Cards

CALMD
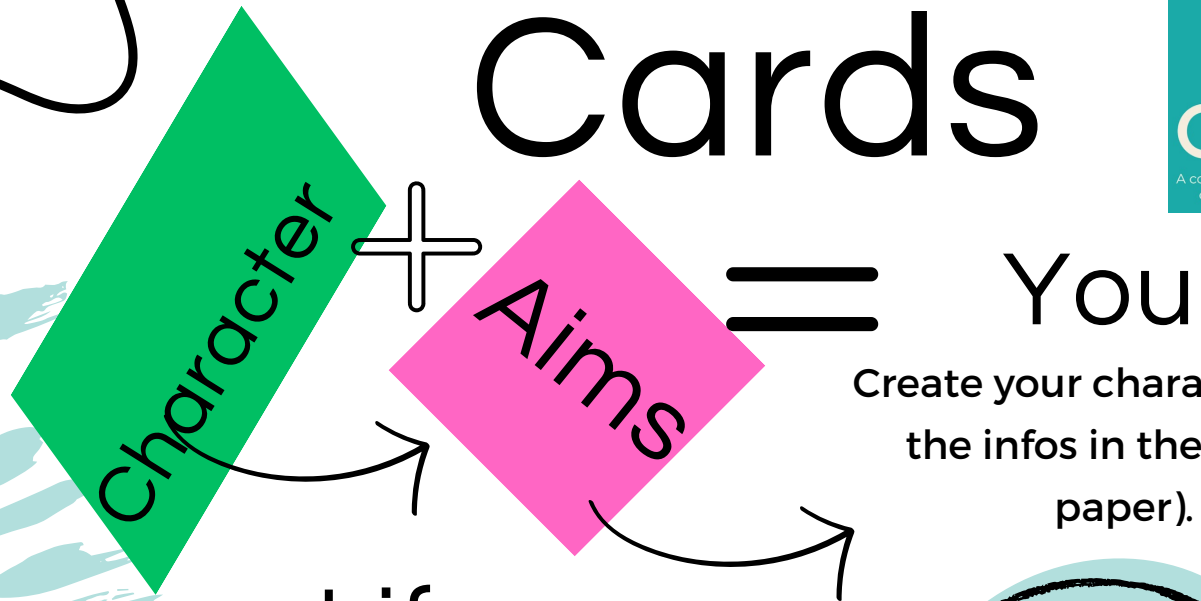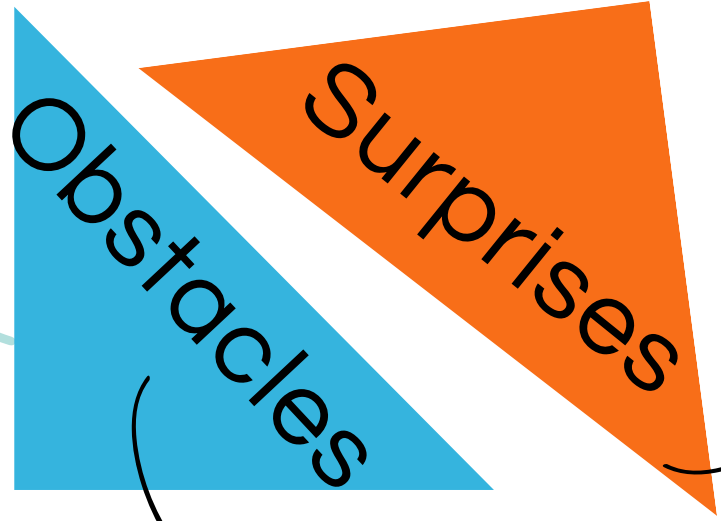A comprehensive kit for social inclusion of people with mental disabilities

