

# How to Play

2 to 4 Players | Ages 14 and up



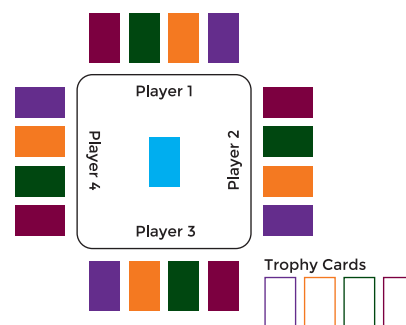
## Goal

Collect trophy cards each round to find out what's your wizard!

## Setup

1. Print out this pdf file on A4 size paper. 1 copy for page 1 to 4 and as many copies as your number of players for page 5-8.
2. Cut out the cards according to the dash line on the layout.
3. Read "Main Objectives", "How to Play", "Scorecard Template" and "Types of Reactions".
4. Distribute 1 set of reaction cards per player (31 cards in total)
  - a. 1 set = **1 Thought card**, **10 Behaviour cards**, **10 Emotion cards**, **10 Body cards**
5. Everyone can draw their own scorecard (see "Scorecard Template" for instructions) or use the Scorecard.
6. Shuffle the scenarios and place them at the center of all players
7. Each round of play begins when a new scenario is revealed. Choose a player to start. After the first round, players take turns moving clockwise placing a new scenario at the center each time.\*
8. Debrief card includes guiding questions for all players to discuss after playing the game, it is optional.

\*Whoever is revealing the scenario for that round does not have to play that round. instead, will be the decision maker on who gets the wizard cards.



## Playing the game

1. Each scenario features achievements or challenges from everyday moments to just for laughs.
2. First player reveals a scenario from the top of the pile.
3. Each player besides the first player will have to choose a card from each reaction that they feel best to represent the scenario from their perspective. This means choose 1 card from each reaction (For **Thought card**, there is only 1 card where you can think of your own thought of the revealed scenario, refer "Types of Reactions" for more info). There is no need to share with other players what you have chosen at this stage.
4. Once the players aside from the first player have all chosen their 4 cards, the players each take turn to share what they chose for each reaction. First, go around to share **Thought**, then the first player will be the one to decide which player gets the **Thought** wizard card and explain why that player deserves the wizard card. The player who receives the wizard card can note down on scorecard\*\* (refer to "Scorecard Template" for more details). Repeat this step for **Behaviour**, **Emotion** and **Body**.
5. Moving clockwise, the second player reveals the second scenario. Repeat steps 2-4 until all Scenarios have been revealed.


\*\*Please note a player can receive more than 1 wizard card in 1 round.

## After playing



1. At the end of the game, all players can review their scorecards. Everyone can label themselves as the wizard they collected the most (e.g. the wizard card I collected the most was behaviour, which means I'm a behaviour wizard!)
2. (Optional) Players have an option to use the guiding questions on the "Debrief Card" as conversation starters before ending the game

## Content

- 1-pager How to Play
- 1 Main Objectives Card
- 1 Scorecard Template
- 1 set of Scenario cards (20pcs in total)
- 1 set of Reaction Cards - Thought, Behaviour, Emotion & Body (31pcs in total)
- 4 Wizard Trophy Cards
- 1 Debrief Card



# let's break it down

Ever felt like you were in a situation and couldn't explain how you feel?

Sometimes it's easier to name them when you break it down!

This card game helps you to understand and explain your emotions, physical reactions, thoughts and behaviours for a range of situations. Learn more about yourself, your friends and family by imagining you find yourselves in some common and some more surprising scenarios in Hong Kong.

Please contact a mental health professional if you need more support.



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More about this game

Wellness Partner  
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## let's break it down

### Main Objectives

- Encourage a more focused approach to reflection which is good for mental wellbeing
- Opening the conversation about situations and how everyone may have different or similar reactions
- Improving the understanding of how different outcomes may work together and affect each other
- Highlight to others (e.g. parents) how everyone perceives situations and react differently



## let's break it down

### Types of Reactions

- **Thoughts:** Observe what is the first thought that come across your mind when you are in the scenario.
- **Emotions:** Notice what your feeling is when you put yourself into the scenario.
- **Behaviour:** Imagine yourself in this scenario, how would you react to this situation behaviourally?
- **Body:** Do you notice any physical symptoms?

### Scorecard Template

1. Each player has to keep track of how many times of each type of reaction shared in the game with the scorecard
2. At the end of the game, count the totals of each column. The highest total indicates which wizard(s) you are.
3. You are encouraged to take a photo with your wizard card and share with others.

