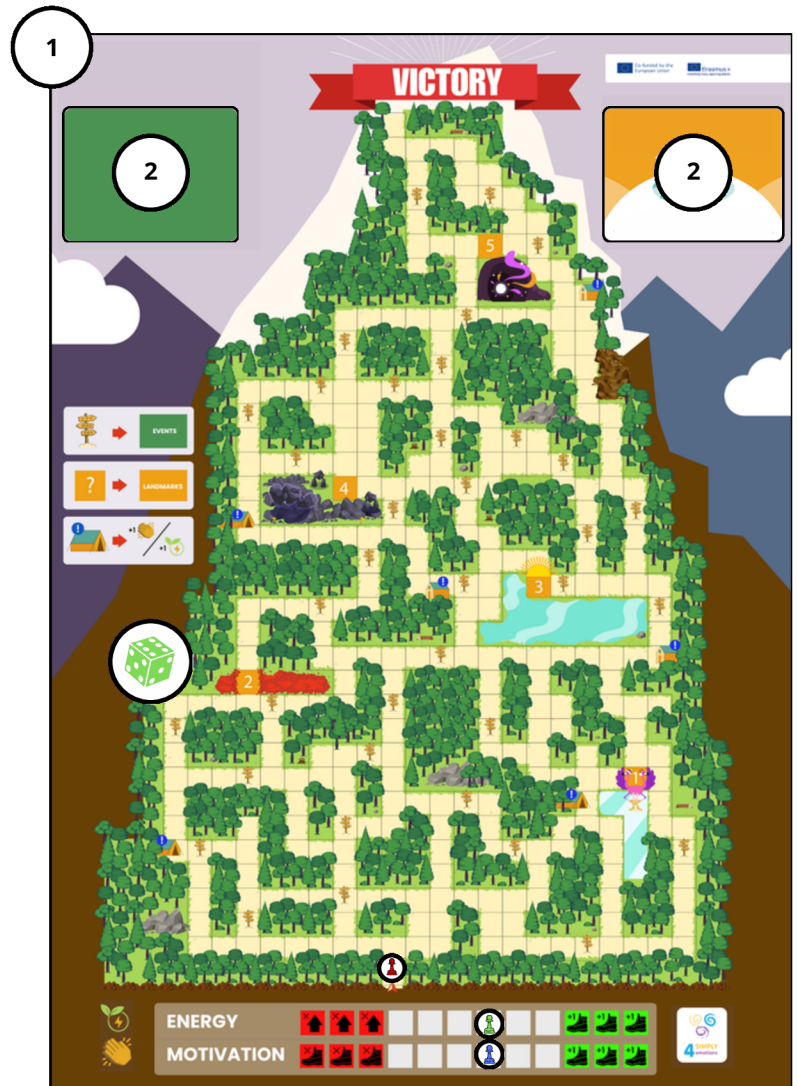
5 Landmark Cards



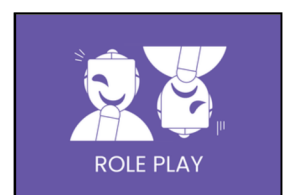
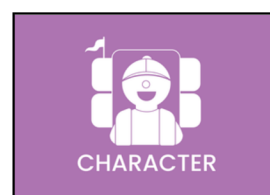
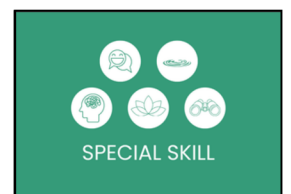
17 Event Cards

SET UP OF THE GAME

- ① Place the game board in the center of the table.
- ② Place the landmark and event cards at the specific spots on the game board, facing down.
- ③ The dice is placed near the game board.
- ④ The red counter/pawn is placed on the starting point in the lowest part of the mountain.
- ⑤ The **green** counter/pawn is placed on the seventh square of the **Energy** bar and the blue counter/pawn is placed on the seventh square of the **Motivation** bar.



- ⑥ The players and the facilitator sit around the map. The best position for the facilitator is at the base of the mountain so that s/he has the energy and motivation bars in front of him/her.
- ⑦ The game is recommended for 5 players +1 facilitator. Each player randomly selects a character card, the associated role-play card and the special skill card(s) for that character. The players keep these cards in front of them, facing down.
 - In the case of 3 players' game, two players take 2 characters each and one player takes one character.
 - In the case of 4 players' game, one player takes 2 characters and the other players take one character.



