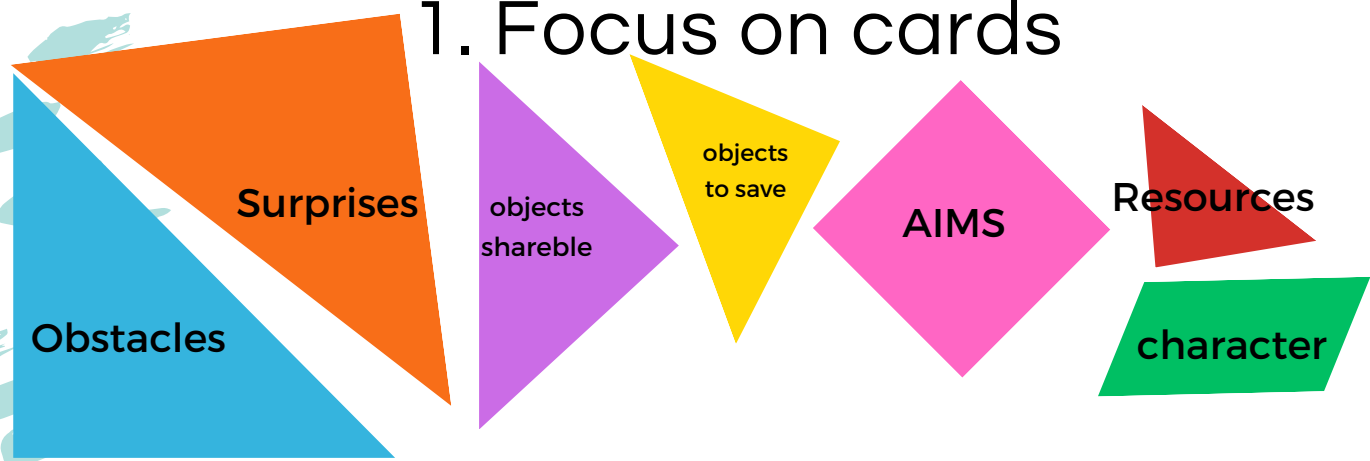


Tips for professionals

1. Focus on cards



Each of those cards are meant to be the opportunity to reflect on life situations. "Surprises" or "obstacles" that can occur, have different challenges on the base of the personal life story. Some behaviours are important, in order to not be in dangerous situations or to solve problems (objects to save).

There are also some behaviours that can help you in be more involved in social relations online and off line (objects to share).

The resources that each human being have, are internal and external. The **internal** could be positive (energies, relations, happiness) or negative (frustration and sadness) but both have to be experienced in life. For example: to come out from a sad moment give you a lot of new skills but you need relations or energies to do it. Those emotional experiences need to be balanced and, as a "ideal" situation is better to have at list one positive internal resource more than the negative ones experienced.

The external resources are "money" and "time". To have money, of course you need to work and is a good thing to do but work, in an "ideal" situation, have to leave you the "time" to have other experiences. So, also in this case the balance is possible if the "time" card is at least, one more than the "money" card. If you have more money than time it means that stressful situation are occurring.

The choosed "aims" putted in the cards are the most general and common life project of someone and are related to an inndependent life framework. They are simple, is your scope to adapt it to the life of the character created.

If playing the game you could like to add some "life situations" or "objects" to share and to save, please send us an email to: duepuntiassociazione@gmail.com we will be glad to add it in the second release of the game!

2. The creation of the character



This is a really important moment. This is a really important moment. Usually, participants project something of their life, or of parts of lifes people well known. Is important to create a story as much realble as possible and to reflect on how the character will behave. This is meant as an exercisce of empathy but also logical competences are involved. Take your time in the beginning of the game to create and share the stories: is important that the participants will know the stories because the game should support the cooperation between them. During the game, for example, when surprises and obstacle occur, the participants have to read it loudly and share their opinions on what happening to them; the other players could intervene and support in the reflection.

3. Who wins?

The winners are the ones who have their personage satisfied of his/her life. The scoring give you the idea of how much you reached the aim you had in the beginning.

Each card is one point but the game try to subtract to you off resources or objects points.

Subtracting of "resourses" points: if you have not the resources balanced at the end of the 10 rounds, you lose all your resources points. In this sense, is really important to use the "exchange moment" (when the pink on the dice appear!) and help each other in balance the resources! In life, you can reach your goals but if you have not a calm and balanced life because, for example you are too stressed or you have not good relations, you feel distressed and not satisfied.

Subtrating of "objects" points: if you don't manage properly the objects it means that you misunderstand some important behaviour in life that help you some situations. Every object putted back in the bunch is a point lost. In real life, if for example, you show the pin of you credit card, you can incur in dangerous situations, so is better to remember to save always for yourself this code.

Finally, remember that this game is created for people with different level of mental disabilities, so you could find different level of complexity. The best is to play it in couple of one professional and one person with mental disabilities and reduce the number of rounds according to the concentration possibilites of the participants. It will be fun and fruitful!

4. Why the tangram tiles?

The tangram is a chinese game and the aim of the game is to create images with the 7 tiles (named TAN). The chinese name means "the seven stones of wisdom", The leggend says that a a monk would give a disciple a square of porcelain and a paintbrush.to paint on it all the beauties he encountered. Unfortunately, such a porcelain square fell and broke and the disciple found himself with 7 separate pieces. But this did not demoralize him; on the contrary, he realized that even in this way he could best represent the world. The important thing was to be able to put such pieces together in the right way. The game is aimed to communicate that a good life as not a specific shape but should be meanfull and well shaped in many different ways.

Is important also to have fun, in the end of the game, creating images with the tiles: your own personal representation of a good life. You can use some online resourses to have the images to copy or you can create some original ones. You can also to a big common square, or squares mixing the tiles of the participants.