

## PROJECT INFO

ERASMUS+ project - Nr. 2021-2-LV02-KA220-YOU-000051464 - Cooperation partnerships in youth "ESTEEM - Youth work responses to young people well-being" is an innovative 24 months Erasmus+ cooperation partnership project implemented among 5 organisations from Latvia, Estonia, Bulgaria and Spain.

## DISCLAIMER

The project "ESTEEM - Youth work responses to young people well-being" is financed with the support of European Commission's "Erasmus+ Youth in Action" administered in Latvia by the Agency for International Programs for Youth. This publication reflects only the author's views, and the Commission cannot be held responsible for any use which may be made of the information contained there in.



## PARTNERS



Izglītojošo Spēju un Metožu Asociācija  
LATVIA

Pusaudžu Resursu Centrs  
LATVIA



Tartu Noorsootöö Keskus  
ESTONIA

Cooperation for Voluntary Service  
BULGARIA



AC Amics de la Biblioteca de la Fonteta  
SPAIN

## PURPOSE OF THE GAME

We created this game in order to normalise conversations related with mental health. We expect this game to be a useful tool for anyone working with groups of young people willing to have some sessions related with the well-being.



## READY TO CHARGE UP?

## DETAILS



4-6  
Players



30/45 minutes



You will need:

- Colour Markers
- Pens
- Paper

## GAME INCLUDES

- 20 Energy Givers
- 20 Energy Takers
- 20 Questions
- 5 Energy Shields
- 6 Batteries



## HOW TO PLAY?

1. Take your own battery and put your energy marker at 50%.
2. Mix the deck and put in the middle of the table.
3. Decide on the group who starts the game.
4. The first player takes a card, complete a task, and adjust the battery level, then put the used card in the separate deck.
5. The next player takes the cards and follows the same scheme of play. Game continues clockwise.

## HOW TO FINISH?

Game can be finished in several ways:

- By the time limit
- By the number of rounds
- Achieving certain level of battery

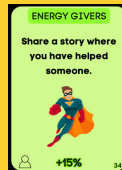


## LET'S REFLECT...

When the game is finished, dedicate some time to **reflect** on the experience.

Examples of questions for reflection:

- *Share one word to describe how you feel after playing the game/How did you feel during the game?*
- *How was it for you to talk about these topics?*
- *What were the hardest/easiest topics to share?*
- *Are there any topics you have talked about for the first time?*
- *What are your insights after playing the game?/What can you take away from the game?*



- **ENERGY GIVERS:** After doing the action, charge up your battery according to the number on the card. If you don't do the action, you don't charge up your battery.
- **ENERGY TAKERS:** After reading the card you decrease the level of energy in your battery according to the number on the card.
- **QUESTIONS:** By answering this cards you will share and discuss with the rest of the group.
- **ENERGY SHIELD:** You will receive this card at the beginning of the game. This card is a protector against energy takers. It has just one use!

Cards can affect an individual person or all the group



# CHARGE UP

