

ΤΟ ΜΥΑΛΟ 'ΕΧΕΙ ΣΗΜΑΣΙΑ



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ΣΥΣΤΑΤΙΚΑ

ΠΑΪΚΤΗΣ
ΤΥΠΙΚΑ ΖΑΡΙΑ

ΚΑΡΤΕΣ ΠΡΟΚΛΗΣΗΣ
ΣΥΝΟΛΟ 15 ΦΥΛΛΩΝ

GAME MASTER GUIDE

ΟΔΗΓΙΕΣ

ΚΑΡΤΕΣ ΑΠΟΛΟΓΙΣΜΟΥ ΓΙΑ ΚΑΘΕ ΜΙΑ
ΑΠΟ ΤΙΣ ΚΑΡΤΕΣ ΠΡΟΚΛΗΣΗΣ

ΣΕΝΑΡΙΑ ΠΡΟΚΛΗΣΗΣ, ΣΥΜΒΟΥΛΕΣ ΓΙΑ
ΤΗ ΔΙΕΥΚΟΛΥΝΣΗ ΤΟΥ ΠΑΙΧΝΙΔΙΟΥ

Το Mind Matters είναι ένα εκπαιδευτικό παιχνίδι καρτών που έχει σχεδιαστεί για να προάγει την ψυχική υγεία και την ευημερία μεταξύ των νέων. Μέσα από μια σειρά διαδραστικών προκλήσεων και δραστηριοτήτων, οι παίκτες ξεκινούν ένα ταξίδι αυτο-ανακάλυψης, κοινωνικής σύνδεσης και προσωπικής ανάπτυξης. Με τρία διαφορετικά επίπεδα δυσκολίας, το καθένα από τα οποία προσφέρει μοναδικές προκλήσεις, οι παίκτες συνεργάζονται, ανταγωνίζονται και μαθαίνουν μαζί σε ένα υποστηρικτικό και ελκυστικό περιβάλλον. Καθοδηγούμενοι από έναν Game Master, οι συμμετέχοντες πλοηγούνται μέσα από εμπόδια, αναπτύσσουν ανθεκτικότητα και αναπτύσσουν βασικές δεξιότητες ζωής ενώ διασκεδάζουν.

ΣΤΟΧΟΙ ΠΑΙΧΝΙΔΙΟΥ

Πρωθήστε την ψυχική ευημερία

Ενθαρρύνετε τους παίκτες να εξερευνήσουν και να αναπτύξουν στρατηγικές για τη διαχείριση των συναισθημάτων, τη μείωση του άγχους και την οικοδόμηση ανθεκτικότητας.

Πρωθήστε την κοινωνική σύνδεση

Διευκολύνετε ουσιαστικές αλληλεπιδράσεις και ομαδική εργασία μεταξύ των παικτών, ενισχύοντας την ενσυναίσθηση, την επικοινωνία και τη συνεργασία.

Ενισχύστε την προσωπική ανάπτυξη

Παρέχετε ευκαιρίες για αυτοστοχασμό, καθορισμό στόχων και ανάπτυξη δεξιοτήτων για να ενδυναμώσετε τους παίκτες να ευδοκιμήσουν σε διάφορες πτυχές της ζωής τους.

ΟΔΗΓΪΕΣ

Οδηγίες

Συγκεντρώστε πέντε παίκτες και τις κάρτες πρόκλησης για κάθε επίπεδο δυσκολίας (εύκολο, μεσαίο, δύσκολο). Κάθε παίκτης ρίχνει ένα τυπικό ζάρι έξι όψεων για να καθορίσει το σκορ του. Ο σκόρερ πηγαίνει πρώτος, ακολουθούμενος από τον δεύτερο υψηλότερο και ούτω καθεξής..

Σειρά παιχνιδιού

Οι παίκτες εναλλάσσονται με τη σειρά που καθορίζεται από τα ζάρια τους. Ο παίκτης με την υψηλότερη βαθμολογία πηγαίνει πρώτος, ο δεύτερος υψηλότερος πηγαίνει δεύτερος και ούτω καθεξής.