Breaking it down: Which Wizard Are You?			
Thought	Behaviour	Emotions	Body
###II	III	###I	I
Total count of each card			



## let's break it down

### Debrief

- How do you feel about your wizard?
- What have you learned from this game?
- What is your favorite part of the game?
- Are you more aware of your thought process after playing the game? If so, why? If not, why?

let's  
break it  
down



let's  
break it  
down



let's  
break it  
down



let's  
break it  
down



let's  
break it  
down



Scenario

let's  
break it  
down



Scenario

let's  
break it  
down



Scenario

let's  
break it  
down



Scenario

let's  
break it  
down



Scenario

let's  
break it  
down

**Minibus  
driver starts  
driving  
before  
you have  
sat down**

Scenario

let's  
break it  
down

**Typhoon 8  
is hoisted  
on a  
school/  
work day**

Scenario

let's  
break it  
down

**A really  
humid and  
hot day  
without air-  
conditioning**

Scenario

let's  
break it  
down

**Spilt a  
bowl of  
curry all  
over my  
white shirt**

Scenario

let's  
break it  
down

**The person  
who used the  
bathroom  
before me  
emptied the  
last bit of  
toilet paper  
and did not  
refill it**

Scenario

let's  
break it  
down

**Awarded  
with a  
scholarship  
for my  
choice of  
university**

Scenario

let's  
break it  
down

**Volunteered  
at an animal  
shelter**

Scenario

let's  
break it  
down

**Stood up  
for a  
friend  
who was  
made  
fun of**

Scenario

let's  
break it  
down

**Practiced  
recycling  
for 3  
months**

Scenario

let's  
break it  
down

Practicing  
meditation  
daily

Scenario

let's  
break it  
down

My friend  
uploaded  
a photo of  
us on IG but  
I don't like  
how I look  
in it

Scenario

let's  
break it  
down

Felt  
pressured  
to do  
something  
I'm not  
comfortable  
with

Scenario

let's  
break it  
down

Left my  
phone in  
a taxi

Scenario

let's  
break it  
down

Found an  
injured  
stray dog

Scenario

let's  
break it  
down

Got sick  
on the day  
of an  
important  
interview

Scenario

let's  
break it  
down

My first  
thought was

(insert your own thought)

Thought

let's  
break it  
down

I didn't  
want to  
do it

Behaviour

let's  
break it  
down

Speaking  
very  
loudly

Behaviour

let's  
break it  
down

Cancelling  
last  
minute

Behaviour

let's  
break it  
down

I focused  
very hard

Behaviour

let's  
break it  
down

I was  
really  
involved

Behaviour

let's  
break it  
down

Laughing

Behaviour

let's  
break it  
down

I couldn't  
focus

Behaviour

let's  
break it  
down

I  
celebrated

Behaviour

let's  
break it  
down

I couldn't  
focus

Behaviour

let's  
break it  
down

I shared  
my  
feelings

Behaviour

let's  
break it  
down

Sad

Emotion

let's  
break it  
down

Happy

Emotion

let's  
break it  
down

Angry

Emotion

let's  
break it  
down

Excited

Emotion

let's  
break it  
down

Scared

Emotion

let's  
break it  
down

Anxious

Emotion

let's  
break it  
down

Agitated

Emotion

let's  
break it  
down



Emotion

let's  
break it  
down



Emotion

let's  
break it  
down



Emotion

let's  
break it  
down



Body

let's  
break it  
down



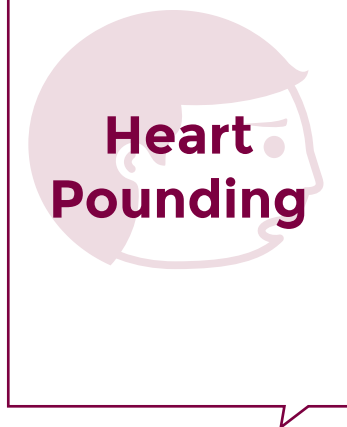
Body

let's  
break it  
down



Body

let's  
break it  
down



Body

let's  
break it  
down



Body

let's  
break it  
down



Body



let's  
break it  
down

**Body Ache**

**Body**

let's  
break it  
down

**Tight  
Chest**

**Body**

let's  
break it  
down

**Headache**

**Body**

let's  
break it  
down

**Lump  
in Throat**

**Body**

**Scorecard**

Breaking it down: Which Wizard Are You?			
Thought	Behaviour	Emotions	Body
Total count of each card			

Please read scorecard instruction before using this card.