



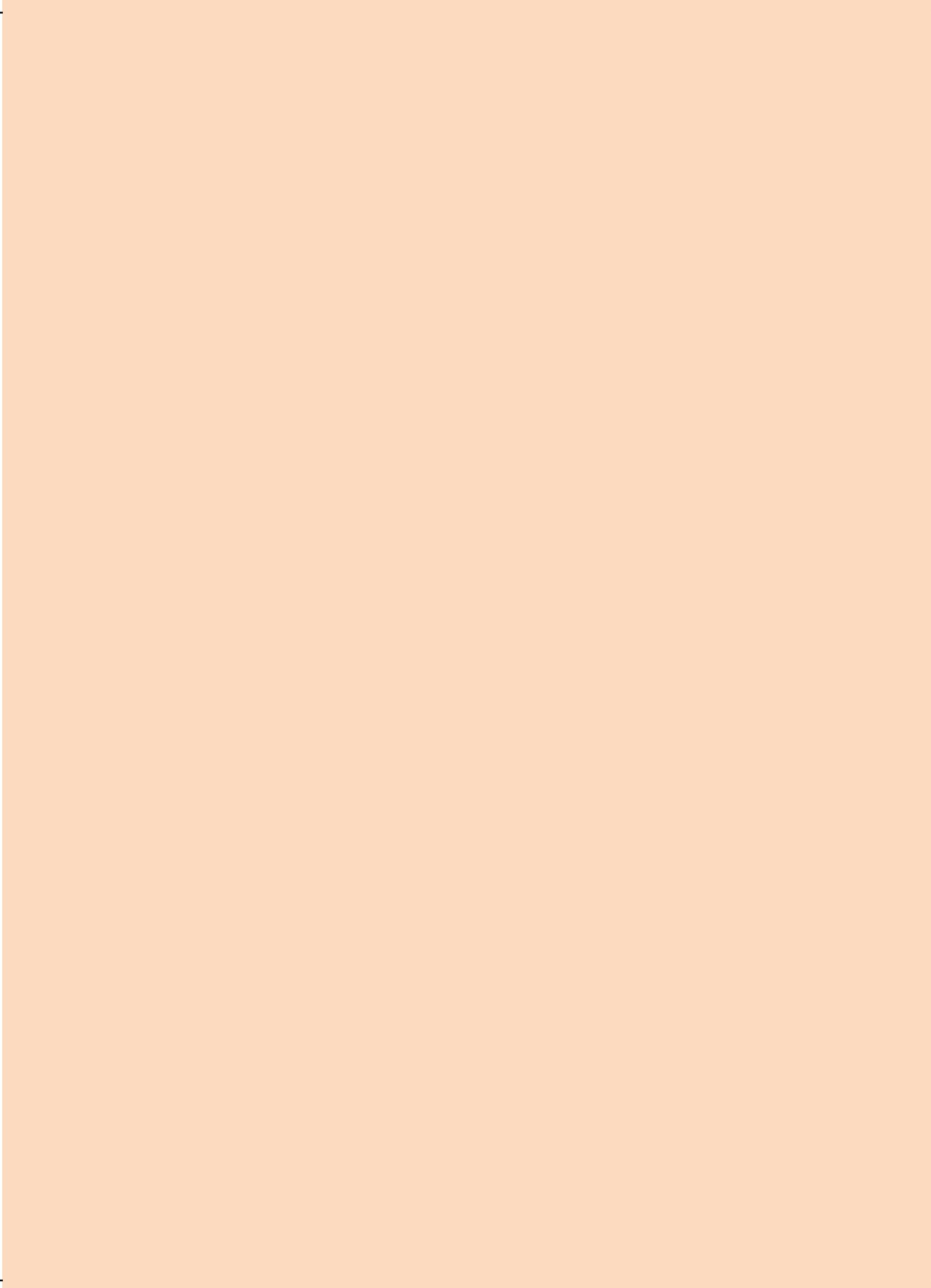
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# BLOOMING FLOWERS RULEBOOK





# BLOOMING FLOWERS

## The story behind the game

A happy family and some friends decided to open a flower shop and create beautiful bouquets for people. However, every bouquet has a specific order in terms of number, color, type and position of each flower. Will you succeed as a happy family or friends to complete all the orders?

Players: 1-6

Age: 4-109

Duration: 15-30 min

## List of contents

- 1 flower shop card
- 15 cards with flowers
- 20 cards with bouquets
- 1 guide for the game



## Goal of the game

“Blooming flowers” is a co-operative game for all the family. It is designed in a way that allows people with dementia in different stages to play with their family, friends or trainers and practice skills such as collaboration, memory and observation.

