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# Rulebook



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# Joyful Board Game

A Joyful Project game for NGO staff

## Rulebook, 2024

### Authors:

#### Comparative Research Network, Germany

Ewelina Barthel, Katarzyna Włusek

#### Dracon Rules Design Studio, Greece

Konstantinos Lekkas, Cristina Morar

#### Asociatia Share Education, Romania

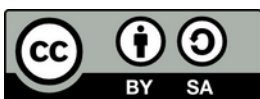
Lucia Matei, Alina Florina Ratiu

### About the project:



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# **Joyful: Journey of Optimising Well-being through Fun and Unique Learning**

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# Introduction

The **Joyful board game** aims to provide a fun and educational tool for **Trainers**, which will allow them to guide NGO workers in feeling good primarily in their work environment by learning about **personal and group well-being and psychology**.

The players will be playing as a team, collaborating with each other while trying to **promote well-being topics and solutions to various issues encountered**, sharing experiences and learning from one another, measuring their success on the game's tracks.

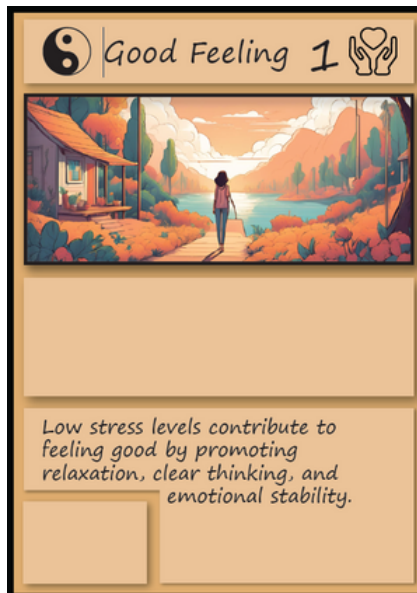


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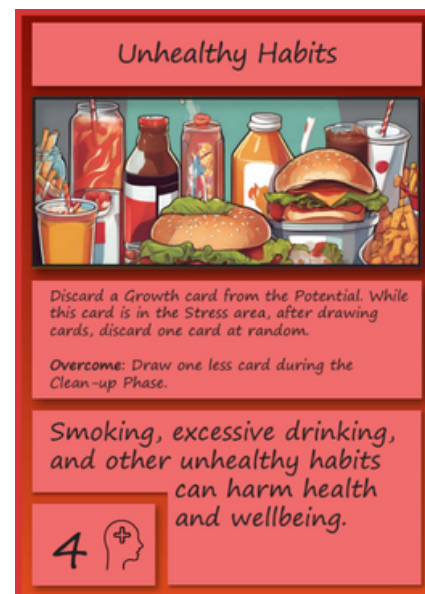
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# Components