GOAL OF THE GAME

The game is cooperative, and the players work together as a team to reach the top of the mountain in 45 minutes or less. On the way, they must pass through at least 4 landmarks (see the **Landmarks** section) that are on the map for the mission to be considered successful. Their goal is to overcome all the challenges they encounter along the way.

THE ROLE OF THE FACILITATOR IN THE GAME

The facilitator has the role of game master.

- We advise the facilitator to study thoroughly the “Rules for the facilitator” beforehand and give/send the sheet with “Rules for the Players” to the players.
- Initially, the facilitator reads or narrates the background story to the players (The story of the school hike) so that they understand who they are, where they are, and what their purpose is. It is essential to discuss the characters so that players know what they represent.
- The facilitator must know the rules of the game very well so that if a question is asked, he/she will be able to answer it. Of course, he/she can refer to the rule book during the game to find clarifications.
- The facilitator must have the timer close to them and remind the players 2-3 times during the game how much time is left.
- The facilitator must keep in mind the essential goal of the game, which is to support health and care professionals’ emotional self-regulation and resilience. Thus, during the game the facilitator can encourage players to look at the challenges calmly and think about what they can gain from them.
- When the game phase is over, the facilitator will coordinate the debriefing phase by asking specific questions. With this in mind, they should consider monitoring and take notes during the game, so that during the debriefing they can ask additional questions if necessary. For example, if the team loses a lot of time at some point, they can mention it in the debriefing to facilitate discussion.

Below in the rules, you will find more specific points where the role of the facilitator is important.

HOW TO PLAY

The game begins with the facilitator telling the background story and describing the characters so that the players feel at home with them. Then the players should read the role card and skill card(s) and read them. When they are ready, the facilitator starts the timer, and the game begins.

Players take turns rolling the dice and moving the group counter/pawn. The number on the dice indicates the number of squares the group can move and movement must be horizontal or vertical, but not diagonal. The group can only move on open, ie. beige, squares. The players as a team should discuss the direction of movement. When a move is complete and any relevant cards have been played, the next player (clockwise) rolls the dice and play continues in the same way.

MOTIVATION AND ENERGY INDICATORS

At the bottom of the board are two bars for Energy and Motivation and the bars are divided into three sections, which indicate the group's levels of Energy and Motivation.



- At the end of each turn, before the players roll the dice again, the group must reduce either Energy or Motivation by one.
- Where the group's Energy and Motivation remain in the grey section, play continues as normal.
- Where the group's Energy **or** Motivation are in the green section, the group can move an extra square that turn.
- Where the group's Energy **and** Motivation are both in the green section, the group can move an extra two squares that turn.
- Where the group's energy is in the red section, the group can only move sideways or down.
- Where the group's motivation is in the red section, no movement can be made and the special skill of a character must be activated to raise motivation sufficiently for the group to move.
- Neither Energy or Motivation levels can exceed the green bar limit and if either Energy or Motivation fall below one the game is over.

The facilitator is responsible for moving the counter/pawns on the bars before the players roll the dice again. So, the facilitator should ask the players to decide whether to reduce energy or motivation and then move the corresponding counter/pawn to the correct position.

SPOTS ON THE MAP

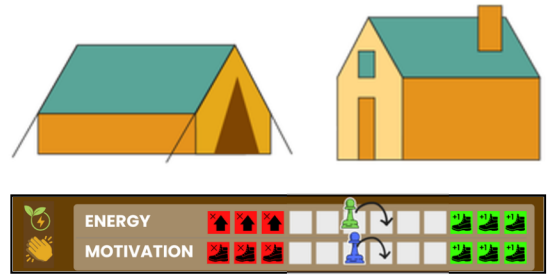
1. When the game starts, the red counter/pawn is placed on the starting point which is at the lowest part of the mountain.



2. The beige square spots are the path where the group's counter/pawn can move.



3. If the group's counter/pawn lands on or passes over a camp spot, then at the end of that turn the group can increase either Energy **or** Motivation by one. Passing over or landing on a camp can only provide Energy or Motivation once for each camp spot.



4. When the group's counter/pawn lands on or passes over a road sign spot, then at the end of the group's movement an event card must be played. Used cards should be returned to the bottom of the pile. If all the event cards have been played, then the facilitator should shuffle the cards and they can be played again.



5. When the group's counter/pawn reaches a landmark, the group stops and any remaining movement points are lost. Landmarks each have a number from one to five. The facilitator should give the corresponding numbered landmark card to the player indicated on the landmark card, and that player should read the instructions/activity on the card to the group. Landmark cards are only played once and should be removed from play once used.