Προκλήσεις

Ο παίκτης με την υψηλότερη βαθμολογία τραβάει την πρώτη κάρτα πρόκλησης από την τράπουλα του εύκολου επιπέδου και τη διαβάζει δυνατά στην ομάδα. Προσπαθούν να ολοκληρώσουν την πρόκληση μέσα σε ένα καθορισμένο χρονικό όριο ή μέσω συγκεκριμένων ενεργειών που αναφέρονται σε κάθε κάρτα.

Η πρόκληση ολοκληρώνεται αφού ο Game Master τελειώσει κάνοντας τις ερωτήσεις Debrief και δηλώσει ότι η πρόκληση έχει ολοκληρωθεί από την ομάδα

Μόλις ολοκληρωθεί η πρόκληση ή λήξει το χρονικό όριο, ο παίκτης με το δεύτερο υψηλότερο σκορ τραβάει τη δεύτερη κάρτα πρόκλησης και ούτω καθεξής μέχρι να τραβήξουν όλοι οι παίκτες μια κάρτα.

ΟΔΗΓΪΕΣ

Επίλυση πρόκλησης

Οι παίκτες προσπαθούν να ολοκληρώσουν την πρόκληση που περιγράφεται στο τραβηγμένο φύλλο εντός του καθορισμένου χρονικού ορίου ή μέσω συγκεκριμένων ενεργειών.

Η ομάδα συνεργάζεται και υποστηρίζει ο ένας τον άλλον στην ολοκλήρωση των προκλήσεων.

Ο Game Master διευκολύνει τις προκλήσεις, παρέχει καθοδήγηση εάν χρειάζεται και καθορίζει εάν οι προκλήσεις έχουν ολοκληρωθεί επιτυχώς με βάση αυτά που είναι γραμμένα στην κάρτα

Εξέλιξη

Οι παίκτες προχωρούν στο παιχνίδι ολοκληρώνοντας με επιτυχία τις προκλήσεις. Κάθε παίκτης πρέπει να ολοκληρώσει τουλάχιστον μία πρόκληση από κάθε επίπεδο δυσκολίας για να προχωρήσει στο επόμενο επίπεδο.

Τέλος παιχνιδιού

Το παιχνίδι τελειώνει όταν όλοι οι παίκτες έχουν ολοκληρώσει επιτυχώς τον απαιτούμενο αριθμό προκλήσεων από κάθε επίπεδο δυσκολίας.

Η ομάδα μπορεί να γιορτάσει συλλογικά το επίτευγμά της ή να ανακηρύξει νικητή βάσει ατομικών ή ομαδικών βαθμολογιών.

Empathy Circle

GROUP CHALLENGE

CHALLENGE

Discuss a scenario where someone is feeling sad or lonely. Take turns expressing how you would feel in their shoes. The task is complete when all the members of the group expressed ideas.

GOAL

Practice empathy and perspective-taking skills to understand others' emotions.

Gratitude Journal

INDIVIDUAL AND GROUP CHALLENGE

CHALLENGE

Write down three things you're grateful for today. Share your list with the group and explain why each item is meaningful to you.

The task is complete when all participants shared their list.

GOAL

Cultivate a positive mindset and appreciation for the good things in life.

Breathing Exercise

INDIVIDUAL CHALLENGE

CHALLENGE

Follow a guided breathing exercise for relaxation. Take slow, deep breaths and focus on the sensation of air entering and leaving your body.

The task is complete when all the players will take part in the breathing exercise.

GOAL

Learn simple techniques to reduce stress and promote relaxation through mindful breathing.

Positive Affirmations

GROUP CHALLENGE

CHALLENGE

Share a positive affirmation with the group. Encourage each other by highlighting your strengths and potential. The task is completed when all the players share their positive affirmations.

GOAL

Boost self-esteem and confidence by affirming positive qualities and capabilities.