## Basic Card



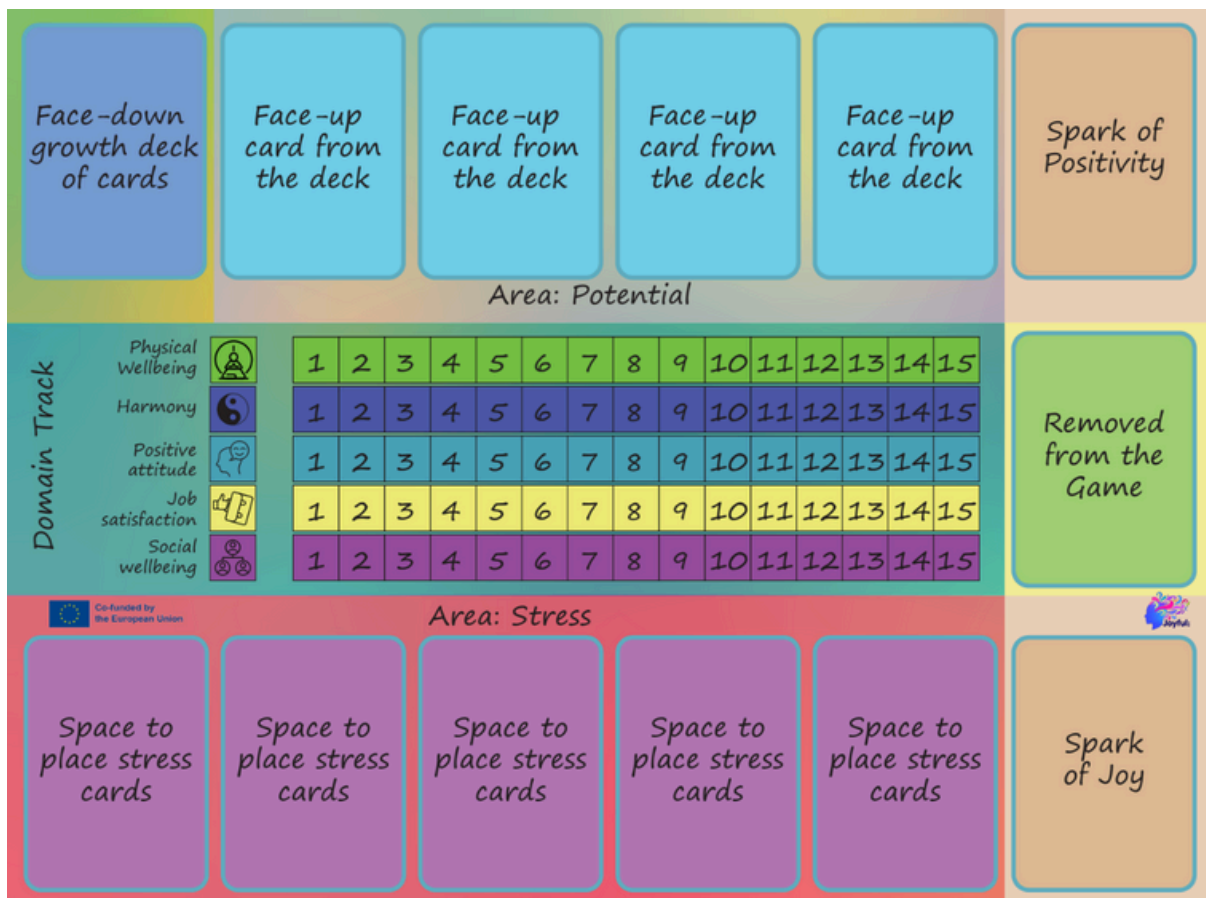
## Advanced Cards



# Components

## Board

The board on which the common cards are placed and the progress is tracked.



## Tokens

Tokens used to track the players' progress on the board.





## The game in a nutshell





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The players take in front of them a player board and a set of starting cards, which form their personal deck of cards, taking the top 5 to form their hand of cards.

