HOW TO PLAY

THE EMOTIONAL INTELLIGENCE GAME

A Few words about the game…

This is a board game, based on various cards describing life situations full of emotions (positive and/or negative). It is designed for adolescences and adults and offers an engaging and insightful experience that fosters emotional awareness and connection.

What's included….

4 sets of cards:

- 16 **emotion** cards
- 24 **situation** cards
- 6 **context** cards
- 15 **strategy** cards

Why did we create this game?

By cultivating emotional intelligence, we gain the capacity to regulate our emotions in a healthy way in order to respond empathetically to the emotions of others and to take sound decisions based on a holistic understanding of emotional experiences.

Some final words…

Just remember, there is no 'winner' or 'loser' in our game; simply enjoy the 'ride' through all of your and other peoples emotions!!!



The game is modeled around the popular Mood Meter tool, which has four distinct color zones:

Red Zone: it represents high-energy, intense negative emotions like anger or envy. It serves as an alert to pay attention to your emotional state and to take the necessary steps to calm down.

Yellow Zone: it embodies a mix of positive emotions, indicating a state of elevated energy and moderate intensity. It includes feelings such as excitement, happiness, joy, or anticipation.

Blue Zone: it encompasses low-energy negative emotions, like sadness or disappointment. It indicates a need for self-care and support.

Green Zone: this is the ultimate destination, the green zone, representing positive and low-energy emotions such as satisfaction, contentment, or tranquility. It reflects a state of emotional well-being and balance.

The goal of the game is to guide you to the ultimate emotional destination—the green zone—by using the 16 emotion cards, which reflect the emotions of three color zones (red, yellow, and blue): joy, sadness, anger, fear, surprise, disgust, love, guilt, shame, excitement, aggression, anxiety, boredom, envy, hate, and loneliness.

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1. Set up the game by shuffling the cards and placing them face-down in a stack.

2. The players take turns in drawing a card from the stack.

3. The card reveals an emotion, such as joy, sadness, anger, fear, or surprise.

4. The Players then discuss and share the needs that arise from that emotion.

5. Encourage open and honest conversations about personal experiences and how these emotions manifest in different situations.

6. The Players can share their strategies for fulfilling these needs or offer support and advice to others.

7. The game continues, with the players taking turns in drawing cards and exploring the emotions and needs they represent.

8. The game can be played for a set number of rounds or enjoyed as an ongoing activity for deeper emotional exploration.



There are **24 situation cards**:

QUARREL OF GOOD FRIENDS – you and your good friend went for coffee as you needed to discuss a project together. Suddenly you started to have a quarrel.

UNEXPECTED EVENT ON A TRIP – you went on a trip, and something completely unexpected has happened there.

OVERLOADED LIFT – you are accommodated in a hotel, and when you get on a lift with another guest, the lift does not run. It says it is overloaded.

THE COAT SHRUNK – you come to a drycleaner, and you find out your coat has shrunk.

LOST ON JOURNEY – you went on a trip with your friend, and you have got lost.

FLAT TIRE – you went on a trip, and your bike has had an accident, a flat tire. It is getting late, and it starts raining heavily.

A HOLE IN A SOCK – you go for a visit, and a visitor asks to take off the shoes.

SALTY MEAL FOR A FAMILY – it is Sunday, a day when you have lunch together as a family, and you have added to too much salt into the meal.

MESS IN A WORKING PLACE – you come to work in the morning, and you find your office in a great mess.

COLLEAGUE´S NAME FORGOTTEN – you have a new colleague/classmate in the organization/school, you have already been introduced to, but you have forgotten her name. You need to ask her for help.

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FATHER´S CAR CRASHED – you have borrowed your father´s new car that you wanted to show to your friends. Suddenly you crash the car into road barriers.

MISTAKEN CARNIVAL DATE – you are looking forward to a carnival party at school/office as you already know what you would like to dress up as. . That day arrives, and you dress up for carnival. When you come to school/office, you suddenly find out that you have mixed up the days.

SHAME IN SOCIAL MEDIA – you have your profile on Instagram, as you are scrolling through it, you find out someone has changed your profile, and s/he is making fun of you there.

