

THE MANUAL

FELLOWSHIP



DIGITAL SERIOUS GAME FOR FOSTERING EMOTIONAL INTELLIGENCE AND SOCIAL SKILLS IN YOUTH WORK

Welcome to the FELLOWSHIP Digital Serious Game on Emotional Intelligence, a key outcome of the Erasmus+ KA220-YOU-95BBAA97 FELLOWSHIP project! This engaging game is designed to enhance your emotional intelligence (EI) through fun and interactive activities focusing on emotional awareness, regulation, empathy, and social skills.

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 FELLOWSHIP Digital Serious Game is a fun, interactive, and educational tool designed to assess and develop Emotional Intelligence (EI) in young people and youth professionals.

Think Angry Birds meets personal growth: You knock down structures using a slingshot, but instead of just smashing blocks, you unlock insightful EI questions that help you reflect on your emotional awareness, empathy, regulation, and more.

Who Can Play?

- Target Group: Young people, educators, volunteers, youth workers, facilitators
- Age Range: Teenagers & up (no upper limit!)
- Group Size: Solo or use it as part of a group learning session

- **Requirements:**

- Stable internet connection
- 10–20 minutes to play
- Complete both EI Questionnaires:
 - [Pre-game Questionnaire](#)
 - Post-game Assessment is shared at the end of this manual



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Game Dynamics

Game Setup

- You control a character with a slingshot.
 - Launch stones to hit and destroy structures.
 - Hidden inside each structure are question blocks (?)—each contains an EI-related question.
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Let's Play: Step-by-Step

1. Start with the Pre-Game Questionnaire
2. Understand your current emotional strengths.
3. Launch the Game
4. Head over to <https://fellowship-project.eu/game/> and press Play.
5. Aim & Shoot
6. Use your mouse or touchscreen to aim your slingshot. Hit as many ? blocks as you can.
7. Answer Questions
8. Each question tests your understanding of an EI domain like empathy, regulation, or self-awareness.
9. Reflect Mid-Game
10. Think about how you're reacting emotionally. Frustrated? Focused? Confident?
11. Finish All Questions
12. There are 20 in total. Try to get through them all with as few stones as possible.
13. Post-Game Questionnaire
14. Reassess your EI and compare results. See how the game influenced your awareness!



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Reflection & Analysis

After playing, take time to reflect either individually or as a group.

Personal Reflection

- What question challenged you the most?
- Did the gameplay affect how you answered?
- Did you notice any emotional patterns (e.g. getting nervous under pressure)?

Use this time to talk about experiences. Sample questions:

- “Which emotions did you feel while playing?”
 - “Did anyone’s answer surprise you? Why?”
 - “How do we apply these insights in real life?”
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Discussion Questions

1. Self-Awareness

- What emotions did you feel when you missed a shot?
- Did any question make you rethink your emotional habits?

2. Self-Regulation

- How did you handle pressure in the game?
- Did you adapt your strategy after making mistakes?

3. Motivation

- What drove you to finish the game—curiosity, competition, improvement?

4. Empathy

- Were you able to relate to the scenarios in the questions?
- Which question made you think about someone else’s emotions?

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Learning Outcomes

After the game, players will be able to:

- Recognize and name key emotions
 - Reflect on emotional triggers and behaviors
 - Practice empathy in scenarios
 - Evaluate their ability to regulate and respond to emotion
 - Make connections between emotional skills and real-life relationships
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The FELLOWSHIP Digital Serious Game is more than just a fun activity—it's a cleverly designed experiential learning tool that actively builds and strengthens Emotional Intelligence (EI). Here's how it works:

How This Game Develops Emotional Intelligence

1. Self-Awareness

"What am I feeling right now?"

- Each question encourages you to reflect on personal emotions, reactions, and internal thoughts.
- In-game frustration (missing a shot, running out of stones) creates real-time emotional responses.
- Players become more aware of how they manage performance and emotion under pressure.

Example: You answer a question about recognizing your own stress triggers right after missing several shots—connecting gameplay to real emotions.



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2. Self-Regulation

"How do I manage what I feel?"

- Limited resources (stones) and escalating difficulty challenge players to stay calm, focused, and adapt.
- Answering EI questions requires thoughtful reflection even while engaging in a fast-paced game.
- Encourages pausing before reacting, an essential regulation skill.

You practice patience while figuring out the best strategy and maintaining composure when things don't go as planned.

3. Empathy

"How well do I understand others?"

- Questions often present emotional scenarios involving other people.
- You must step into someone else's shoes to answer correctly.
- Builds perspective-taking and emotional understanding—especially in culturally diverse settings.

Example: A question might ask, "How should you respond if a friend suddenly becomes withdrawn?"

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POST-GAME ASSESSMENT

Self-Assessment (Likert Scale: 1 = Strongly Disagree → 5 = Strongly Agree)

“After playing the game...”

1. I am more aware of how I react to emotions during challenges.
2. I was able to recognize specific emotions I experienced while playing.
3. I felt encouraged to reflect before answering the EI questions.
4. The game helped me understand how emotions affect decision-making.
5. I stayed calm and adjusted my strategy when things didn't go well.
6. I considered other people's feelings when answering scenario-based questions.
7. I feel more confident in managing my emotions in stressful situations.
8. The game made me think about how I can support others emotionally.
9. I gained insight into my strengths and areas for improvement in EI.
10. I would recommend this game as a fun way to develop emotional skills.

Compare with Pre-Game State

11. Do you feel your understanding of Emotional Intelligence has improved after playing?
12. If yes, what has changed for you the most since the pre-questionnaire?



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