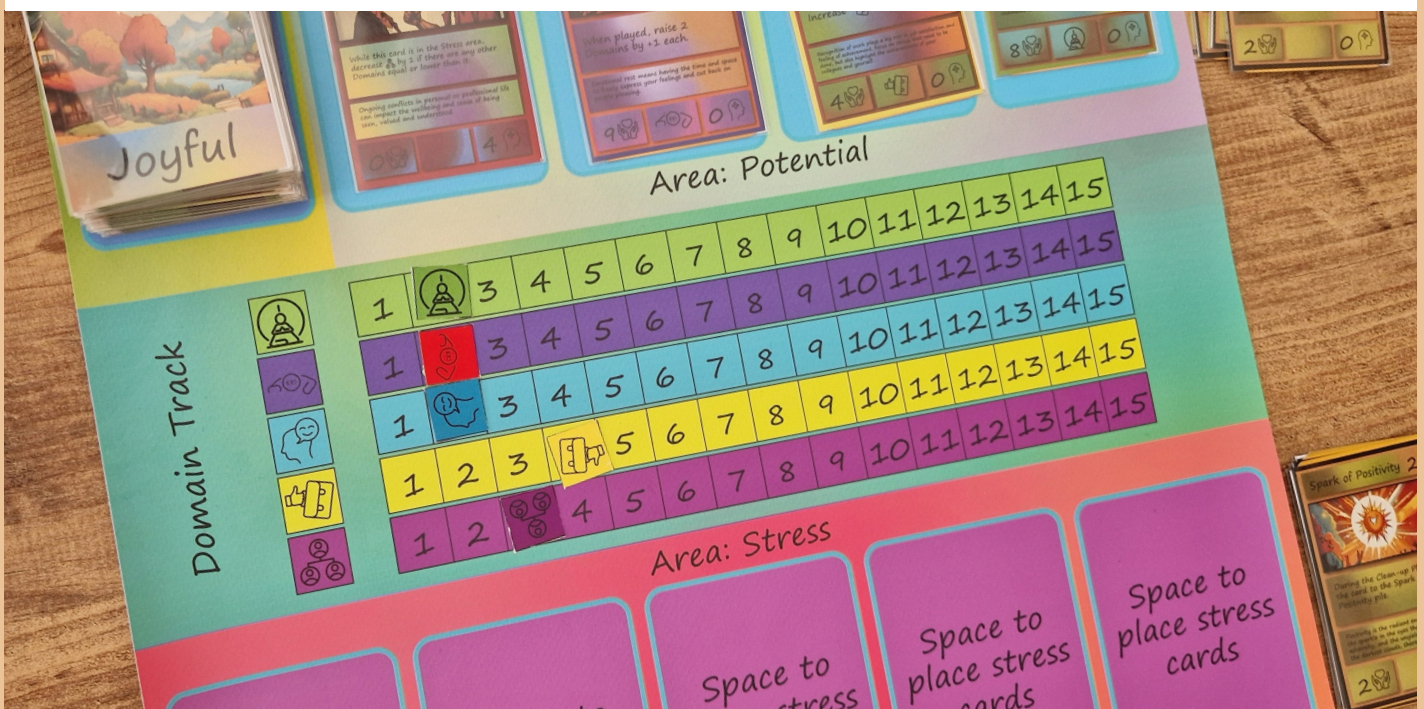
During each player's turn, the active player will utilize all cards in their hand to "gain" new wellbeing methodologies represented in one of the Growth cards shown on the board in the center of the table, or "face" one or more of the challenges again shown on the board and represented by Stress cards.



Their cards in hand will add their numbers to their **Positive Thinking**  and **Good Feeling**  totals, and allocating them to the **Growth cards** (either positive or Stress) depending on the requirements. They **gain and add to their personal discard pile** the positive cards they allocated enough Good Feeling to, and they discard the Stress cards they allocated enough Positive Thinking to.

Then, the active player adds points to the Tracks if they played enough cards from a specific Well-being Domain, they place all their played cards on their discard pile and draw 5 new cards before passing the turn to the next player who now becomes the active player.

Play continues until the players guide all Tokens to the ending slot on their Track and win, or until the Growth Deck has no more cards and the players lose.



# Setup

## 01

Each player takes a set of starting cards (7 Good Feeling, 3 Positive Thinking) and shuffles them; subsequently each player places their deck of cards face down, and draws 5 cards.

## 02

Place the board in the middle of the game area.

## 03

Reveal 9 Growth cards, shuffle and set them aside. Shuffle the remaining Growth cards and the Stress cards into a deck, place the deck on the deck slot of the Potential area, and place the 9 Growth cards set aside on top of the deck. Finally, reveal the top 4 cards to form the Potential.

## 04

Separate the Spark cards into their respective piles (Joy, Positivity), shuffle and place them face-up on the game board.

