

BOARD GAME

MATE, DON'T GO BANANAS!!!

Objective of the game:

- Players must complete the entire route on the board, answering questions along the way. The first player to reach the "End" field wins.
- Players learn to react to the situations presented on the cards, trying to present appropriate patterns of behavior in given situations.

What do you need to play the game:

- One dice.
- Game pieces. Different colour for each player.
- Playing cards – 34 cards in total. 12 „Hurdle” cards, 12 „Oops” cards and 10 “Riddle” cards.

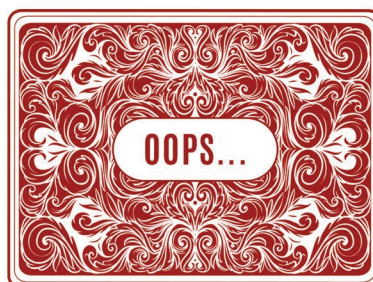
Instruction:

Print and (preferably) laminate the game board. We recommend the A3 format for the most convenient playing of the game. Print, laminate and cut the playing cards. Before starting the game, arrange the stacks of playing cards on the relevant spaces on the board. If you print the game board in A4 format, you may not have enough space to place it on the board. Then place the files of playing cards next to the board. The game can be played by 2 to 6 players (+ an educator who will moderate and control the game). We recommend that no more than 8 players participate in the game due to the limited number of playing cards.

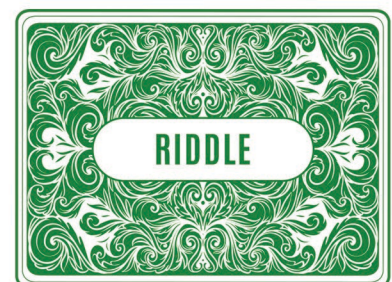
All players place their game pieces on the "Start" field. Each player rolls the dice in turn. You must determine the order in which you roll the dice yourself. After each throw, you need to move as many places as the number of spots you rolled on the dice. Depending on which field the player stops at, he or she must take one of the cards corresponding to the description of the field where he or she stopped and react to the situation described on the card.



The "HURDLE" cards contain conflict situations and help you learn how to deal with such situations.



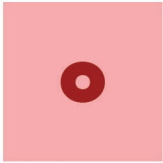
The "OOPS" cards help players find positive ways to deal with anger.



The "RIDDLE" cards do not contain questions, but a description of a situation that forces the player to move forward or backwards on the board.



The "H" field on the board corresponds to the "HURDLE" card.



The "O" field on the board corresponds to the "OOPS" card.



The "R" space on the board corresponds to the "RIDDLE" card.

In the case of the "Hurdle" and "Oops" fields/cards, it is up to the educator/moderator of the game whether the player moves one space forward or not. The moderator must decide whether the answer provided is sufficient to "pass" the answer. If the moderator deems the answer insufficient, then the player must return to the field from which he started in that round.



There are a few more fields on the board called "LOSE TURN". A player who stops on this field remains there and can only move in the next round.

If a player has problems with the answer, the role of the educator/moderator is to help provide the answer. If the educator deems it appropriate, the competitor may provide more than one answer to the question/situation.

At work, a colleague is constantly taking notes out loud during an important meeting. How can you express your feelings and request for silence without expressing anger?

At home, your child has not cleaned his or her room even though he or she promised to do so. How can you confront your child and express your expectations without raising your voice?

While driving a car, another driver suddenly cuts into your lane, forcing you to brake suddenly. How can you stay calm and safe on the road without getting angry?

At a family meeting, someone brings up a political topic that evokes strong emotions in you. How can you keep the discussion calm or withdraw from it while maintaining a good relationship with your family?

In line at a café, someone unconsciously jumps in front of you, not noticing that you were waiting. How can you politely point out a mistake without getting angry?

Your friend cancels a long-planned meeting at the last minute. How can you express your disappointment without blaming or getting angry at your friend?

Your roommate forgot to pay the bills and the utilities were temporarily cut off. How can you solve the problem and remind him or her of responsibility without getting angry?

