

The background features three large, overlapping organic shapes. A teal shape is at the top left, an orange shape is at the top right, and a dark blue shape is at the bottom right. A large, light orange shape is at the bottom left, partially overlapping the teal and dark blue shapes.

THE EMPATHY GAME

THEEMPATHYGAME.COM

GUIDE

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Hi,

Welcome to The Empathy Game, which playfully connects people on a deeper level. Let's go through this together. Read this out loud to the people you are with, and it'll guide you through the game.

In the box you will find three stacks of question cards and two dice. The cards are divided into three categories: **memory, who is...?** and **imagine**. The **category die** decides which stack to take a card from. The **engagement die** determines in which way listeners engage with the story.

Here's how to get started.

1 GAME PREP

Find a space where everyone feels comfortable and can hear and see each other. Put the cards and dice on the table, and make sure everyone has a pen and paper. If possible, have some colouring pens.

Remember that sharing stories can be very personal. Everyone sets their own boundaries of what they're comfortable with sharing. It's up to the person answering the question how to interpret it. If you don't feel like answering a question, you can choose to take another card from the same stack.

Listen to each other, without interruption.
Be present and put all distractions aside. Bye, phone!

2 START

Let's get you warmed up. Think about what feeling you bring with you today. Keep in mind that emotions are often more complex than "I feel good/bad." There's some inspiration on the side of the box. Go around the circle and share how you feel.

3 PLAY

Anyone can start the game and it's played clockwise. Follow these 7 steps:

1. Roll the category die to decide which stack to take a card from.
2. Take a card and read the question out loud.
3. There's no rush. Take your time to answer the question and try to give listeners context for the story you tell.*
4. When you've finished your story, roll the engagement die.

What is the engagement die? This die challenges the listeners to engage with the shared story guided by the following categories:

COLOUR What's the colour of the story?

TASTE What does the story taste like?

SMELL What does the story smell like?

TOUCH How would the story feel to touch?

DRAW Use your pen and paper to visualise the story.

POSE Use your bodies to find a pose which represents the story.

5. Give listeners some time to think and jot down their thoughts.
6. All listeners share their answer, one by one.
7. Pass both dice on to the person left of you and repeat these steps.

4 END

The game ends whenever you want it to end. Before you put the game away, make sure you round it off together. What do you take away from this experience? Share your answers one by one, in whichever order you want.



IMAGINE

**If your mind was an island,
what would it look like?**



IMAGINE

**If you could get the
answer to any question,
what would you ask?**



IMAGINE

**What piece of
entertainment would you
erase from your mind so
that you could experience
it again for the first time?**



IMAGINE

**What would you do if
time would freeze for
everyone except you?**



IMAGINE

**What would you stop
doing if you could?**



MEMORY

**What's the worst advice
you've actually listened to?**



MEMORY

**When did you
mess up?**



MEMORY

**When have you done
something illegal for the
right reason?**



MEMORY

**What's the oldest
object you own?**



MEMORY

**What has been incredibly
rewarding to do?**



WHO IS ...?

**What's a life goal
you've discarded?**



WHO IS ...?

**What bends your mind
every time you think
about it?**



WHO IS ...?

**What lie do you
tell most often?**



WHO IS ...?

What's your favourite word?



WHO IS ...?

**What can you give a 40
minute presentation
on with absolutely
no preparation?**

Playfully connect on a deeper level

Empathy fuels connections between people.

But, what's a real connection in the digital age? When do we still sit down, actively listen and engage with each other's stories?

The Empathy Game is a playful way to dive deeper with friends, family, or colleagues.

The game is simple. You pick a card and tell your story, from the everyday to the fantastic. Afterwards the listeners engage with your story by throwing the dice and exploring elements of their human experience.

The Empathy Game encourages sharing, listening and engaging with our fellow humans. It's the active act of recognition and vulnerability that brings us closer together, and what could be better than that?

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"The Empathy Game connects us to the core of the human experience: listening, tuning into each other's worlds, and imagining the surreal."

*Carola Verschoor,
Innovation Expert and Author of "Change Ahead"*