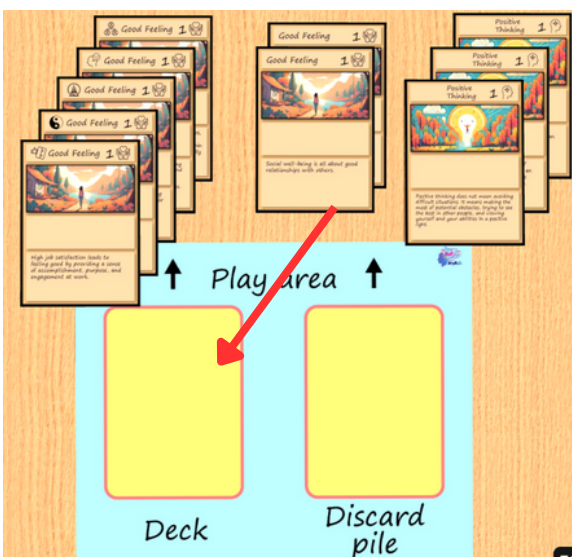
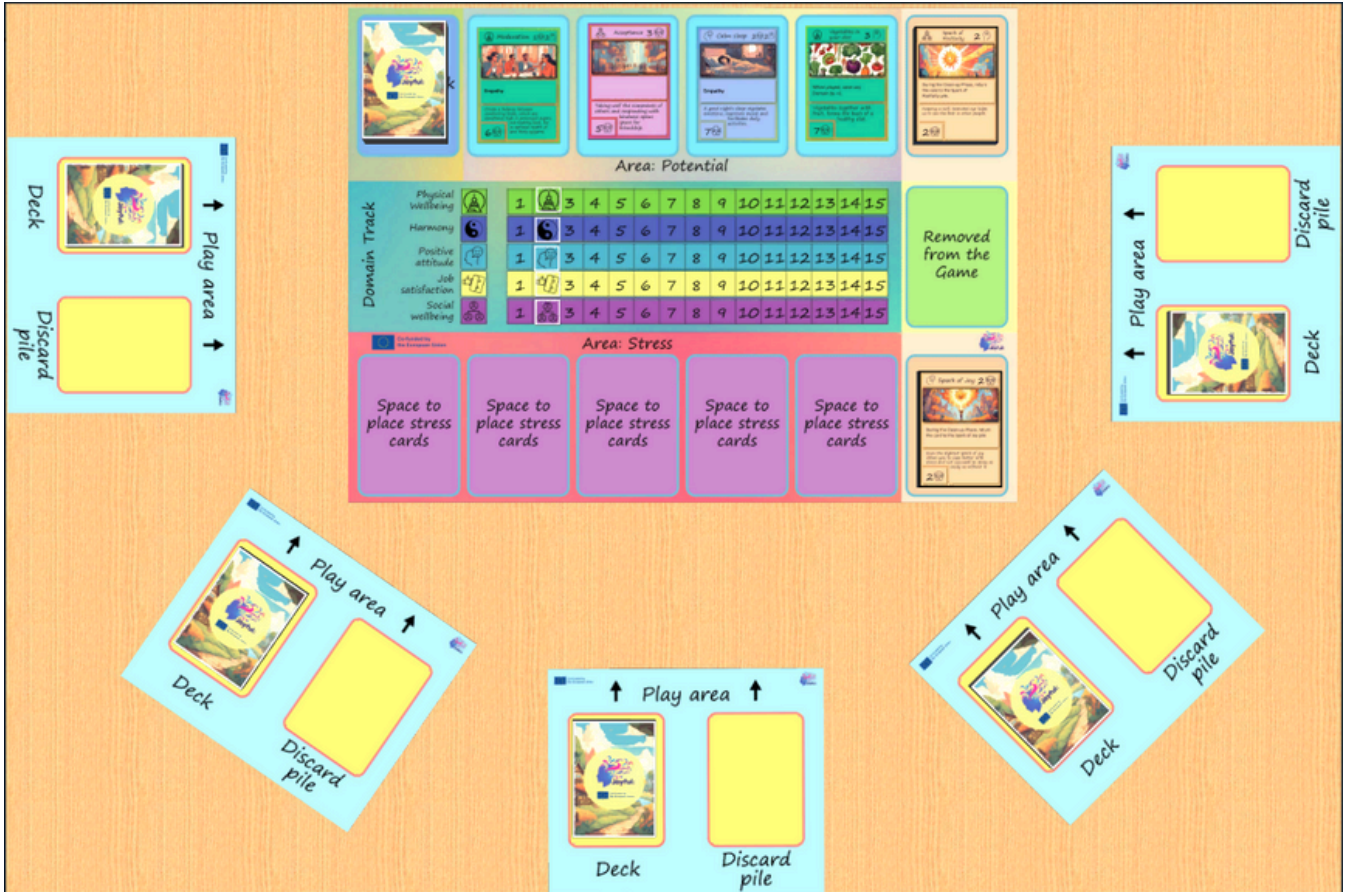
## 05