Mindful Coloring

INDIVIDUAL CHALLENGE

CHALLENGE

Engage in a mindful coloring activity. Choose a coloring sheet and focus on the colors and patterns as you fill in the design.

The task is completed after 10 minutes.

GOAL

Practice mindfulness and concentration while expressing creativity through coloring.

Empathy Circle

GAME MASTER DEBRIEFING CARD

- 1. What did you notice about your mood or mindset after completing the gratitude journal activity?
- 2. How did it feel to step into someone else's shoes and express their emotions?
- 3. How can practicing empathy improve our relationships with others?

Gratitude Journal

GAME MASTER DEBRIEFING CARD

- 1. What did you notice about your mood or mindset after completing the gratitude journal activity?
- 2. Did anything surprise you while reflecting on things you're grateful for?
- 3. How can incorporating gratitude into our daily lives enhance our well-being?

Breathing Exercise

GAME MASTER DEBRIEFING CARD

- 1. How did you feel before and after the breathing exercise? Did you notice any changes in your body or mind?
- 2. What techniques did you find helpful for staying focused on your breath?
- 3. How can practicing mindful breathing help us manage stress in everyday life?

Positive Affirmations

GAME MASTER DEBRIEFING CARD

- 1. How did it feel to share positive affirmations with the group? Did you find it challenging or empowering?
- 2. Why is it important to acknowledge and celebrate our strengths and achievements?
- 3. How can positive self-talk influence our confidence and mindset?

Mindful Coloring

GAME MASTER DEBRIEFING CARD

- 1. What was your experience like while coloring mindfully? Did you notice any changes in your mood or focus?
- 2. How did focusing on coloring help you stay present in the moment?
- 3. How can incorporating mindful activities like coloring into our routine benefit our mental well-being?

Problem Solving Puzzles

GROUP CHALLENGE

CHALLENGE

Solve a series of puzzles as a team within a time limit.
Use critical thinking and teamwork to overcome obstacles and reach the solution.
The task is completed if the puzzle is completed in 15 minutes.

GOAL

Enhance problem-solving skills and collaboration in a fun and challenging setting.

Positive Affirmation Mirror

INDIVIDUAL CHALLENGE

CHALLENGE

Stand in front of a mirror and say three positive affirmations about yourself out loud.
Encourage others to do the same.
The challenge is completed when all players say at least one positive affirmation.

GOAL

Boost self-confidence and self-acceptance by verbalizing positive self-talk.

Mindful Movement

INDIVIDUAL AND GROUP CHALLENGE

CHALLENGE

Practice mindful movement exercises such as yoga or stretching.
Focus on your breath and body sensations as you move through each pose.
The challenge is completed when all players practice the movement exercises.

GOAL

Increase body awareness, flexibility, and relaxation through mindful movement practices.

Communication Challenge

GROUP CHALLENGE

CHALLENGE

Engage in a communication exercise where one player describes a picture or scenario to the group without revealing it.
The group must ask questions to guess what the player is describing.
The challenge is completed when the group reveals at least 3 pictures or scenarios.

GOAL

Improve active listening, clarity in communication, and understanding of non-verbal cues.

Goal Setting

INDIVIDUAL AND GROUP CHALLENGE

CHALLENGE

Set 2 personal goals for the week and outline specific steps to achieve them.
Share your goals with the group for accountability and support.
The challenge is completed when all players have let 2 personal goals.

GOAL

Develop goal-setting skills, motivation, and a sense of purpose by setting achievable objectives.

Problem Solving Puzzles

GAME MASTER DEBRIEFING CARD

- 1. How did your team approach solving the puzzles?
Did you find it challenging to work together or communicate effectively?
- 2. How did focusing on coloring help you stay present in the moment?
- 3. How can incorporating mindful activities like coloring into our routine benefit our mental well-being?

Positive Affirmation Mirror

GAME MASTER DEBRIEFING CARD

- 1. How did it feel to say positive affirmations about yourself in front of a mirror?
Did you experience any self-consciousness or resistance?
- 2. Why is it important to practice self-compassion and self-acceptance?
- 3. How can positive self-talk influence our self-esteem and overall well-being?