There are 5 landmarks on the mountain. Players should ideally go through all of them in any order they want. However, they also have the option, at some point that the pawn is on a simple path and not at the top of the mountain, to skip only 1 landmark if they think there is not enough time. In this case, however, they must reduce the motivation by 4.



6. When the counter/pawn reaches the final point at the top of the mountain, the game ends and if the players have passed through at least 4 landmarks, the mission is considered successful.

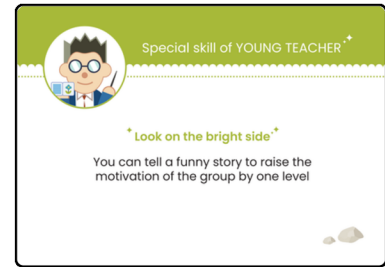


7. All non-beige squares, such as trees and rocks are impassable and so the group's counter/pawn cannot land on or pass over them.



SPECIAL SKILLS OF THE CHARACTERS

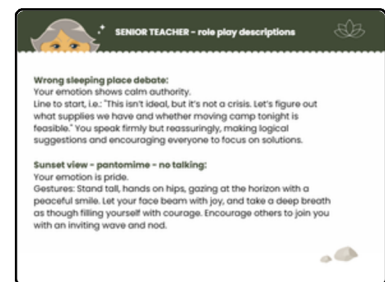
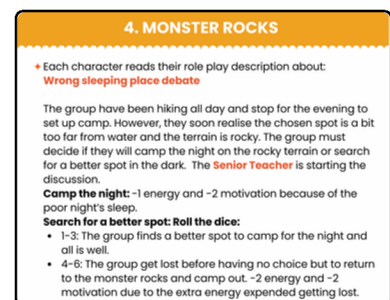
Each character has one or two special skill cards. These cards can be used at any time, even if it is not the player's turn. When a player uses a special skill such a the card is taken out of game and cannot be used again.



ROLE PLAY CARDS

Some landmarks lead to a role play game.

- The character indicated on the card should first read the instructions to themselves.
- Then they should state the main topic (for example “Wrong sleeping place debate”) of the discussion that will follow as well as the details that describe what has happened.
- There are 2 main topics that are listed on the role play cards of each character and these describe the attitude that each character should take in the discussion. Each player should read only their roleplay card and keep its content secret from other players.
- After all the players take their own role-play cards and read the information the discussion can begin.



END OF THE GAME

- The mission is successful if the group's counter/pawn reaches the top of the mountain in less than 45 minutes after passing through at least 4 landmarks.
- The mission is not successful if 45 minutes have passed and the group's counter pawn has not managed to pass through at least 4 landmarks (see the landmarks section) and reach the top of the mountain.
- Also, the mission is not successful if the motivation or energy bar fall below one.

DEBRIEFING

After the game phase, there is a debriefing phase where the facilitator asks questions and the players reflect and discuss. These questions can be found in the debriefing questions list and should facilitate discussion of the relationship between the game and emotional regulation and resilience.

Below you will find detailed information about the cards, useful mainly when a specific card needs clarification during gameplay. The facilitator can skip this section while learning the rules and return to it only when necessary, but a quick read is recommended.

MORE DETAILS ABOUT LANDMARK CARDS



1. ICE-SKATING FLAMINGO'S LAKE

Congratulations on reaching this landmark!

Interaction to be initiated by the **Teaching Assistant**, who should be the only player to read the back of the card.

1. ICE-SKATING FLAMINGO'S LAKE

The player who has the Teaching Assistant starts with the following: "I will draw a sketch of some items. You will have 2 minutes to guess as many items as possible! I will only draw the items and will not speak or interact verbally or physically with you!". The facilitator then gives the player a pencil and a piece of paper on which to draw the drawings. The player must quickly draw all 10 items on the paper so as not to waste too much time. When he has finished the drawings, he gives the paper to the players and then the facilitator starts counting 2 minutes. During the 2 minutes, the players point to one of the drawings and say what they think it is. The player can only answer yes to approve and no to reject. At the same time, the facilitator must monitor how many correct answers the players have found. When the time is up, the facilitator informs the players about how many steps they can take. Each correct answer is 1 step.



2. MEADOW OF POPPIES

Congratulations on reaching this landmark!

Interaction to be initiated by the **Young Teacher**, who should be the only player to read the back of the card.