Character + Aims = You

Create your character (read the infos in the "steps" paper).
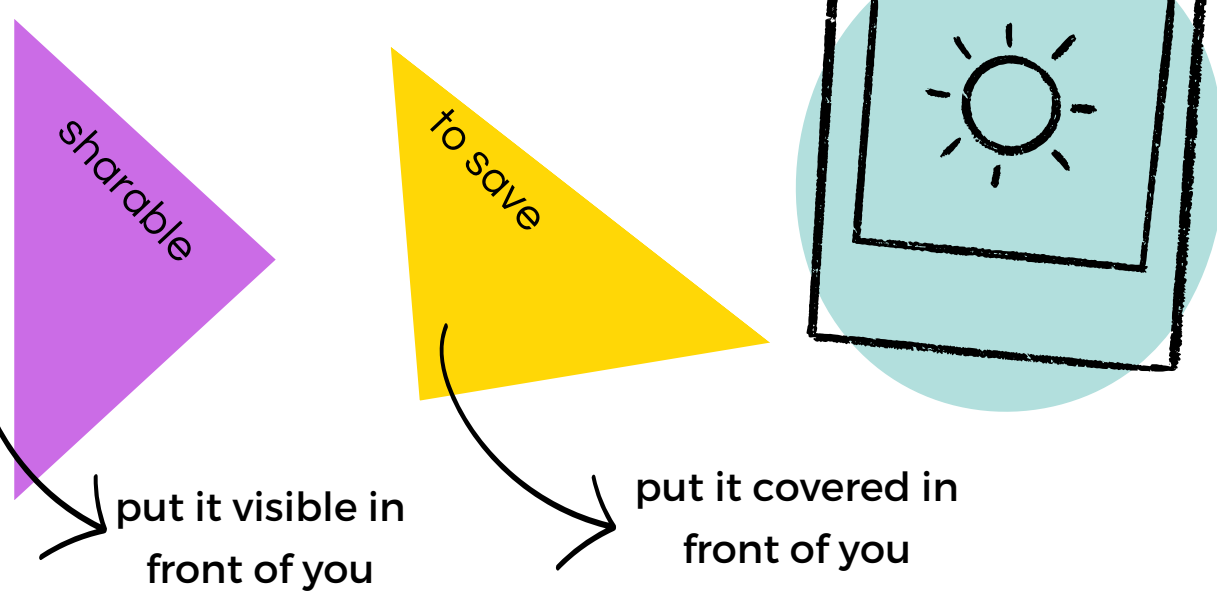
Life

Each Card earns you 1 point.
If the story told in the card is too far from you character life, place it back into the bunch and take another one.

Read it, discuss it in your team and/or with the other players

Obstacles

Surprises

Do what the card suggest to do as your character would do

Objects

sharable

to save
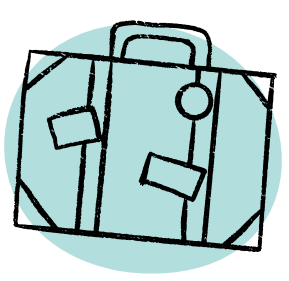
put it visible in front of you
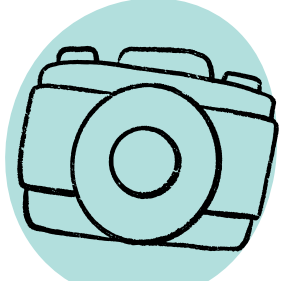
put it covered in front of you

If you invert, and make visible the objects to save (yellow) and cover the objects shareble (violet), you have to put the card in the bunch!

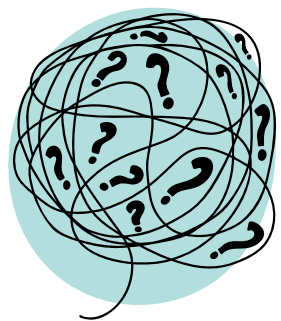## Resources

You have to balance them!

Money

Time

POSITIVE BUNCH
Energy
Relations
Happiness

NEGATIVE BUNCH
Sadness
Frustration

Always 1 Time card more than the total number of Money cards

Always 1 card from the positive bunch more than the total number of cards in the negative bunch

IMPORTANT: if ALL the players will be without enought resources to exchange, during the exchange moment, they can take one resource per each from the bank!