



FELLOWSHIP

Project Number: 2022-2-DE04-KA220-YOU-000099970

**Board Game for Fostering Emotional Intelligence and
Social Skills in Youth Work**

MANUAL



FELLOWSHIP

BACKGROUND

The ***FELLOWSHIP Board Game on Improvement of Emotional Intelligence*** is a cooperative game where players have to cooperate in order to face the challenges of the game. The goal of the game is to support youth professionals (e.g., youth workers, youth trainers/facilitators, mentors of ESC, volunteers) in engaging youth to improve their emotional intelligence, working together in teams to complete a series of engaging challenges geared toward enhancing **visual memory**, **auditory memory**, and **decision-making skills** in children.

The cooperative teamwork game has positive psychology effect on youths, allowing players to learn soft skills such as collaboration, self-esteem, critical thinking, and so on. The final version of the game will be made available in English as well as German, Greek, French and Bulgarian.

The ***FELLOWSHIP Board Game on Improvement of Emotional Intelligence*** is available as a printable PDF file, which is freely available to download from the website of the project. The game's availability in various languages as a free download will enable its transferability in Europe and worldwide.

RULES OF THE GAME

Number of players: from 3 to 6

Requirements

- ☐ Printable board
- ☐ 1 di
- ☐ Game pieces of your choice (action figures work great!)
- ☐ Timer (e.g., smart phone timer)
- ☐ Paper & pen

Game dynamics

Each player (e.g., player 1) throws a di to help select the other player (e.g., player 2) to play the game with, as this is a cooperative board game.

If you roll a number...

...*from 1 – 2*: Play with player on your right

...*from 3 – 4*: Play with player in front

...*from 5 – 6*: Play with player on your left

Each team throws the single di and moves ahead on the board by that number of spaces. According to the colour of the board, a small challenge will be played.

Flip the page to check out the challenges!

LIST OF GAMES (ACCORDING TO THE COLOUR OF THE BOARD)

Red – Word (Job) Guessing Through Mimicry (Visual Memory)

The players who don't play this round write down on a paper a specific job title.

Player 1 mimics ("acts out") the job role while player 2 try to guess what it is.

Time: 30 seconds

If guessed right, both players move on the board by 2.

Green – Word Pattern (Auditory Memory)

Players 1 and 2 complete the following word pattern up until the 7th pattern. If failed, they start again.

1. One Duck, Two Legs, Quack
2. Two Ducks, Four Legs, Quack Quack
3. Three Ducks, Six Legs, Quack Quack Quack
4. Four Ducks, ...

Time: 45 seconds

If done, both players move on the board by 2.

Blue – Coincidence (Auditory Memory)

Players 1 and 2 count until 3 and say simultaneously the first word that comes to mind. Then, they continue to count to three and say words that connect the two previous words spoken out loud. They repeat this process until the same word is called out by both players.

Time: 20 seconds

If done, both players move on the board by 2.

Yellow – Word Chain (Auditory Memory)

The word chain is a kind of vocabulary game that is played by using the last letter of the previous word to be the beginning of the next word. Example: love, eat, tea, apple, ear, room, monkey.

Time: 30 seconds.

Divide the number of words identified by 3 and both players move ahead on the board by this figure.

Purple - Alphabet Game (Auditory Memory)

Player 1 rolls the di again to choose the category of words to be used.

1: Job titles

2: Movies

3: Countries

4: Food

5: Animals

6: Things you can wear

Players 1 and 2 say a list of names of jobs/movies/countries/food/animals/furniture from A to Z.

Time: 30 seconds.

Divide the number of letters reached by 3 and both players move ahead on the board by this figure.

Pink – Emotions Guessing via Mimicry (Visual Memory)

The players who don't play this round write down on a paper the name of an emotion/feeling, that is not joy, sadness, fear, anger, disguise.

Player 1 mimics the emotion/feeling, so that player 2 has to guess.

Time: 30 seconds

If guessed, both players move on the board by 2.