2. MEADOW OF POPPIES

The Young Teacher will roll the dice and depending on the result, one of the roles will tell 3 stories of which one must be true and the other 2 must be lies. The stories must be from the player's personal life and not related to the personality of the character card. If the majority of the players guesses the true story, the players get 2 motivation, if there is a tie they get nothing.



3. RIVERBED SUNSET

Congratulations on reaching this landmark!

Interaction to be initiated by the **Headmaster of the School**, who should be the only player to read the back of the card.

3. RIVERBED SUNSET

All players take their role play card in front of them and read the part where it says "Sunset Pantomime - no talking". Then the Headmaster of school starts pantomiming the emotion that read. The facilitator keeps time for 30 seconds and when it is over, asks the players to guess the emotion. Each player can only make one guess. If at least one person guesses correctly then they have 1 success. If no one guesses correctly then they have 1

failure. In any case, then the player on the left pantomimes in the same way according to their own role card. When all the players have pantomimed, the facilitator who is responsible for counting how many successes there were, tells the players how many steps they can take. Each success is 2 steps.



4. MONSTER ROCKS

Congratulations on reaching this landmark!

Interaction to be initiated by the **Senior Teacher**, who should be the only player to read the back of the card.

4. MONSTER ROCKS

All players take their role play card in front of them and read the part where it says "Wrong sleeping place debate". The Senior Teacher then says that it might not have been a good idea to move there and asks the players what they think is best. That is, should they move there or find another place. He can tell the players the consequences of each choice. The players should discuss based on their role play card. They then have to decide which of the two options to go with as each has consequences.



5. THE MAGIC CAVE

Congratulations on reaching this landmark!

Interaction to be initiated by the **Mountain Guide**, who should be the only player to read the back of the card.

5. THE MAGIC CAVE

The facilitator sets a timer for 1 minute and the Mountain Guide begins to describe the word "Backpack" or "Campfire", but without mentioning the words underneath. The other players try to guess which word the Mountain Guide is describing. When one player says the correct word, the Mountain Guide describes the other word in the same way. The facilitator must tell the players when the time is up. Depending on how many words they have found, the facilitator moves the pawn on the energy bar that many spaces on the right.

MORE DETAILS ABOUT EVENT CARDS

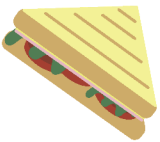


EXTRA FOOD FROM FISHING

The facilitator moves the pawn on the energy bar 1 space to the right.

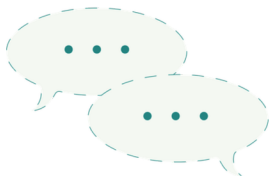
LOW FOOD SUPPLIES

First, the facilitator moves the pawn on the motivation bar 1 space to the left. Then, the facilitator gives the dice to the player who revealed the event, who must roll it. If the result is 3 or higher, the facilitator must keep in mind that for the next 2 turns, s/he will not move the pawn on the energy or motivation bar 1 space to the left as is normally done at the end of each turn. If the result of the dice is 1 or 2, then the facilitator must keep in mind and remind the players that for the next 2 turns, they cannot take more than 3 steps.



CONVERSATION

The facilitator moves the pawn on the motivation bar 1 space to the right.



GREAT WEATHER

In the next round, the facilitator should remind the players that they can take 2 more steps while moving.



SHORT-CUT PATH

In the next turn, the pawn on the map can take 1 step diagonally and not horizontally or vertically as is normally done. For example, if the dice result is 4, players can take 1 of these 4 steps diagonally. The remaining 3 must be taken horizontally or vertically. Of course, the point where the pawn must land after the move, must be on a path and not pass through an obstacle.





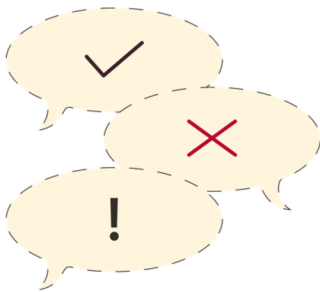
ANIMAL

The facilitator moves the pawn on the energy bar 2 spaces to the left and the pawn on the motivation bar 1 space to the left.



DANGEROUS PATH

The facilitator should calculate the next 3 turns and remind the players that they must reduce the dice result by 2 when moving for the next 3 turns. So if the dice result is 5, then 3 steps can be taken. However, if the result is 1 or 2, then the pawn remains stationary for this turn.