Place the Attribute Markers on the Starting Position (S) and the Threshold Markers at 7.

## 06

Select a player to be the first player.

# Setup





# Main Game Rules

## The Player Turn

Starting with the first player, each player will take turns to be the active player and play their cards to overcome challenges and/or grow personally. During their turn, the active player will go through two phases:


### **1** Activity Phase

The active player only will reveal all of their cards and resolve them one by one. Cards resolved are placed face up in front of the player. The player can resolve each effect on a card separately, in any order they choose.

More commonly, the cards will provide (positive thinking)  or (good feeling)  which will accumulate to be used during the Activity Phase.

Additionally, the cards may have a text effect.

### **Personal Growth**

In order to take one of the cards with a Personal Growth cost from the Potential or any of the Spark piles, the players would need to spend enough  as indicated on the card. When they do, they take the card and place it beside their played cards, turned at a 90 degree angle to indicate that it is not used this turn.


## Empathy

Some Personal Growth cards have the keyword “Empathy”. These cards can also be played during another player’s turn, and thus they provide their effects to the active player. The player playing the Empathy card will place them in front of themselves, and will move them to their personal discard pile when the active player ends their Clean-up Phase, but will not draw any new cards.

**Note:** Cards with Empathy do not have to be played only on other player’s turns; they can be played on their owner’s turn normally. When played during another player’s turn, the player who played them does not draw new cards, neither do they count for Domain symbols for the active player!

## Stress

Some cards have a Stress cost instead of a Personal Growth cost; such cards are special and need to be overcome, regardless if they are in the Potential or the Stress area.

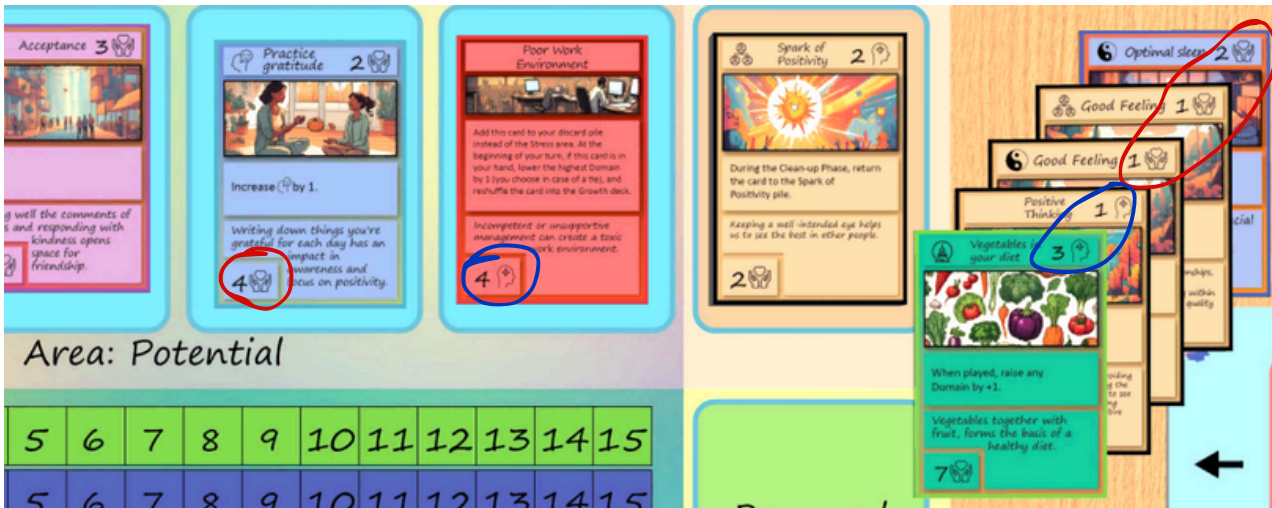
To overcome such a card, the players would need to spend enough  as indicated on the card. When they do, they return the Stress card to the “removed from the game” section of the board.

