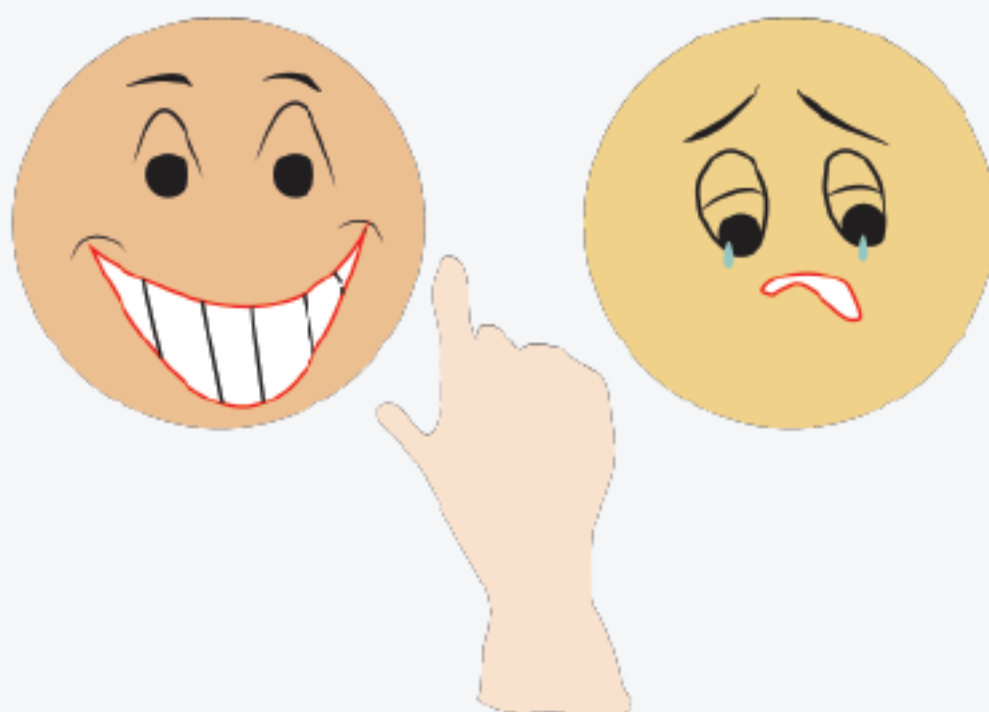




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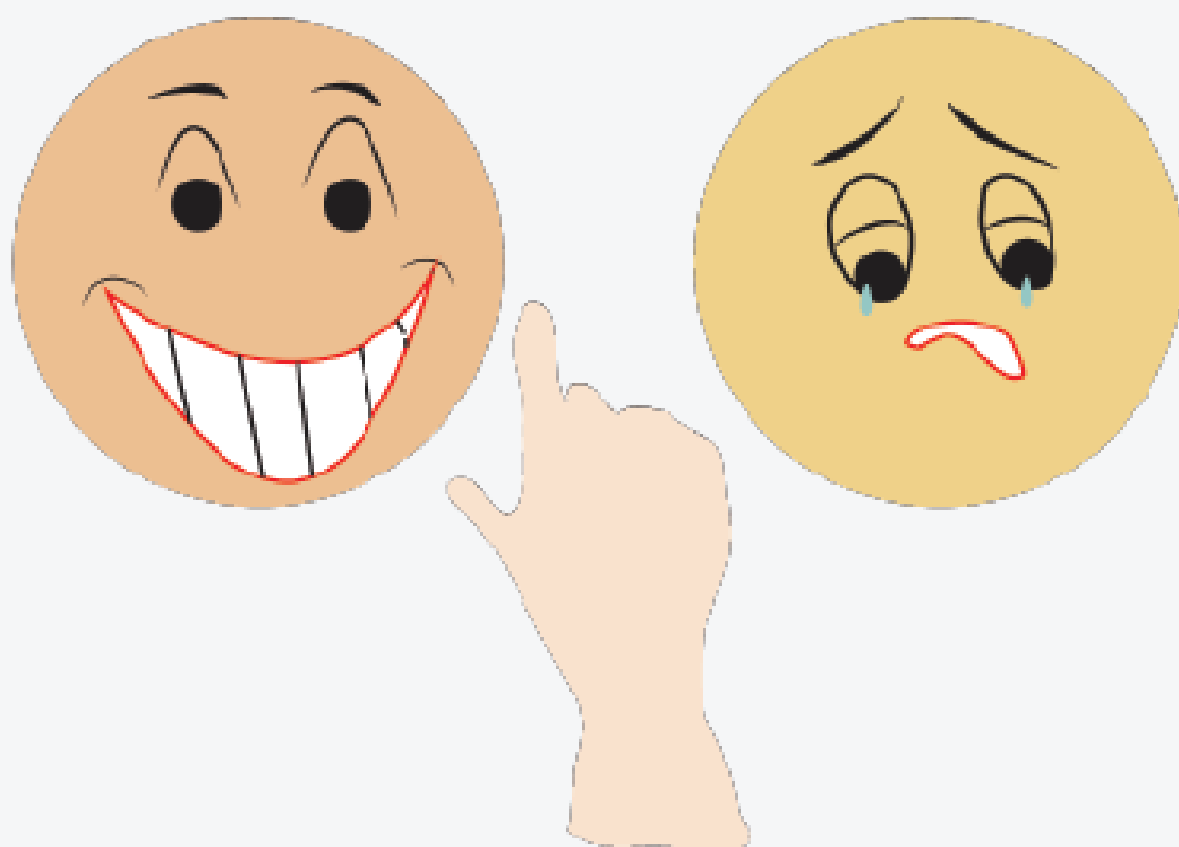
Co-funded by the  
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of the European Union