AN ARGUMENT BREAKS OUT IN THE GROUP OVER WHICH DIRECTION TO GO NEXT

The player who revealed this event rolls the dice and the facilitator sees the result on the dice. In the next turn, when the players roll the dice to move the pawn, the facilitator should remind them that they can only move left if the die before had the result of 1-3 or right if it had the result 4-6. However, in the case that there is an obstacle to the right or left, the pawn remains stationary. For example, if the dice in the previous turn had a 2 (which means only left movement) and in the next turn the dice has a 4 (which means 5 steps to move) and after taking 2 steps to the left, it encounters an obstacle, then it cannot perform the remaining 3 steps.



SNOW FALL

The facilitator moves the pawn on the energy bar 2 spaces to the left and the pawn on the motivation bar 2 spaces to the left.



BEEHIVE

The player who revealed the event rolls the dice. Then the facilitator, depending on the result of the dice, moves the pawn on the energy bar 1 space to the right if the result was 1-3, or moves the pawn on the motivation bar 1 space to the left if the result was 4-6.



FOG

The players must choose between the 2 options: "Keep going" or "Stay put". If they choose "Keep going", the player who revealed the event rolls the dice 2 times. The result of the first time gives how many steps the pawn will take. While the result of the second time shows the direction the pawn will move. However, if it finds an obstacle, it must remain stationary. For example, if the first time the result is 4 and the second time the result is 2, then it must take 4 steps to the left. If it takes 3 steps and then finds an obstacle, then it cannot take the fourth step. In the case that they choose "Stay put", the facilitator moves the pawn on the energy bar 2 spaces to the left and the pawn on the motivation bar 2 spaces to the left.



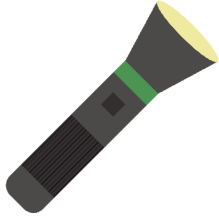
ROUNABOUT

The facilitator moves the pawn on the motivation bar 1 space to the left.



STONE COLLECTOR

The facilitator moves the pawn on the motivation bar 1 space to the right.



GADGET

This card has a direct connection to the "fog" card. The facilitator should keep it in front of him/her and when a player reveals the "fog" card, s/he should remind the players that they have a gadget that can help. So if the players choose the "Keep going" option, then they can roll the dice 4 times and choose 1 result for movement and 1 result for direction. So if for example the dice results are 1, 4, 4, 6 and the players see that there is no obstacle ahead, then they can choose the result 4 to move 4 steps and the result 6 to move upwards. After that, this card goes to the used ones.



LOST MOBILE PHONE

The player who revealed this event must move the pawn to the last landmark visited by the group. However, the card of this landmark is not played again. If the group has not passed a landmark, then the pawn is moved to the starting point with the red arrow.



TWISTED ANKLE

The facilitator should calculate the next 2 turns and remind the players that they must reduce the dice result by 3 when moving for the next 2 turns. So if the dice result is 4, then 1 step can be taken. However, if the result is 1, 2 or 3, then the pawn remains stationary for this turn.

DEBRIEFING

The game facilitator guides the game and leads the debriefing.

Please note:

The starter questions are intended to help participants reflect on the overall gaming experience together, initiating conversation and encouraging open discussion.

The follow-up questions can be used to encourage more in-depth reflection from each participant. Not all of these questions need to be asked; they serve as a flexible selection to choose from, depending on the flow of the discussion.

Reflection on Personal Experience

Starter Question: How did you feel during the game?

Follow-up Questions

- How did you find playing the role of your assigned character during the game?
- Do you think the role you got suited you? If not, which role do you think would suit you best and why?
- What emotions did you experience when encountering event cards or challenges?
- Were there any situations where you noticed a shift in your emotional resilience? If yes, what triggered it?

Dealing with the Emotions of Others

Starter Question: How did other team members react to challenges during the game?

Follow-up Questions:

- In what situations did you try to provide emotional support to someone? How did you do that?
- What kind of behaviours from your teammates emotionally touched you?
- How did the group dynamic influence your emotions during the game?
- Was there a challenge in the game for you regarding your team members' emotional reaction?

Transferring the Game Experience to the Healthcare Work Environment

Starter Question: What parallels do you see between the emotional experiences in the game and those you encounter in your daily work?

Follow-up Questions:

- What kind of strategies from the game could you apply to emotionally challenging situations at work?
- What insights did you gain that could help you be more empathetic toward patients and colleagues?