At the end of the Clean-up Phase, move any of these cards that are face-up in the Potential above the game board, to the Stress area below the game board. These cards usually have a persisting negative effect, and players should still attempt to overcome them at a later turn.

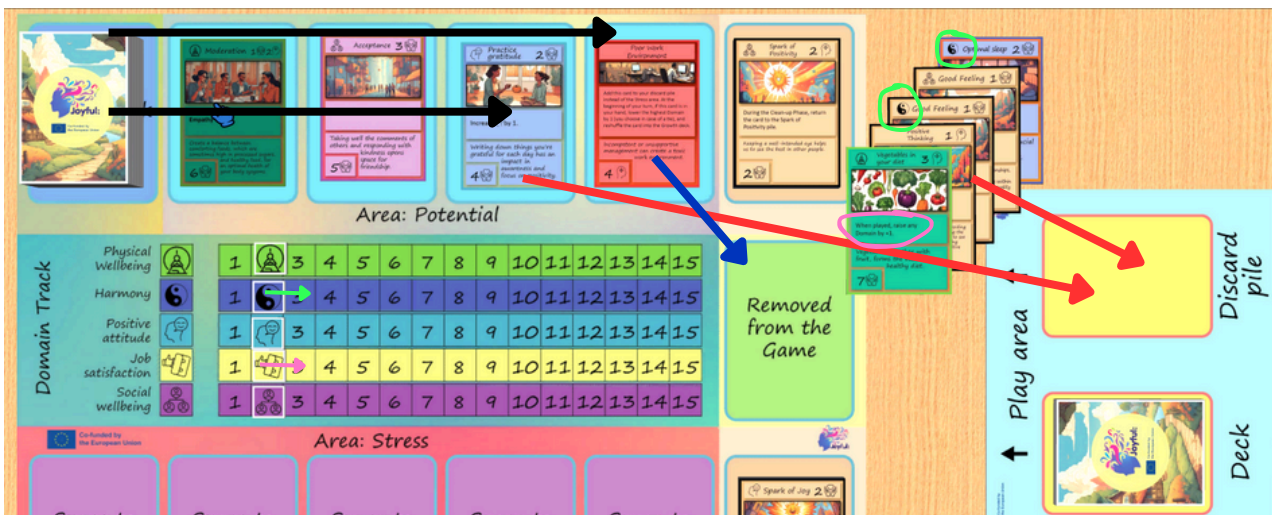
## Overcome

Some Stress cards will have the keyword “Overcome”. When they are overcome from the Potential, the active player will compulsorily resolve their Overcome text effect placing the card on the “removed from the game” section of the board.

# Example Turn



① + ②



## ② Clean-up Phase

The player will move all cards from in front of them, and any cards they did not play (cards still in hand), to their discard pile (place them face up in a pile, next to the player's personal deck of cards).