emotions

# RULEBOOK





emotions

# EMOTIONS

## The story behind the game

The grandchildren ask their grandparents to tell stories about important events in their lives which made them feel grand emotions.

Number of players: 2-5

Age: 4-109

Duration: 15-20 min

## The goal of the game

It is a cooperative game in which all the players try to guess the emotions of a sound and recall and tell a story about it.

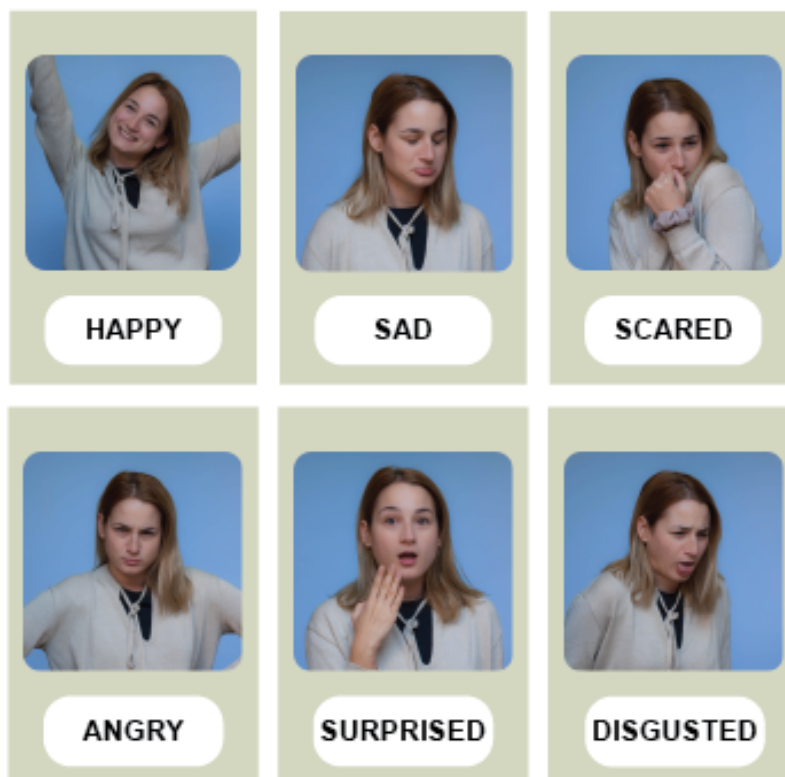
# EMOTIONS

## List of contents

18 emotion cards divided in 3 categories

- 1 st category: 6 emotions cards depicting a man
- 2 nd category: 6 emotions cards depicting a woman
- 3 rd category: 6 emotions cards depicting a cartoon
- The application for mobile / tablet (emotions)

In each category there are 6 cards and in each card there is a person who has the expression of an emotion.



# EMOTIONS

There are the corresponding cards on the mobile phone where if you press on each one you hear a sound related to the selected emotion. Each image has different sounds related to the emotion. The application selects a sound from them at random.



# EMOTIONS

## Game setup

Choose a category with 6 different emotions (man, woman, cartoon) and spread these 6 cards open on the table so all players can see them.

Then, go to the settings of the application and change the character in order to have the same category of cards on the table and on the mobile / tablet.

Then, give the mobile / tablet to the player who wants to start the game. That player selects the "play" button from the home screen and the game starts.

## Basic game (medium level)

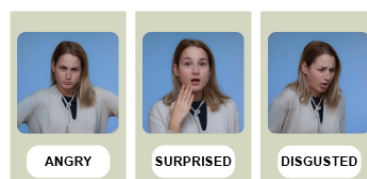
### Step 1

The first player takes the mobile / tablet and selects an image. S/he taps on it so all players can hear the sound of the emotion.



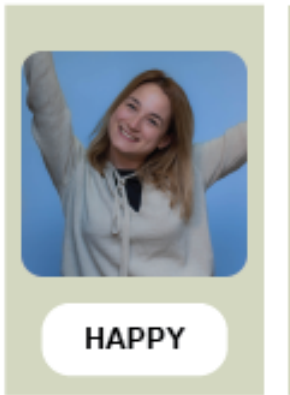
### Step 2

The rest of the players hear a sound and try to recognize which emotion comes from this sound. One by one players try to tell or point at the emotion card that represents the emotion they heard.