When playing in a team, one of the players keeps making mistakes, which causes the team to lose. How can you encourage and support this player instead of showing frustration or anger?

At the gym, someone is taking over the equipment you were planning to use, and it seems like they don't intend to finish for a long time. How can you ask for a change without expressing irritation?

During a family dinner, one of your family members keeps interrupting you when you're trying to say something. How can you express your feelings of wanting to be heard without getting angry?

Your neighbour plays a musical instrument during the hours when you are trying to rest. How can you talk about compromising on exercise hours without creating conflict?

While watching a film in the cinema, the person behind you keeps kicking your seat. How can you politely ask to stop without confrontation?



Your friend wasn't at the important event he promised to attend, and you were counting on his support. How can you cope with the feeling of betrayal and express your feelings in a constructive way?

During a team game, someone accuses you of bad play, which makes you feel embarrassed and angry. What strategies can you use to calm down and respond to criticism constructively?

In a shop, someone accidentally pushes you and doesn't apologize, which makes you irritated. What steps can you take to avoid getting carried away and stay calm?

You discover that someone is spreading false information about you among mutual friends. What positive actions can you take to clarify the situation and reduce your frustrations?

Your roommate uses your stuff without asking, which makes you angry. How can you express your boundaries and needs without escalating the conflict?

When you express your opinion online, someone responds aggressively, which makes you mad. How can you respond in a way that shows your emotional maturity and avoids escalating the conflict?

Your child doesn't want to go to sleep even though it's late, which makes you feel irritated after a long day. What calm persuasion methods can you use to stay patient and calm?

During a group discussion, someone constantly interrupts you, which makes you disappointed and angry. How can you effectively express your need to be heard while maintaining respect for others?

You notice that a colleague regularly takes credit for your contributions to a project. What actions can you take to raise this issue in a way that promotes honesty and mutual respect?

While riding a bicycle, someone dangerously overtakes you, which causes fear and anger. What breathing or thinking techniques can you use to quickly regain calm?

At a meeting with friends, someone jokes about a topic that is very personal and sensitive to you. How can you express your boundaries without spoiling the atmosphere of the meeting?

While watching your favourite series, someone in the house keeps commenting on the action, which interrupts your enjoyment. How can you gently explain that you need silence to enjoy the moment?



You feel frustrated because of the queue at the store, but instead of complaining, you use this time to think. Move forward 1 space.

Your evening plans are ruined due to unexpected changes. Instead of getting angry, you look for an alternative way to spend your time. Move forward 2 spaces.

During a discussion, you feel the need to have the last word, but you recognize that you don't always have to win. You choose silence, which brings peace. Move forward 2 spaces.

When someone uses your thing without asking, you feel anger rising. However, you decide to have a calm conversation about boundaries rather than explode. Move forward 1 space.

Your child is behaving extremely difficult, which is testing your patience. However, you choose a deep breath and a calm explanation instead of anger. Move forward 2 spaces.

In a discussion with your partner, you raise your voice and say something that you later regret. This introduces unnecessary tension. You move back 3 spaces.

Because of your jealousy of your colleague's success, you start rumors that quickly reach his ears, destroying your relationship. You move back 4 spaces.

