

WELLNESS WINS



3-5 PLAYERS

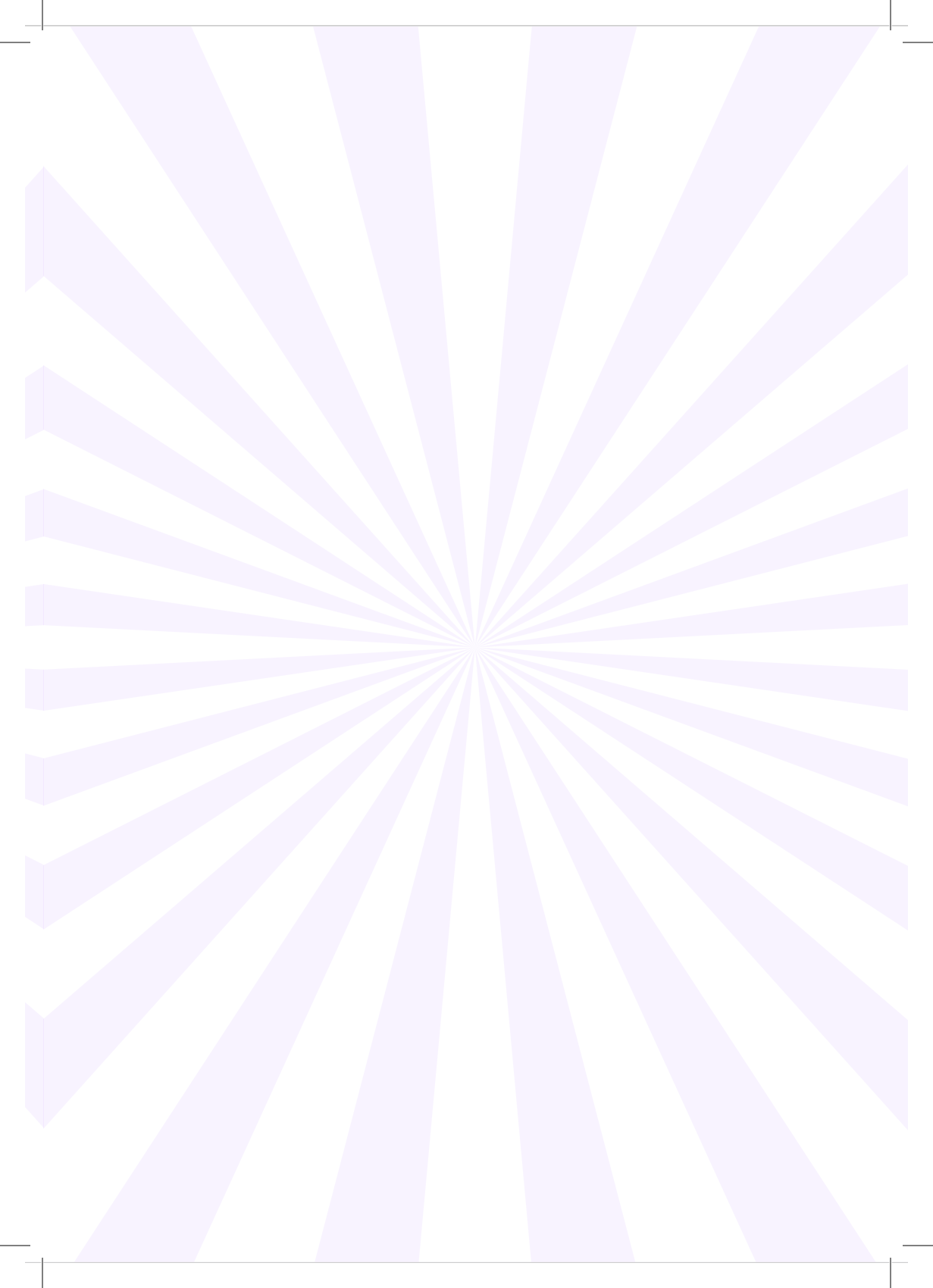
13+



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The WELLNESS WINS board game was created by the Public Library of Reykjanesbær as part of the Strategize YOU(r)th Journey To Wellbeing! Erasmus+ project (2023-2025), a collaboration between Asociatia CreativePlus ONG, the Public Library of Reykjanesbær, Slovak Eco Quality, and “UniGrowth Development Center” Youth NGO.

The font **OpenDyslexicAlta** was used when creating the game in order to make it more accessible for all readers.





Introduction

Welcome to Wellness Wins; a board game about well-being!

This game was created with the hope of opening up conversations about well-being in a way that is both enlightening and entertaining. By blending learning with fun, we aim to normalize the discussion on self-care and empower players to prioritize their own well-being.

But what is well-being?

Well-being is about feeling balanced in daily life - emotionally, physically, socially, intellectually, and spiritually. Practicing self-care is a key part of maintaining and protecting that balance.