Mindful Movement

GAME MASTER DEBRIEFING CARD

- 1. What sensations did you notice in your body while practicing mindful movement exercises?
- 2. How did focusing on your breath and body sensations enhance your experience?
- 3. How can incorporating mindful movement practices into our routine improve our physical and mental health?

Communication Challenge

GAME MASTER DEBRIEFING CARD

- 1. What did you learn about communication from participating in this activity?
Did you encounter any challenges or breakthroughs?
- 2. How did active listening and asking questions help your team guess the picture or scenario?
- 3. How can effective communication skills strengthen relationships and resolve conflicts?

Goal Setting

GAME MASTER DEBRIEFING CARD

- 1. What goals did you set for yourself and why?
Did you find it challenging to define actionable steps to achieve them?
- 2. How can sharing your goals with others for accountability and support help you stay motivated?
- 3. How can setting and achieving goals contribute to our sense of fulfillment and well-being?

Stress Management

CHALLENGE

Navigate a virtual stress-inducing scenario as a team.

Identify triggers, brainstorm coping strategies, and support each other through the experience.

The challenge is completed when the team comes up with a solution for their scenario in 30 minutes.

GOAL

Build resilience and adaptive coping skills to manage stress and adversity effectively.

THERE ARE 6 SCENARIOS PRESENTED AS EXAMPLES, WITH QUESTIONS TO FACILITATE A RESOLUTION. THE GAME MASTER WILL CHOOSE THE RIGHT SCENARIO FOR THE GROUP. SCENARIOS ARE ANNEXED.

Deadline Pressure Scenario

SCENARIO

The team is tasked with developing a new product to meet a strict deadline. However, key team members unexpectedly fall ill, and crucial resources are delayed in transit due to logistical issues.

STRESSORS

Limited time, reduced manpower, supply chain disruptions, and increased risk of project failure.

CHALLENGES

Balancing quality and speed, reallocating resources effectively, and maintaining morale amidst setbacks.

Conflict Resolution Scenario

SCENARIO

A disagreement arises between two departments over resource allocation, leading to tension and hostility.

Both sides feel strongly about their positions, and communication has broken down.

STRESSORS

Divergent interests, breakdown in communication, escalating emotions, and potential impact on project outcomes.

CHALLENGES

Facilitating dialogue and understanding, finding common ground, and restoring trust and collaboration.

Crisis Management Scenario

SCENARIO

A cybersecurity breach compromises sensitive data, and the team must respond swiftly to contain the breach, assess the damage, and implement security measures to prevent further attacks.

STRESSORS

Urgency, potential reputational damage, legal implications, and pressure to safeguard data and systems.

CHALLENGES

Making rapid and informed decisions under pressure, coordinating cross-functional response efforts, and communicating effectively with stakeholders.

Unexpected Change

SCENARIO

The company announces a major organizational restructuring, resulting in layoffs and changes to team structures. Employees are anxious about their job security and uncertain about their roles in the new structure.

STRESSORS

Uncertainty, fear of job loss, changes in reporting relationships, and disruption to workflows.

CHALLENGES

Managing emotions and anxiety, adapting to new roles and responsibilities, and maintaining productivity during transition.

Resource Constraints

SCENARIO

A sudden budget cut severely limits the team's ability to execute their project. Additionally, key team members are reassigned to other projects, leaving the remaining team stretched thin.

STRESSORS

Financial constraints, understaffing, reduced capacity, and increased workload.

CHALLENGES

Prioritizing tasks, optimizing efficiency, and maintaining morale amidst resource limitations.

Stress Management

GAME MASTER DEBRIEFING CARD

1 How did you and your team members cope with the stress-inducing scenario? Did you find any strategies particularly helpful?