Closing Questions & Takeaways

- What is the most important takeaway for you from this simulation game?
- Is there anything you learned in the game that you can apply in your daily work life?
- What did you learn?

DIGITAL PC VERSION

The rules for playing the game on a computer via the Internet are almost the same, but there are the following adjustments.

First of all, the facilitator and the players must have a computer with an internet connection. We suggest that they use two screens for convenience. The place where the game will be played is an online platform called "**tabletopia**". The facilitator must study the platform well before starting a game, as s/he will be the only one who will manage it. There is a guide with detailed steps on how the "**tabletopia**" platform works with this specific game on pc.

On this platform there is a simulation of the physical game with the map, the pawns and the cards. So, When the game starts, while the platform is open, the facilitator must share his/her screen through a program such as Zoom or Skype so that all the players can see the map and the cards through his/her screen. In general, Gallery mode is more convenient in Zoom. The facilitator will then set a timer for 60 minutes and roll the dice for the first player. He/she can pause the timer during questions for clarifications. He/she will move the pawn on the board according to the instructions of the player whose turn it is. For example, if the dice result is 5, the player can tell the facilitator to move the pawn 3 steps upwards and 2 steps to the right. Then, as in the physical game, the players must decide whether to reduce energy or motivation by 1, as normal in the end of each turn, and the facilitator will move the pawn of the corresponding bar 1 space to the left. If the pawn on the map passes through an event, then the facilitator must reveal an event card and, by double-clicking on it, should bring it close so that the player whose turn it is can read it and then perform its action with the help of the facilitator. There is a guide with detailed steps on how the "**simply 4 emotions cards**" platform works with this specific game.

Instead of the "**tabletopia**" platform, the players must open another platform called "**simply 4 emotions cards**" in which when the game starts, they must choose their character and see the cards that relate to this character. So they will see the character card, the role play card, the skill card(s) and the landmark card that corresponds to their character. Each player must therefore have this platform open at the same time and when they need one of these cards, they can read it. For example, if the pawn on the map is on the landmark with the number 1, then the facilitator can ask the players who has this card and read it. There are also Special skill cards that can only be activated once in the game. Although by opening the platform all players have access to all characters, each player must look at the cards of only their own character. Of course, the facilitator can also open this platform and look at the cards in case a player needs help. There is a guide with detailed steps on how the "**simply 4 emotions cards**" platform works with this specific game.

There are 2 landmark cards that are easy to play in the physical game but not so easy in the digital game.

- ICE-SKATING FLAMINGO'S LAKE

With this card, players normally have to take pen and paper and make some drawings. So the options that the players have are:

- 1) The player who will draw, take real pen and paper and open his/her camera. Then draw and show the drawings through the camera to the other players.
- 2) Use an online platform where s/he can draw and share his/her screen.
- 3) If the facilitator and the players consider that the previous procedures will spoil the flow of the game, they can consider that the card is played and as a reward the players can move the pawn 3 steps in any direction.

- RIVERBED SUNSET

With this card, players normally must pantomime the emotion that is on their role card. So the options that the players have here are:

- 1) All of the players should open their camera. Then one by one they will pantomime.
- 2) If the facilitator and the players consider that the previous procedure will spoil the flow of the game, they can consider that the card is played and as a reward the players can move the pawn 3 steps in any direction.

DIGITAL MOBILE VERSION

For the mobile version, all players except for the facilitator, will use the same platform as the computer, which is the "**simply 4 emotions cards**". However, the facilitator will use another platform called "**simply 4 emotions Board**". This platform will be used in a similar way as in the computer version. That is, the facilitator must share his/her screen through a program such as Zoom or Skype so that all the players can see the map and the cards through his/her screen. In this version, the language must be selected first and then the facilitator must press the start button to start. After the 45minutes timer will start and the game will begin immediately. The facilitator will move the pawn on the board according to the instructions of the player whose turn it is. For example, if the dice result is 5, the player can tell the facilitator to move the pawn 3 steps upwards and 2 steps to the right. Then, as in the physical game, the players must decide whether to reduce energy or motivation by 1, as normal at the end of each turn, and the facilitator will move the pawn of the corresponding bar 1 space to the left. If the pawn on the map passes through an event, then the facilitator must reveal an event card and, by double-clicking on it, should bring it close so that the player whose turn it is can read it and then perform his action with the help of the facilitator. There is a guide with detailed steps on how the "**simply 4 emotions board**" platform works with this specific game. The guide for the "**simply 4 emotions cards**" platform is the same one used for the PC version