SUCCESSFUL PROJECT VERSUS FIRING – your boss has called you into his/her office where s/he fires you . As you are leaving work, your colleagues/friends have learned that they have won a great project.

NOT MY MISTAKE…OR? – your boss calls you into the office to tell you s/he has found a mistake in the papers your office had given him/her. You swear you have done everything correctly. Later on you find out, that you and your secretary had submitted a wrong version of the materials.

NOT READY FOR THE PRESENTATION – you have been preparing your presentation for school/work for several days as you expect to present it in a week's time. Suddenly your teacher/boss asks you to present your project as the due date would have been today.

CHEWING GUM ON A TEACHER´S CHAIR – you want to play a trick on your teacher/boss, and you put your chewing gum on his/her chair.

MISTAKENLY SENT INAPPROPRIATE EMAIL – you are sending a lot of e-mails as you are very busy. Meanwhile you are writing to your dear one, and accidentally you sent your intimate e-mail to all your classmates/official partners.

COFFEE SPILLED ON THE BOSS´S LAPTOP – you want to take a notebook from your teacher/boss´s table as s/he has asked you to, and you suddenly spill coffee on his/her laptop.

FORGOTTEN MOTHER´S BIRTHDAY – you are very busy, and you come home after one hustling day when you find out that it is your mom/wife/friend's birthday.

BADLY AIMED BALL – you are having break at school/work, and you love to play ping-pong during these breaks. As you are playing a match, your ball hits your boss/teacher´s bald head.

NO MONEY TO PAY DINNER – you have invited your family/friends/colleagues to a dinner. You have enjoyed the dinner together, and it is time to pay for the dinner. Suddenly you find out that you have forgotten your wallet with money and also with your credit cards.

MISTAKEN PREGNANCY CONGRATULATION – you have been watching your friend/colleague for a longer time as she has been getting more rounded in her belly part, and you know she wants to have a baby. So you start to congratulate her on becoming a mum soon. Later on you find out from another colleague/friend, she is not pregnant yet.

MISSED FLIGHT – you are looking forward to your summer holiday as you deserve it after working very hard. You have gotten to the airport when you suddenly find out that you have missed your flight to your holiday destination.

+ 2 EMPTY SITUATION CARDS – two empty cards can be used by the players to think about their own typical situation evoking any emotion.

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1. Set up the game by shuffling the cards and placing them face-down in a stack.

2. The players take turns in drawing a card from the stack.

3. The card shows a situation which possibly reveals an emotion in the player.

4. The player identifies the emotion/s in that situation and relates it/them to his/her needs.

5. Then all players discuss and share the needs that arise from that emotion in that concrete situation.

6. Encourage open and honest conversations about personal experiences and how these emotions manifest in different situations for different players.

7. Players can share their strategies for fulfilling these needs or offer support and advice to others.

8. The game continues, with the players taking turns in drawing cards and exploring the emotions and needs they represent.

9. The game can be played for a set number of rounds or enjoyed as an ongoing activity for deeper emotional exploration.



There are **6 context cards**:

ONLY YOUSELF

FAMILY

FRIENDS

COLLEAGUES

COMPETENT PERSON (someone who a player considers to be a competent authority),

INCOMPETENT PERSON (someone who a player considers to be an incompetent authority)

+ MY OWN CONTENT - two empty cards can be used by the players to think about their own content.

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1. The next stage of the game continues with shuffling the situation cards and the context cards and placing them face-down in each separate stack (you can also choose to retain the same context card throughout the game).

2. The players take turns in drawing a card from both stacks.

3. The player identifies the emotion/s in the situation card and relate it/them to his/her needs.

4. The Players then identify how the emotion/s change because of that context card.

5. The Players discuss and share the needs that arise from that context card.

6. Encourage open and honest conversations about personal experiences and how these emotions manifest in different situations for different players.

7. The Players can share their strategies for fulfilling these needs or offer support and advice to others.

8. The game continues, with the players taking turns in drawing cards and exploring the emotions and needs they represent.