2 What did you learn about your individual and collective resilience during this simulation?

3 How can practicing stress management techniques learned in this activity benefit us in real-life situations?

Deadline Pressure Scenario

1 How can we reallocate tasks and responsibilities to accommodate for the absence of key members?

2 What alternative solutions can we explore to mitigate the impact of delayed resources?

3 How can we prioritize tasks and streamline processes to maximize efficiency without compromising quality?

Conflict Resolution Scenario

1 What are the underlying concerns and motivations driving each party's position?

2 How can we create a safe and constructive environment for open dialogue and conflict resolution?

3 What compromises or creative solutions can we explore to address the needs and interests of both departments?

Crisis Management Scenario

1 How can we quickly assess the extent of the breach and prioritize response actions?

2 What resources and expertise do we need to effectively contain and address the cybersecurity threat?

3 How can we communicate transparently and effectively with internal and external stakeholders to maintain trust and mitigate reputational damage?

Unexpected Change

1 How can we provide transparent communication and support to help employees navigate uncertainty?

2 What steps can we take to clarify roles and expectations in the new organizational structure?

3 How can we foster a culture of resilience and adaptability to help the team thrive amidst change?

Resource Constraints

1 How can we identify and prioritize critical tasks to focus our limited resources on?

2 What strategies can we implement to streamline processes and maximize productivity with a reduced workforce?

3 How can we support and motivate team members to maintain morale and engagement during challenging times?

Reflection Circle

INDIVIDUAL AND GROUP CHALLENGE

CHALLENGE

Reflect on a challenging experience or emotion you've faced recently. Share your insights, lessons learned, and strategies for coping with similar situations in the future.

The challenge is completed when each of the group members is sharing an experience.

GOAL

Foster self-awareness, emotional intelligence, and personal growth through reflective practice.

Peer Support Network

INDIVIDUAL AND GROUP CHALLENGE

CHALLENGE

Pair up with a partner and take turns sharing a personal challenge or concern.

Practice active listening, empathy, and offering support without judgment.

The Challenge is completed when all the participants share their personal challenges.

GOAL

Strengthen social connections, trust, and emotional support networks within the group.

Reflection Circle

GAME MASTER DEBRIEFING CARD

- 1. What insights or lessons did you gain from reflecting on a challenging experience or emotion?
- 2. How did sharing your reflections with others impact your understanding and processing of the experience?
- 3. How can regular self-reflection contribute to our personal growth and emotional well-being?

Peer Support Network

GAME MASTER DEBRIEFING CARD

- 1. How did it feel to offer and receive support from a peer during this activity? Did you find the experience validating or comforting?
- 2. What qualities or behaviors did you appreciate in your peer support partner?
- 3. How can building a supportive network of peers enhance our resilience and well-being?

FOR THIS CHALLENGE TO BE EFFECTIVE THE GAME MASTER WILL NEED TO PARTICIPATE AS ONE OF THE PLAYERS.

Core Values

INDIVIDUAL AND GROUP CHALLENGE

CHALLENGE

Reflect on your core values and beliefs. Identify three values that are most important to you and discuss why they matter in your life.

The Challenge is completed when all the players reflect on core values.

GOAL

Gain clarity on personal values, priorities, and guiding principles to make meaningful decisions and pursue authentic goals.

Aid for

Core values Challenge

Game Master can present a set of core values and beliefs that participants can reflect on and prioritize based on their personal values and principles.

Here are some examples of core values and beliefs.

COMPASSION

Showing empathy, kindness, and understanding towards others, especially those who are suffering or in need.

INTEGRITY

Acting with honesty, fairness, and moral principles in all interactions and decisions, even when faced with challenges or temptations.

RESILIENCE

Demonstrating the ability to bounce back from adversity, setbacks, or failures with determination, strength, and perseverance.

EMPOWERMENT

Supporting and encouraging others to realize their full potential, achieve their goals, and make positive changes in their lives and communities.

EQUALITY

Promoting fairness, justice, and equal opportunities for all individuals regardless of their race, gender, religion, or socio-economic status.

AUTHENTICITY

Being true to oneself, expressing one's thoughts, feelings, and beliefs honestly and openly, and embracing one's unique identity and strengths.

RESPONSIBILITY

Taking ownership of one's actions, decisions, and commitments, and being accountable for their consequences, both personally and socially.