Well-being is related to mental health, as mental health is about how we think, feel, and handle life's challenges. It's something we all have and can learn to take care of.

The contents of the game are based on the five pillars of self-care: physical, emotional, social, intellectual, and spiritual. That way, we hope to cover multiple aspects of well-being and self-care.

And in doing so, both raise awareness and provide valuable insights on the topic. You can find a short description of each pillar in this instruction pamphlet.

We have also included a text about the difference between emotions and feelings (which often get confused!) in order to help you engage with the game in a more knowledgeable way.

The success of the game and how it unfolds is totally up to you, the players! Your willingness to listen, share, and create a judgement-free space for meaningful discussions will shape your experience of the game. Support, respect, and curiosity are vital in making the game meaningful for everyone involved so we encourage you to go into it with an open mind. Enjoy!

Understanding self-care and emotions vs. feelings

Physical self-care

Physical self-care includes taking care of your body. It involves: eating well, drinking enough water, staying active, breathing deeply and mindfully, getting good sleep, paying attention to how your body feels, enjoying relaxation, and recognizing the importance of sexual health.



Emotional self-care

Emotional self-care involves recognizing and understanding our feelings as well as finding healthy and constructive ways to express them. It also includes nurturing, processing, and accepting our emotions.



Social self-care

Social self-care includes taking care of our social relationships whether that be relations with family members, romantic partners, friends, coworkers, and/or others. Through social connections, we gain support, someone who is willing to listen to us, and share experiences with others that create lasting memories.



Intellectual self-care

Intellectual self-care involves expanding our knowledge and mindset. Our brains need to grow and absorb new information in order to stay healthy. And a healthy mind forms the foundation for all other aspects of health.



Spiritual self-care



Spiritual self-care includes anything that helps us find deeper meaning and understanding in life. Spiritual self-care can also help us connect with the beliefs and values that guide us.

This is a deeply personal aspect of self-care that can look different for everyone.

Emotions and feelings

Have you ever felt your heart race before speaking in front of a crowd? That's emotion at work. But when you start thinking "Wow, I'm really nervous!", you are experiencing a feeling.

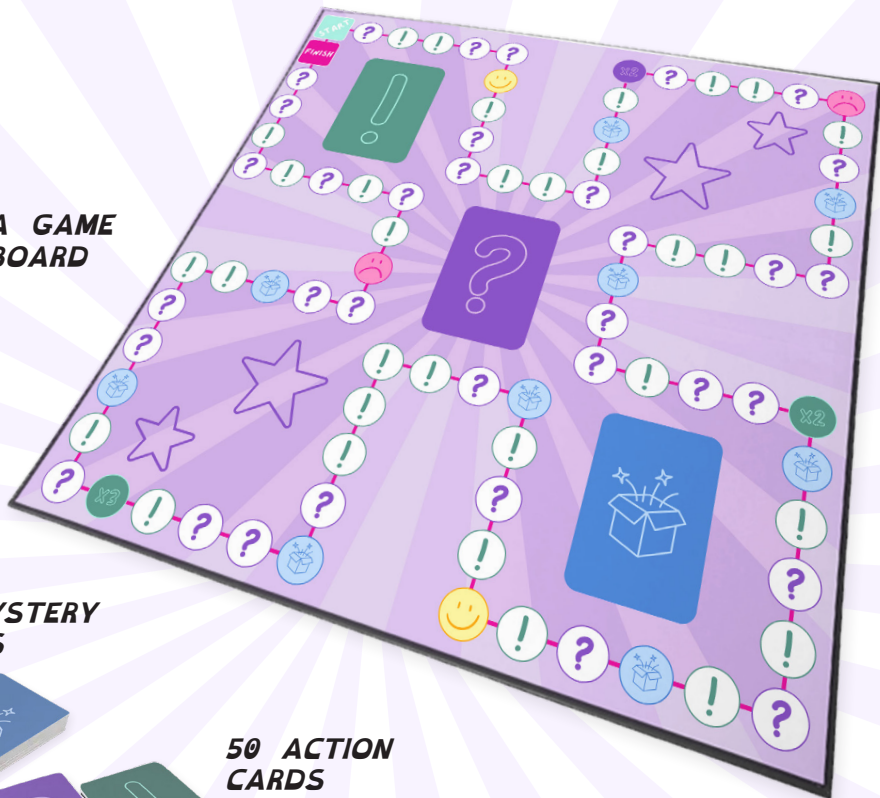
Emotions are automatic, body-driven reactions to things happening around us. They're quick, universal, and wired into our brains. You can think of them as your body's alarm system. Fear, joy, anger, and surprise show up whether you like it or not!

Feelings show up when your brain interprets your emotions. They are personal; shaped by your own experiences and thoughts. Two people might experience the same emotion, like fear, but one might interpret it as excitement, while the other interprets it as dread.

Understanding the difference between those two helps us both manage our emotions better and communicate our feelings more clearly, which is important not only in this game but in life itself!