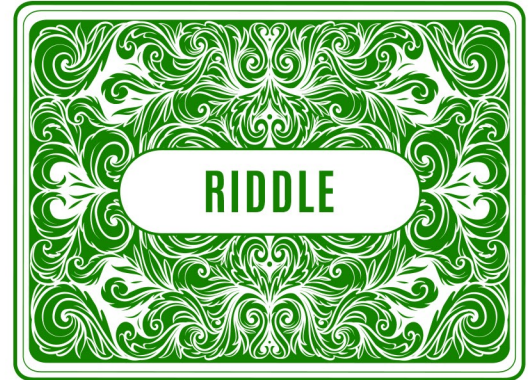
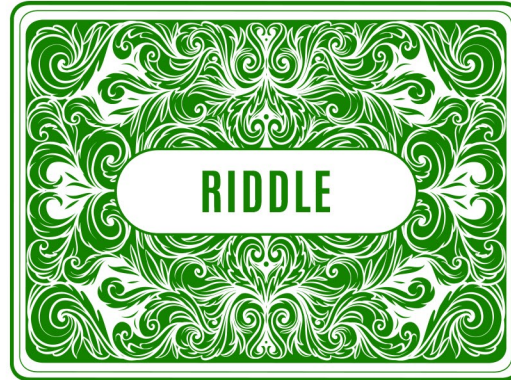
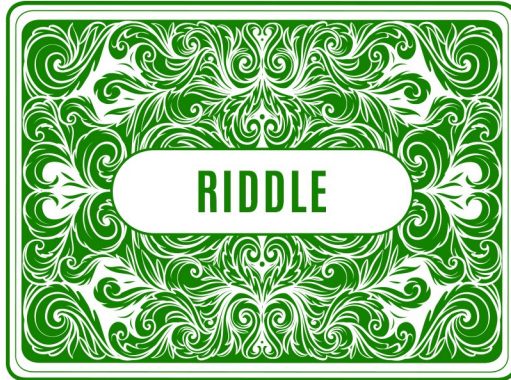
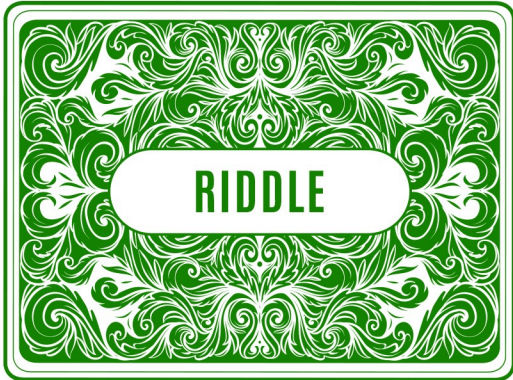
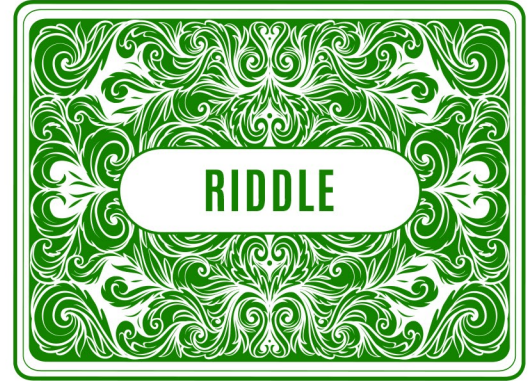
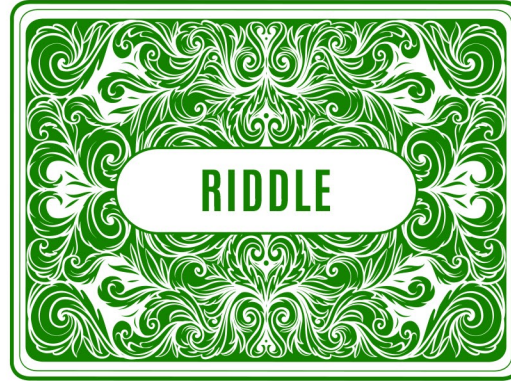
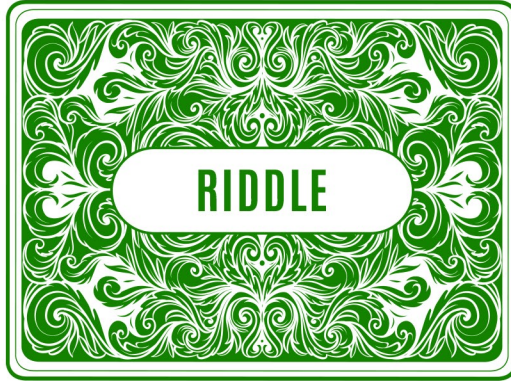
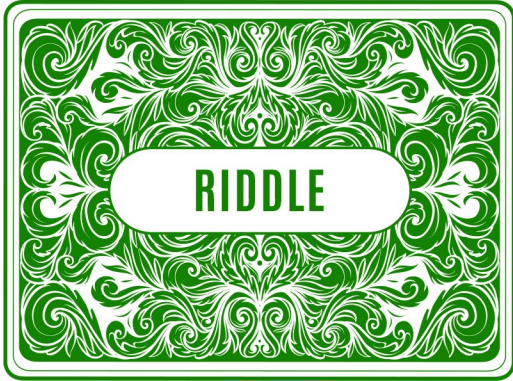
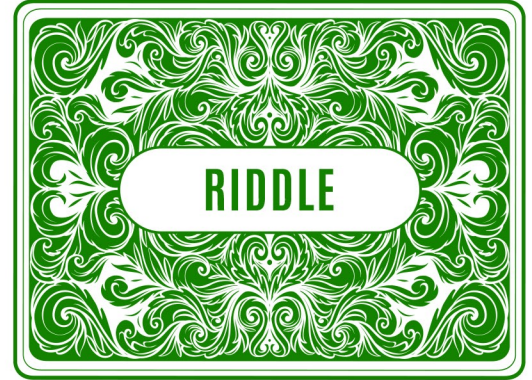
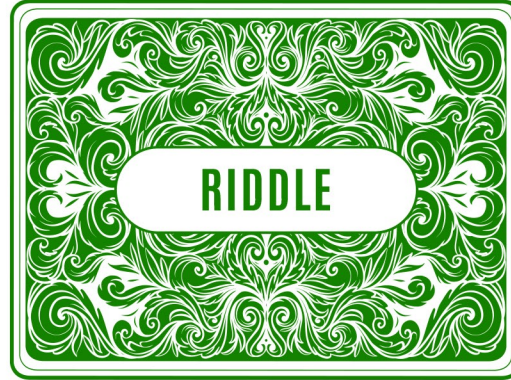
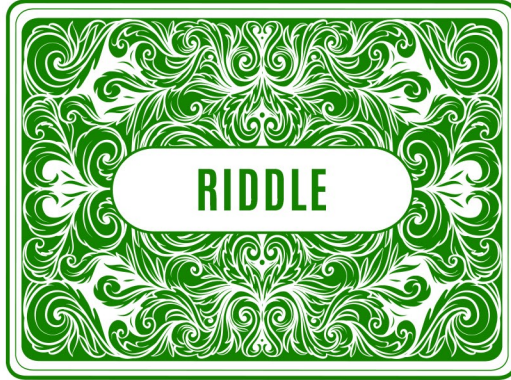
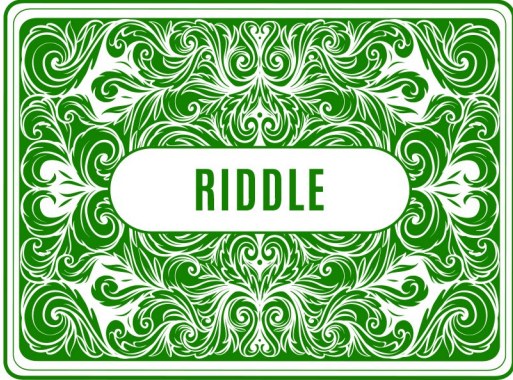
After losing a match, you talk negatively about your team's skills, which weakens morale and trust between you. You move back 2 spaces.

During a family dinner, you explode in anger over an innocent comment, ruining the atmosphere of the meeting. You move back 3 spaces.

Annoyed by the noise outside, you go out and shout at the children playing in the yard, which leads to conflict with your neighbours. You move back 4 spaces.

When someone takes your spot in the parking lot, you leave a malicious note on their car. When you come back, you find your car scratched. You move back 3 spaces.

When a friend jokes about you in a social setting, you respond in a way that goes beyond good taste and hurts his feelings. Your friendship is put to the test. You move back 2 spaces.



MATE, DON'T GO BANANAS!!!

START

○	H	R	H
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H	○	○	R	H
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R

R

LOSE TURN

H	○	R	○
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LOSE TURN

R	○
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○	H	H
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R

LOSE TURN

○

○

R	H	R
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○

H

FINISH

H	○	H	○	H	R	H
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R						R
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○	H	R
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H

R

H

R

R	○
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