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Co-funded by the
Erasmus+ Programme
of the European Union

The Directors

RULEBOOK



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The story behind the game

The grandparents of the family are very fond of theater and they dream to direct a play. Their family and friends decide to make them a present. So, they book a theater in order to create a theater play. They choose all together the scenario, the scenography, the costumes, the movements of the actors and also the songs.

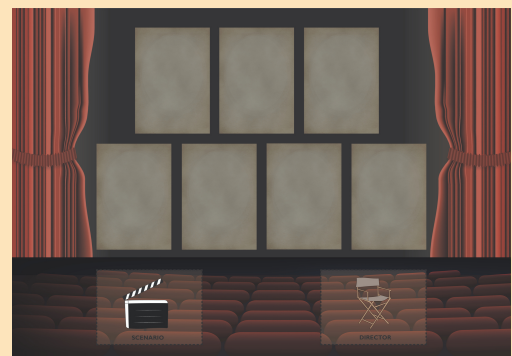
Number of players: 2-5

Age: 4-109

Duration: 15-20 min

List of the contents

- 1 board (theater scene)
- 18 scenario cards
- 54 director cards
- 12 challenge cards



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The goal of the game

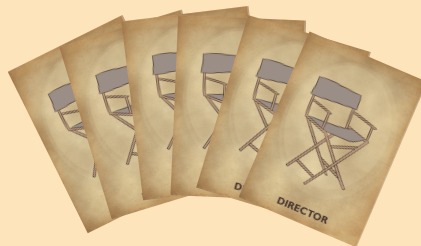
It is a cooperative game in which all the players try to create a theatrical play based on the scenario of the game.

Game setup

Place the board in the center of the table.

Then, shuffle the scenario cards and put them facing down into a pile at the slot for the scenario cards.

Then, shuffle the director cards, give 6 cards to each player and put the rest in a pile facing down at the slot for the director cards on the board.

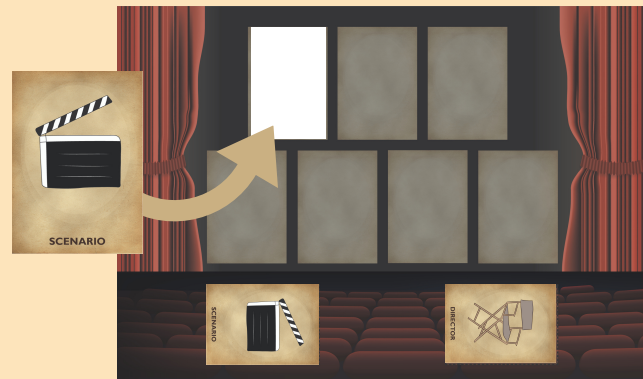


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Basic game (medium level)

Step 1

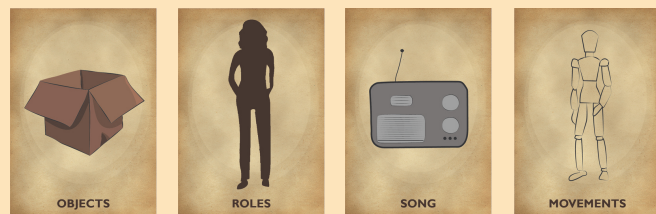
The player who has more recently attended a theater play starts first. S/he drags the first scenario card from the pile and opens it into the first slot of the board.



Step 2

This scenario cards shows one of the following symbols:

- Object
- Role
- Song
- Movement



The player looks at the director cards in his/her hand and tries to choose one card matching with the scenario card symbol.

- If the scenario card has the symbol of the object then the player should select a director card with an object and place it on the specific scenario card (eg. The player can choose a card showing a vase).
- If the scenario card has the symbol of the role, then the player should select a director card showing an actor with a costume and place it on the specific scenario card (eg. The player can choose a card showing a Chef).
- If the scenario card has the symbol of the movement, then the player should select a card showing a movement and place it over the specific scenario card. However, except for this, all the players have to make the specific move in order to win the card challenge.



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- If the scenario has the symbol of the song, then the player should select a director card showing the same symbol. The player has to start singing a song and the other players should join him or her. If s/he cannot remember a song another player can start singing. However, for winning this card challenge all the players should join the song. If the player does not have a director matching the scenario card s/he gives his round to the next player in his/her left.



Step 3

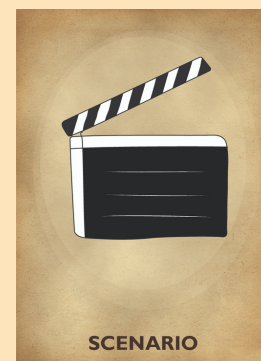
When the challenge is completed the player draws a director card from the corresponding stack and finishes his/her round.