# EMOTIONS

## Basic game (medium level)

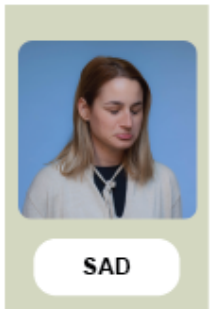
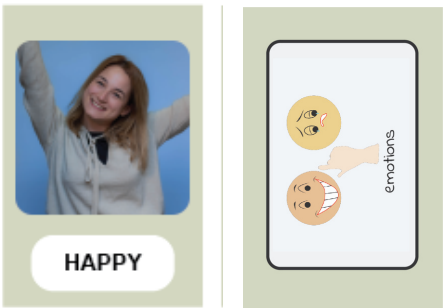


### Step 3

Then the player who has the mobile/tablet shows the correct card to which the sound corresponds. Then ask from those who recognized correctly the sound to tell a story related to this emotion. Before the stories begin, the player presses the next button so there is a melody during the narration. Those who made a mistake do not tell a story in this round.

### Step 4

So after all the stories have been heard, all the players in turn vote for the most beautiful story in their opinion. The player with the most votes also takes the emotion card.

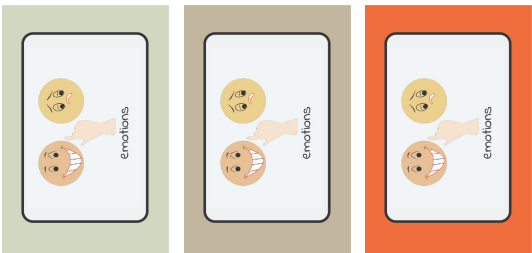


### Step 5

Then the next player on the left picks up the mobile / tablet and selects another emotion image. S/he presses on it to hear the sound and the game continues in the same way.

### Step 6

When all the cards are dealt to the players the game ends and the player with the most cards is the winner. But players if they want, can add the cards of another category (man, cartoon, woman) and continue the game in the same way.

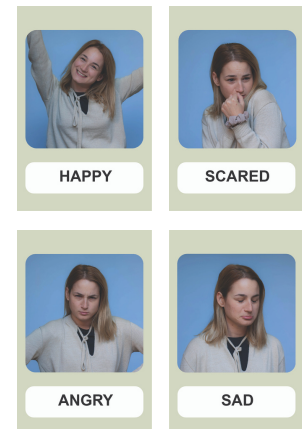




# EMOTIONS

## Easy level

This level is recommended to people with severe or middle dementia. The easy level contains only the 4 basic emotions (happy, feared, angry, sad). So during the setup of the game you need to take out of the game the 2 emotion cards (surprised and disgusted) and select from the “settings” of the application the easy level. The gameplay is the same as the basic game.



## Difficult level

This level is recommended for people with middle cognitive impairment who want to exercise their cognitive, communication, and other skills. The difference in this level is that players don't use the mobile/tablet. The first player tries to mimic with his/her face and body as well as voice, an emotion, while the other players try to select the correct emotion. Then the game continues with the storytelling (as in the basic mode)

## Other modes of the game

### Make it easier

This version is similar to the basic one except that in step 3 everyone tells a story related to the emotion and not just those who recognized it.

### Make it easier

In this version, a caregiver is recommended to take the role of the facilitator. The facilitator can try to imitate the emotion with his/her face, body and voice and present it in this way until the players understand it.

### Make it easier

In the difficult level the players can add other emotions, such as feeling embarrassed, curious, proud, confused, guilty etc.

# EMOTIONS

## Level of game by dementia stage

- For Severe Dementia and middle Dementia stages, easier modes are
- For the early dementia stages the difficult mode is recommended.
- For Mild cognitive impairment, a very difficult level is recommended.
- During intergenerational game workshops a mix of easy, medium and difficult levels is recommended depending on the skills of each player.

## Benefits for people with dementia

The game affects the following cognitive skills

- Memory
- Observation
- Attention
- Concentration
- Executive functions and perception

The players with dementia involved in the games benefit also in their emotional state

- Sense of enhanced mood
- Satisfaction
- Sense of achievement
- Alleviation of boredom
- Self-confidence
- Self-esteem
- Sense of belonging

Since it is a cooperative game it also involves several social skills such as

- Socialization
- Communication
- Team work
- Collaboration
- (Association with younger people) – depending on the teammates
- Social interaction

# EMOTIONS

## **Enjoyment of the challenge**

During the game, and especially if players of different ages participate in it, younger players are suggested to encourage discussion with people with dementia so that they can recall memories and stories from their lives.

In this way, the game becomes an intergenerational activity that may in the long run benefit people with dementia also on a behavioral level but also reduce the feeling of loneliness they may experience.

The main objective of this game, as well as of all the games developed in this project, is to act as an alternative method of intervention addressed to the mental and behavioral symptoms of people with dementia in a pleasant and playful way. Also, games can serve as an inclusive activity, raising awareness about dementia and reducing the stigma and social exclusion of people with dementia.

If you wish to learn more about the project visit our website:  
<https://projectbridge.eu/>

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