

## Playing TALKING CARDS

Talking Cards is the discussion of illustrated real life scenarios on alert cards and inspirational quotations on the inspirational cards.

**The board and dice are not used here.**

### Playing the Game

- 25 alert cards and 25 inspirational cards are randomly picked and shuffled together.
- Three cards shared to each player.
- **Players then take turns to discuss their thoughts and feelings about a card at a time per round.**
- Players receive a morale chip after sharing.
- Cards discussed are returned to the bottom of the deck and replaced with the top card on the deck.



## Playing SOUND OFF

Sound off involves players moving round the board and sharing their thoughts and feelings about the event tiles and the talking cards (alert and inspirational cards) they encounter.

### Playing the Game

- To start, players take turns to roll the numbered die, then start counting from the Start tile.
- Players **DO NOT** receive morale chips when they exit the centre tile.
- Players receive morale chips when they respond to either event tile on the board or an alert card.
- **Players respond to both event tiles on the board and alert cards by discussing (sound off) their thoughts and feelings.**



## Playing THOUGHTS & FEELINGS

In Thoughts and Feelings, players respond to event tiles and alert cards with either a share or the roll of the behaviour/ emoji die.

### Playing the Game

- Players need a booster roll to start the game (exiting the centre of the board).
- Players receive 3 morale chips when they exit the centre tile
- **Players respond to both event tiles on the board and alert cards with the behaviour die.**

NB:

- The booster roll (smiling and winking face) secures a morale chip.
- The downer roll (sad, angry and mischievous face) lose a morale chip.
- Players do not lose or gain a morale chip with the controlled roll (neutral face).



## Playing PLAY-PLAN

This is an all-card game where players respond to alert cards with the recovery plan cards.

### Playing the Game

- Alert cards and inspirational cards are shuffled together - **but not shared.**
- Recovery plan cards are then shuffled and shared to players. 3 cards per player.
- Players receive 5 morale chips before starting the game.
- **Players take turns to respond to 'Talking Card' with a recovery plan card at a time.**

- **Recovery plan cards are used as stated in the rule book.**
- Players receive morale chips for activating a positive behaviour or deactivating a negative behaviour and vice-versa.
- Inspirational cards, players read out and express their thoughts on it.



Playing  
PLAY-PLAN

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## Playing ORIGINAL INSPIRADO

Playing Original Inspirado involves the use of all the elements of the game.

### Playing the Game


The first four different levels also provides a stepwise format of learning how to play Original Inspirado. Original Inspirado is played using all the elements in the box as detailed in the rule book.




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5 DIFFERENT WAYS OF PLAYING THE GAME

Cards & Tiles

 TALKING CARDS	 ALERT	 LIGHT BULB MOMENT	 GRATITUDE	 STRENGTH <small>NOTE: OPTIONAL FEATURE</small>	 HALT TRAP	 LET GO	 PROTECTIVE <small>NOTE: OPTIONAL FEATURE</small>	 COMEBACK	 BAD DAY SPOT	 PLAN <small>NOTE: OPTIONAL FEATURE</small>	 EPIPHANY <small>NOTE: OPTIONAL FEATURE</small>	 CROSSOVER
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Playing TALKING CARDS

 Share thoughts & feelings	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
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Playing SOUND OFF

 Share thoughts & feelings	 Pick up the alert card and share thoughts & feelings	 Pick up the inspirational card and share thoughts & feelings	 Discuss what you are grateful for	 Discuss what you are things you are good at OR consider as strength	 Discuss how ONE of the following (Hunger, Anger, Loneliness and Tiredness) affect their recovery	 Talk about behaviours/resentments you are working on	 Talk about person(s), pet(s) or things that serve as protective factors.	 Discuss come-back plans in the event of a lapse/relapse.	 Talk about how you manage a bad day.	 Share aspects of your recovery plans	 Share moment(s) that led to your need for change.	Players with 7+ morale chips can finish the game. Players with less continue round the board
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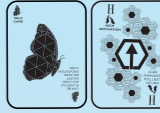
Playing THOUGHTS & FEELINGS

 Roll the emoji die to either gain or lose a morale chip	 Pickup an alert card then roll the emoji die	 Pick up the inspirational card and share thoughts & feelings	 Roll the emoji die to either gain or lose a morale chip	 Discuss what you are things you are good at OR consider as strength	 Roll the emoji die to either gain or lose a morale chip	 Roll the emoji die to either gain or lose a morale chip	 Talk about person(s), pet(s) or things that serve as protective factors.	Restart on this tile after a lapse on an outer tile of the board	 Roll the emoji die to prevent downward movement and loss of 2 morale chips	 Share aspects of your recovery plans	 Share moment(s) that led to your need for change.	Players with 7+ morale chips can finish the game. Players with less continue round the board
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Playing PLAY-PLAN

 Respond to alert cards with the recovery plan cards	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
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Playing ORIGINAL INSPIRADO

 Respond to alert cards with the recovery plan cards	 Respond to alert cards with the recovery plan cards	 Pick up the inspirational card and share thoughts & feelings	 Roll the emoji die to either gain or lose a morale chip	 Respond with either of these cards.	 Respond with either an emoji die or one of the following	 Roll the emoji die to either gain or lose a morale chip	 Respond with either of these cards.	Restart on this tile after a lapse on an outer tile of the board	 Respond with either an emoji die or one of the following	 Change ONE of the recovery plan cards.	 Respond with either of these cards.	Players with 7+ morale chips can finish the game. Players with less continue round the board
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