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

# Steps

## 1. Every player will receive 6 cards

Surprises

objects shareble

objects to save

AIMS

Obstacles

Resources
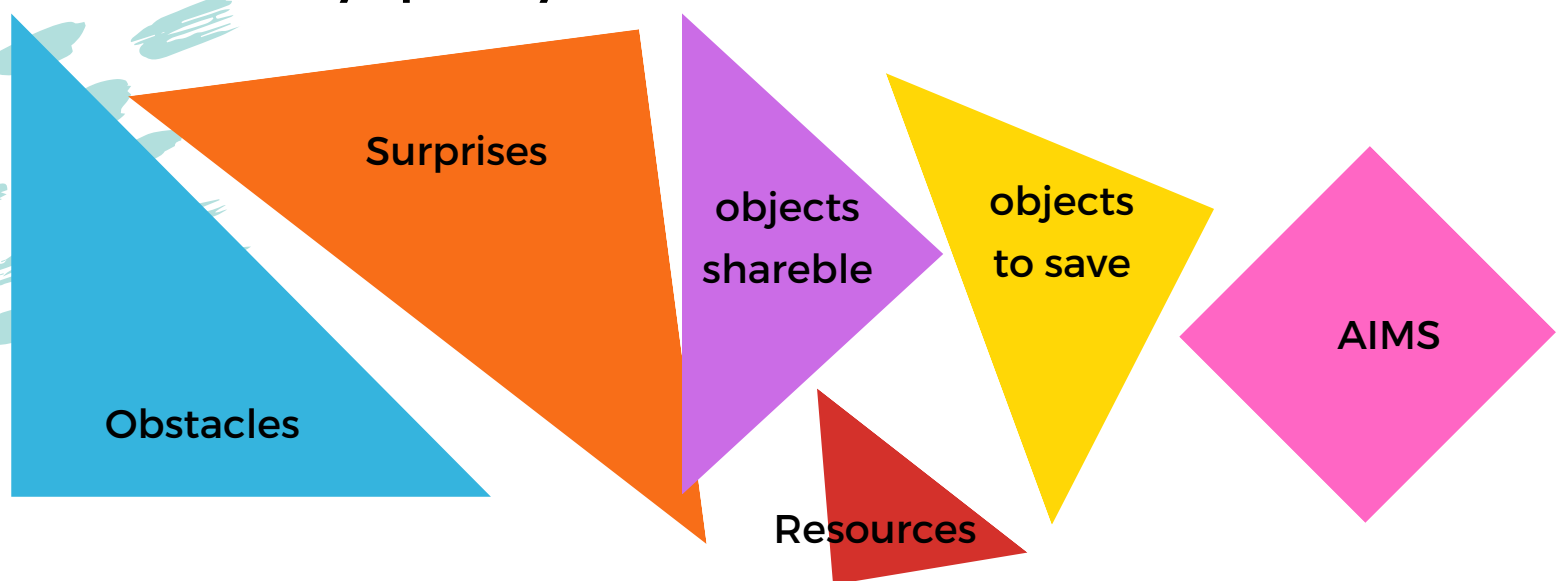
**You can play as a team or alone. The maximum number of players/teams could be 4., We suggest to play in teams composed by 2 people each.**

## 2. Create your character

Write on a paper:

- Name, age, gender
- A little bit of story: tell us something happened to him/her in the past
- One thing he/she like
- one thing he/she dislike
- integrate the AIM you will receive in your character story
- integrate the surprise and obstacle card description in your character story

Write the name of your character on the back of this card, using a pencil. Put the card in front of you, as everybody could remember your character name, and call you with this name during the match.

## 3. Roll the dice and start!

Create a dice with the facetes colored as the game cards, unless the green card. Each color correspond to the card to take once you roll the dice. Only the pink (corresponding to the card "aim")  is meant to be the "exchange moment" this is the moment to balance the resources exchanging cards with the others!

READ CAREFULLY THE PAPER "CARDS" TO UNDERSTAND THE RULES

## 4. Time, game aim and scoring

- The game last maximum 10 rounds. Each round corrisponding to 1 week of life of your character.
- The aim of the game is to have as much points as possible.
- The scoring: each card is one point, you can lose the cards "objects" if you don't save its or share its correctly. Also the resources are fundamental: if you have not a balanced frame of resources you lose all your points of the red cards (it means you can't count those cards as points).
- Finally, **count the points and create your own personal tangram picture of your character life!**