The target of the players is to create during the game 5 bouquets having from 4 to 8 flowers.

# BLOOMING FLOWERS

## Game setup

- 1 Place the 15 cards with flowers in the middle of the table so as they can be reached by every player.



- 2 Sort the 20 cards with the bouquets in 5 piles based on the number of flowers they have (4,5,6,7,8). Place the piles facing down in the middle of the table.



- 3 Give to the first player the Flower shop card



# BLOOMING FLOWERS

## Basic game (medium difficulty)

### Step 1

The first player opens a bouquet card with 4 flowers and observes the flowers it contains and their positions without the other players seeing the card.



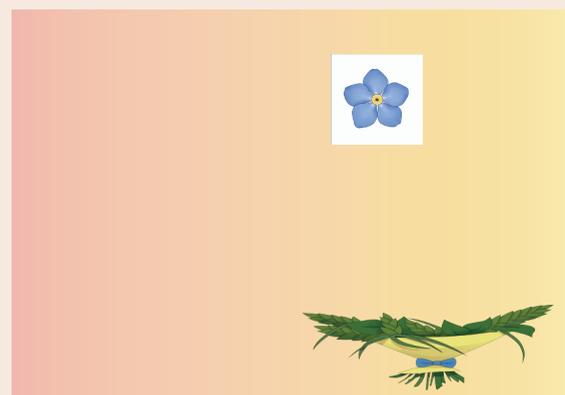
### Step 2

Then s/he places the bouquet card turned upside down on the table so no one can see it and opens the flower shop. (If you use the pocket on the front of the flower shop, then the bouquet card is placed into the pocket hidden, instead of being placed on the table)



### Step 3

The player chooses a flower card that s/he thinks was inside the bouquet card. S/he places it in the flower shop card in the place where s/he remembers that the specific color and type of flower was on the bouquet card.



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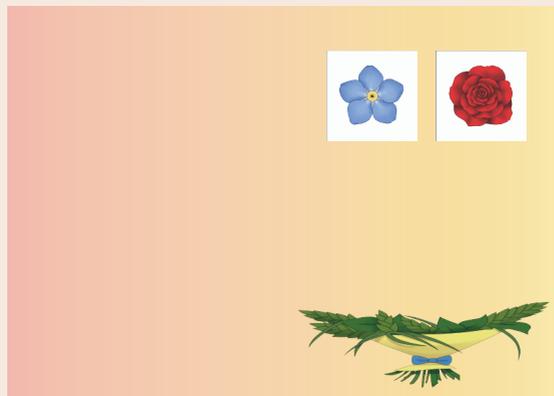
## Step 4

Then s/he closes the flower shop and gives it together with the bouquet card upside down (closed) to the player to his/her left.



## Step 5

The next player opens and looks at the bouquet card and, having observed the flowers well, turns the bouquet card upside down. Like before, s/he opens the flower shop, selects a flower card and places it in the position s/he thinks is the right one. Then s/he closes the flower shop and gives it with the bouquet card to the player to his/her left.



The game continues this way until the players have created inside the card of the flower shop, a bouquet with the same number of flowers as the card with the bouquet (in this case 4 flowers). Then the players have to check if they succeeded to create the correct bouquet or not.

If all the cards with flowers are correct regarding their position, color, type of flower the players win the first round and continue to the next. In the next round the first player opens a card with a bouquet from the pile of 5 flowers. If one or more cards with flowers are not correct in terms of the position, color, type of flower the players continue to the next round of the game but the first player opens once more a card with bouquet with the same number of flowers (in our example 4 flowers)