9. The game can be played for a set number of rounds or enjoyed as an ongoing activity for deeper emotional exploration.



There are **15 strategy cards**

Coping skills help us to tolerate, minimize, and deal with different stressful situations in life.

15 coping strategy cards illustrated as a typic behavior of a certain animal enables a better understanding of the strategy. There are problem-focused stratgies, emotion focused strategies and other strateties. All these types of strategies can be devided in engaged (refer to individual attempts made to change a stressful situation or one's reactions to it) and disengaged (refer to individual endeavors to escape a stressor and include attempts to avoid the stressor and thoughts about the stressor) strategies:

- **Problem-focused strategy** addresses the situation that caused the stress directly by focusing on the issue.

ENGAGED STRATEGIES:

PROBLEM SOLVING – it is the process or an act of finding a solution to a problem or achieving a goal by overcoming obstacles, problems, issues etc.

COGNITIVE RESTRUCTURING – a way to change an individual´s thinking used for stress management. The aim is to replace stress-producing thoughts (cognitive distortions) with more balanced thoughts that do not produce stress, e.g. it is used to reframe the unnecessary negative thinking into more positive or neutral one.

DISENGAGED STRATEGIES:

PROBLEM AVOIDANCE – it is a way of trying to avoid stressors rather than dealing with them.

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WISHFUL THINKING – an attitude or belief that something you want to happen, will happen even though it is not likely or possible.

➲ **Emotion-focused strategy** is a way to deal with feelings of distress, and not with the actual problem of the situation.

ENGAGED STRATEGIES:

EXPRESSING EMOTIONS – an individual communicates consciously as well as unconsciously an emotional state or attitude by verbal or nonverbal behavior.

SOCIAL SUPPORT – it is the physical and emotional comfort given to an individual by his/her family, friends, colleagues, co-workers and others by giving him/her the knowledge of being part of a community of people who love and care for him/her, value and think well of him/her.

DISENGAGED STRATEGIES:

SELF-CRITICISM – it is a tendency to engage in negative self-evaluation resulting in feelings of worthlessness, failure, and guilt when expectations are not met.

SOCIAL WITHDRAWAL – it is avoiding people and activities that an individual would usually enjoy, e.g. social isolation.

Other strategies:

ENGAGED STRATEGIES:

BREATHING EXERCISES

ACCEPTANCE – general acceptance of the situation as it is satisfactory or right.

DISENGAGED STRATEGIES:

CATASTROPHIZING – when someone focuses on the worst that can ever happen. It covers magnifying small problems and thinking about it as the worst situation ever, the consequences of a situation will be the worst possible ever to happen.

RUNNING IN CIRCLES – the repetitive, usually negative, thinking or focusing on negative feelings and distress and their causes and consequences.

EMOTION SUPPRESSION – it happens when uncomfortable thoughts and feelings are pushed out of mind.

BLAMING OTHERS – attributing an individual´s problems, failures, shortcomings, mistakes, and misfortunes to others in order to protect himself/herself.

DISTRACTION– an individual´s attention is taken away from what s/he needs to do when s/he is performing a task/is responding to a situation.

+ MY OWN STRATEGY CARD - two empty cards can be used by the players to think about their own trategy.

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1. The next stage of the game continues with shuffling the situation cards and the coping strategy cards and placing them face-down in each separate stack (you can also choose to retain the same situation card throughout the game).

2. The players take turns in drawing a card from both stacks.

3. The player identifies the emotion/s in the situation card and relates it/them to his/her needs.

4. The Players think about the various possibilities with regards to how this situation or the emotions evoked in this situation can be coped with. Share it in a discussion.

5. Then players think about the chosen coping strategy cards. Discuss whether it is aimed at dealing with the emotion/s, and fulfilling the needs or it is aimed at the problem itself.

6. Encourage open and honest conversations about personal experiences and how those emotions manifest in different situations for different players.

7. The Players can share their strategies for fulfilling these needs or offer support and advice to others.

8. The game continues, with the players taking turns drawing cards and exploring the emotions, needs and strategies they represent.

9. The game can be played for a set number of rounds or enjoyed as an ongoing activity for deeper emotional exploration.

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