COURAGE

Facing challenges, risks, and uncertainties with bravery, confidence, and determination, even in the face of fear or adversity.

GRATITUDE

Recognizing and appreciating the blessings, opportunities, and positive aspects of life, and expressing thanks to others for their support and contributions.

COMMUNITY

Valuing the importance of connection, collaboration, and mutual support within families, friendships, workplaces, and society at large.

Core Values

GAME MASTER DEBRIEFING CARD

1. What did you discover about your core values and beliefs through this exercise? Did anything surprise you?

2. How do your values influence your decisions, actions, and relationships?

3. How can aligning with our values contribute to living a meaningful and fulfilling life?

THE GAME MASTER CAN PROVIDE SOME EXAMPLES OF CORE VALUES AND BELIEFS THAT COME WITH THE GAME.

ΠΡΟΚΛΗΣΕΙΣ ΔΥΣΚΟΛΟΥ ΕΠΙΠΕΔΟΥ

Resilience Builder

GROUP CHALLENGE

CHALLENGE

Play a resilience-building game where players face simulated setbacks and obstacles.

Work together to brainstorm solutions, adapt, and overcome challenges.

GOAL

Enhance resilience, problem-solving skills, and optimism in the face of adversity.

The Challenge is completed if the task is done in 35 minutes.

Adversity on a Community Project

SCENARIO

The team is working on a community project aimed at revitalizing a local park.

However, they encounter unforeseen challenges such as inclement weather, vandalism, and permit delays, which threaten to derail the project.

ADDITIONAL INFORMATION

Despite setbacks, the team is committed to completing the project and delivering positive outcomes for the community.

However, morale is dwindling, and there are concerns about maintaining momentum amidst ongoing obstacles.

Recovery Efforts after Natural Disaster

SCENARIO

The team is part of a disaster response effort in a region devastated by a natural disaster (e.g., hurricane, earthquake).

They must coordinate emergency relief efforts, provide support to affected communities, and facilitate long-term recovery initiatives.

ADDITIONAL INFORMATION

The magnitude of the disaster and the scale of destruction pose significant challenges to the team's ability to deliver effective aid and support.

There is pressure to respond quickly while ensuring the safety and well-being of both responders and survivors.

Adaptation to Technological Disruption

SCENARIO

The team works for a company facing disruption from emerging technologies that threaten to make their current products or services obsolete.

They must navigate the transition to new technologies, retrain employees, and pivot their business model to remain competitive.

ADDITIONAL INFORMATION

The pace of technological change is rapid, and there is pressure to adapt quickly to stay ahead of competitors.

However, resistance to change and uncertainty about the future pose significant challenges to the team's ability to innovate and evolve.

Resilience Builder

GAME MASTER BRIEFING CARD

1. How did you and your team approach overcoming setbacks and challenges in the game?

Did you encounter any unexpected strategies or solutions?

2. What did you learn about your individual and collective resilience during this game?

3. How can practicing resilience-building skills learned in this activity help us navigate adversity and thrive in life?

THE GAME MASTER CAN USE ONE OF THE SCENARIOS.

Deadline Pressure Scenario

1. How can we rally the team to maintain motivation and focus despite the challenges we're facing?

2. What strategies can we implement to adapt to unexpected setbacks and keep the project on track?

3. How can we leverage our collective strengths and resources to overcome adversity and achieve our goals.

Deadline Pressure Scenario

1. How can we prioritize our response efforts to address the most urgent needs of affected communities?

2. What innovative approaches can we explore to overcome logistical challenges and deliver aid more efficiently?

3. How can we provide emotional support and build resilience among team members amidst the stress and trauma of disaster response?

Deadline Pressure Scenario

1. How can we foster a culture of innovation and experimentation to embrace technological disruption as an opportunity for growth?

2. What steps can we take to address employees' concerns and fears about job security and future prospects?

3. How can we leverage our existing expertise and resources to pivot our business model and capitalize on emerging opportunities in the market?