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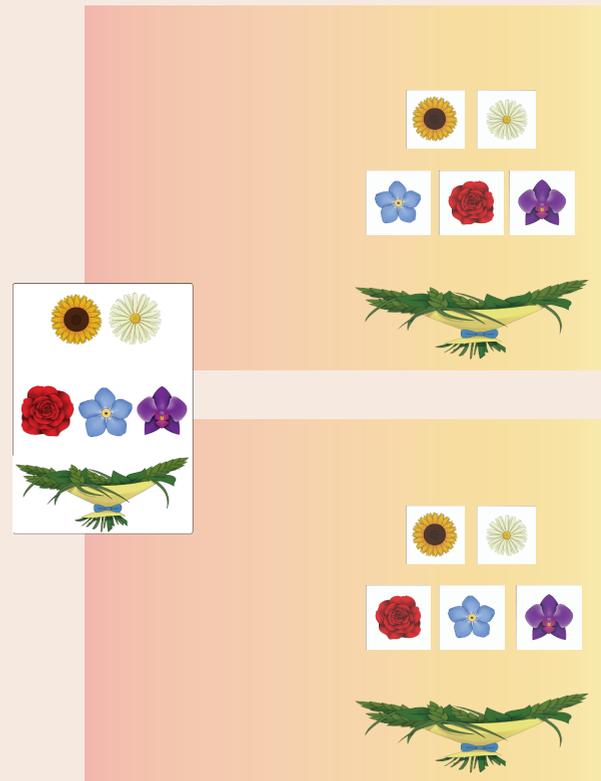
## New round

The player sitting on the left of the player that played last starts the new round. Similar to before s/he will look carefully at the card, turn it upside down so no one can see it, open the flower shop card and then select and place a flower card on it. Similar to before, the game will proceed with the next players until 5 flower cards are placed. If the group completes the bouquet correctly, they proceed to a bouquet card with a larger number of flowers and so on until they complete a bouquet with 8 flowers.



## Exceptions

1. If a player observes that there is a mistake in the position of one or more flowers s/he can change the position and then place his or her flower card.
2. If a player observes that a flower card is totally wrong (wrong type or color) then s/he can put it out of the card of the flower shop (back in the middle of the table) and place another card of flower. But then s/he can't put one more flower in the flower shop.



## End of the game

The players win when they have succeeded to complete 5 bouquets from 4 to 8 flowers.



# BLOOMING FLOWERS

## Easy level

For people with advanced dementia (reduced memory and observation) the following variant is recommended.

The player keeps open both the card with the bouquet and the card of the Flower shop so as to select the correct flower card.

If the other players are able to play the basic game or difficult game mode they can do it in their round and keep supporting the people with dementia by letting them look at the open cards in their rounds.

## Difficult level (recommended for intergenerational game)

For people with mild mental disorders or for younger people playing with people with dementia the game could become even more difficult. However, it is better to make it more difficult only for them and not for people with dementia.

More specifically, these players look at the bouquet card once at the beginning of each round and play when it is their turn without seeing it again. This makes it even harder to remember the right flowers and the right places.

## One player mode

### Easy level

The game can be transformed to a puzzle. The player opens a bouquet card. The s/he opens the Flower Shop card and tries to pick the correct flower cards and place them on the correct position. In each round the player can open a new card from a pile with bouquets with more flowers or not.



# BLOOMING FLOWERS

## Medium level

The player opens a card with a bouquet. Then s/he closes it and opens the card of the Flower shop. The player selects a flower card and places it in a position.

Then s/he closes the Flower shop card and opens the Bouquet card. S/he observes it for a few minutes and closes it again. S/he opens the Flower shop card, selects a flower card and places it. This continues until the player has created a bouquet inside the Flower shop card with the same number of flowers as the bouquet card. Then, the player opens both the bouquet card and the Flower shop card and checks the color, type and position of each flower. If everything is correct the player wins and continues with a bouquet card with more flowers. If there is a mistake the player opens once more a bouquet card with the same number of flowers. In each round s/he can increase the number of flowers on the cards with the bouquets depending on whether s/he has completed the bouquet correctly or not.

## Difficult level

The player opens a bouquet card. S/he observes it for a few minutes and then closes it. Then the player opens the Flower shop card. S/he selects flower cards and places them into the Flower shop card. When s/he thinks the bouquet is finished s/he opens the bouquet card and checks the results. If everything is correct, the player wins and continues with a bouquet card with more flowers. If there is a mistake, the player opens once more a bouquet card with the same number of flowers. In each round s/he can increase the number of flowers on the cards with the bouquets depending on whether s/he has completed the bouquet correctly or not.

## Other modes of the game

### Easier

The players have to create all the bouquets with the 4 flowers (they don't use the bouquets cards with 5 flowers or more)

### Easier

The players have to create only 3 bouquets of 4,5 and 6 flowers ( bouquet cards with 7 and 8 flowers are excluded from the game)

### Harder

The players take out of the game bouquet cards with less flowers (eg bouquets with 4 and 5 flowers)

# BLOOMING FLOWERS

## Dementia stages and level of games:

- For Severe Dementia and middle Dementia stages, easier modes are recommended
- For the early dementia stage the difficult level 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

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

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



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## 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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