Then, the next player on the left of the last player opens a new scenario card in the next slot. Similarly to the previous step, the player tries to choose one of his/her director card matching the symbol of the scenario card.

If the player does not have a card matching the scenario card s/he gives his/her round to the next player in his/her left.

Step 4

When all the slots on the board are covered by scenario and director cards then the players have succeeded to win the first round of the game and create one scene of the play. If they wish to, they can stop the game. However, in this mode it is recommended to create 3 scenes following the same steps for the game setup and gameplay. Please don't forget to shuffle the cards before starting.



In case the players decide to make more than one play, we continue as follows:

- The director cards that have been used are shuffled and put in the stack under the director cards that are left over.
- The scenario cards are shuffled all over again and placed upside down to the correct slot. Players draw cards until they become 6.



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Easy level

This level is recommended to people in more severe Dementia stages.

All the players place open in front of them the director cards.

If a player has matching cards but cannot match them by himself the other players can help him/her by saying each one of them 1 word or 1 phrase that can help him/her.

(eg. The scenario card has the symbol of objects. The player has a director card depicting a sofa but cannot recognize that it matches the scenario card.

- The one player can say "red" because the sofa is red.
- Another player can say "It is usually placed in the living room".
- The next player can say "You can sit on it or lay" etc.

The players can even say the word "sofa" if the player cannot recognize the object.

- The same can happen to the scenario cards with the symbol of the costume.
- For the scenario cards with the symbol of the song another player can start singing a song.
- The same can happen with the scenario cards with the symbol of movements. Another player can start the movement that a card depicts.

It is recommended to the carers or trainers to select or even exclude cards or a whole category of director and scenario cards if they see that the people with dementia cannot fulfill the goals of the game at all.

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Difficult level

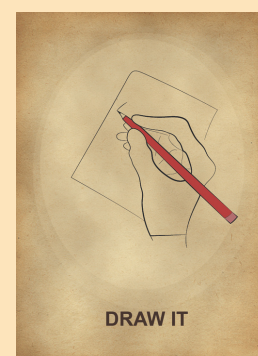
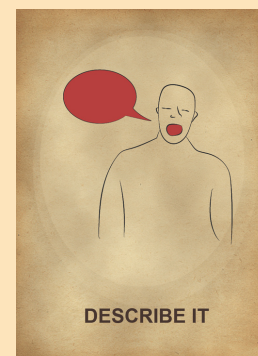
The most functional people can practice more skills by combining in the game painting, pantomime or description.

For this level the challenge cards should be used, shuffled and placed in a stack facing down, close to the board.

More specifically, in Step 2 before a player drops the director card corresponding to the scenario card and if it shows an object or a role, s/he must open the first challenge card from the stack and describe his/her card in the way indicated so that it can be found by the other players.

For example, if s/he has the chair card and wants to put it in the place of the board that has a scenario card that shows an object, then before put it down s/he must open a challenge card and if it says "description" then s/he must describe the chair (eg a object with 4 feet on which we sit). If it says "draw it" s/he has to draw the chair on a piece of paper and if the card says "pantomime" then s/he has to do in pantomime that s/he is sitting on a chair.

The other players (at least one) must recognize the description and say the word "Chair" in order to put down the card. If they do not succeed then the next player tries to describe in one of three ways one of his/her own object cards.



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Very difficult level

For players who are fully functional or at an early stage of dementia, an even harder version of the game can be implemented.

In this level the players put out of the game the director cards. They only keep the board and the scenario cards.

The difference in this level is that the players should think of their own objects, costumes, movements and songs. Moreover, similarly to the difficult level, they should make the other players guess what they have on their mind when a scenario card with the symbol of object, movement, or costume appears by drawing, mimicking or describing it with words. If the other players cannot understand it no new scenario cards open and the next player on the left tries to describe another object, movement, costume or song.

Other modes of the game

Make it easier

Our initial goal is to create a single scene by the players (not three as in the main game)

Make it easier

During the setup of the game, the players can exclude specific scenario or director cards.

Make it easier

During the game setup, the players takes at least one director card matching with each scenario card category (object, costume, song, movement)

Make it easier

Open only 3 or 5 scenario cards instead of 7 in each scene

Make it harder

At the end of the game we all write / narrate together a script for the scene we have created.

Make it harder

The overall goal for scenes the team has to complete doubles or triples (eg from 3 scenes to 6 or 9)

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Level of game by dementia stage

- For Severe Dementia and middle Dementia stages, easier modes are recommended.
- For the early dementia mode the difficult level is recommended
- For Mild cognitive impairment stage, 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
- Enjoyment of the challenge



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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.



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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/>

Bridge project is co funded by the Erasmus + Program
Project number: Bridge 2018-1-EL01-KA204-047892