Included in the WELLNESS WINS box:

**A GAME
BOARD**



**25 MYSTERY
CARDS**



**50 ACTION
CARDS**



**50 QUESTION
CARDS**



5 PAWNS

1 DIE



**AN INSTRUCTION
PAMPHLET**



Rules

START

Have everyone pick a pawn and place it on the **START** space.

Collectively choose a player to go first. In order to move forward, throw the die and move your pawn according to the number on the die.

Next, draw a card from the pile shown by the space you landed on and follow its instructions.



+5

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The first
to win 3

After completing the action, move your pawn according to the number in the top right corner of the card. During your next turn, throw the die again and draw a card that correlates to the space you landed on.

Have players take turns in a clockwise direction. The first person to reach the **FINISH** space wins! However, you are free to play for as long (or short) as you'd like!

FINISH

If you find any question/action card triggering or overwhelming skip it and await your next turn.

Question cards



Question cards consist of questions that encourage players to open up and discuss well-being and self-care.

Read the question aloud and answer it in as little or as much detail as you'd like. It is totally up to you.

+3

≈ 5 things
grateful for
day?

If you choose to answer the question, you move your pawn forward according to the number in the top right corner of the card. If you choose not to answer the question, stay in the same spot and await your next turn.

Other players are free to join the discussion and answer questions even if it's not their turn. However, only the player whose turn it is moves forward by answering the question.

Action cards

Action cards consist of scenarios, games, and other activities that prompt players to share their thoughts and feelings on different matters. While question cards are for deeper reflections, action cards are meant to bring fun moments to learning.



+3

Advice
e: Ways to
e moments
ess for rest

Read the action card and complete it if you feel comfortable. It is totally up to you. If you choose to complete the action, you move forward according to the number in the top right corner of the card. If you choose not to complete the action, stay in the same spot and await your next turn.

Some action cards allow all participants to move forward! Those actions are specified on the cards.

Other players are free to join the discussion or partake in an action even if it is not their turn!

However, unless the action includes other players, only the player whose turn it is moves forward by completing the action.

Action card games

Feeling Act

Act out a feeling of your choice! You are allowed to use movements and sounds but no words. Other players have to try and guess the feeling within 10 seconds. **If a player guesses the feeling, both of you move forward. If no one guesses the feeling, no one moves forward.**



Mood Walk

Act out a feeling of your choice by walking a certain way! Do not make any sounds. Other players have to try and guess the feeling within 10 seconds. **If a player guesses the feeling, both of you move forward. If no one guesses the feeling, no one moves forward.**



Connect It

Choose a word related to well-being to start the game. Now take turns in a clockwise direction naming something that relates to the last word spoken. If a player hesitates for more than 3 seconds or says an unrelated word, they are out. The game continues until only one person is left. The winner moves forward.



Food Feels

Choose a feeling and use 3 food items to describe it. Other players must guess the feeling in under a minute. If a player guesses the feeling, both of you move forward. If no one guesses the feeling, no one moves forward.



Advice Exchange

Have all players take turns in a clockwise direction, naming a piece of advice on the topic of the card you drew. Choose the advice you are most drawn to. You and the player whose advice you chose, move forward.



Mystery Cards

Mystery cards are... well, a mystery! The purpose of the mystery cards is to stir up the game in unexpected ways!



Simply follow the instructions of the mystery cards!



Smiley-face

Draw a card from a pile of your choice.

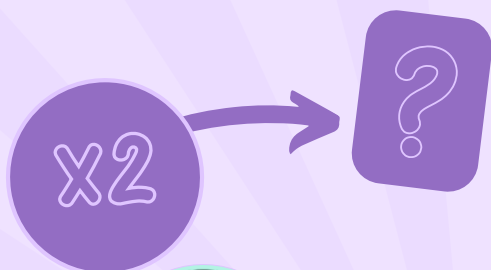


Frowny-face

Stay in your spot and await your next turn.



x2

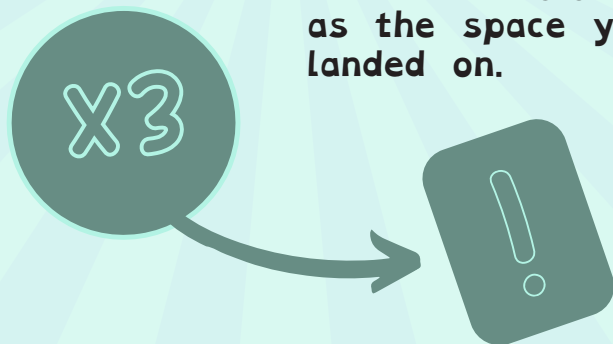


Draw a card with the same color as the space you landed on.



If you complete the action of the card, move your pawn double the spaces forward!

x3



Draw a card with the same color as the space you landed on.

If you complete the action of the card, move your pawn triple the spaces forward.



Funded by
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Journey To Wellbeing

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