Then, the player draws 5 cards. If there are not enough cards in the deck, draw as many as possible, then shuffle your discard pile to create a new deck and keep drawing.

Additionally, the player will move any Stress cards in the Potential to the Stress area as normal, and will refill the Potential to 4 cards. In case the Growth deck ever becomes empty, the players lose the game.

Finally, the next player clockwise becomes the active player and may take their turn.

## Game End

The players win if they manage to raise each Attribute to the win condition. The game ends in defeat if the players are unable to achieve the winning condition by the time there are no cards left in the Growth deck.

# Additional Game Rules

## Domain

Some of the cards have a Domain symbol. If, during their turn, the player plays enough cards to satisfy either condition, they will increase the relevant Domain by 1:

- Play 2 cards of the same Domain
  - Increase that Domain by +1
- Play cards of 3 different Domains
  - Increase the lowest Domain by +1 (the active player chooses in case of a Tie)

## Difficulty

The game's Standard Victory Threshold is 7. However, you can decide to differentiate the Difficulty according to the players' experience.

## Learning

When the active player gains a new Growth card from the Potential, they must explain to their colleagues how they would believe that the new hand helps them, and how they gain it. To do so, they are allowed to use the flavor text or the title of at least one card they played, and/or personal experiences. If the player is unable to provide a narrative, no point is added due to Domain card count play.

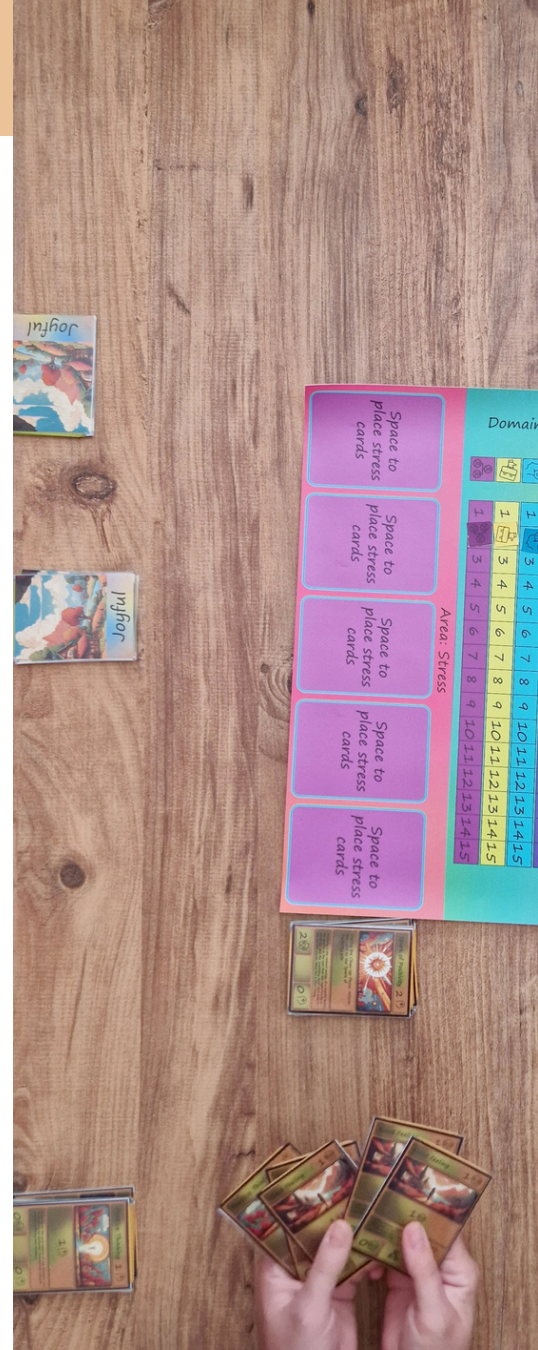




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