

The COVID-19 Game

Mentally surviving the pandemic

The best way out of the crisis is through constructive and honest conversations.

ABOUT THE GAME

The purpose of playing this game is to start constructive conversations that creates understanding and unites us. In the midst of a health crisis and severe economic downturn we experience many different feelings including fear, hopelessness, anger as well as joy, hope and community. All of us are guilty of both over- and under-reacting and this can lead to conflict. But when we come to accept and acknowledge the wide range of feelings within ourselves and those around us, we can share them and become better at understanding and dealing with them in all of their shapes and forms.

This game can be used in work-settings, by leadership groups and any other group of people that rely on effective communication and mutual rapport. The game can also be played within your family or with friends. The game can be played face-to-face or online where each participant has a die and a printed version of the game to hand.

The game comprises of a board to hold the question cards plus 60 question cards split into six categories of 10 questions each. The categories are: Feelings, Community, Learning, Action, Future and Unpredictability.

RULES

The game can be played in groups of 2-5 people. If there are many playing, and you are playing online, you can make use of an app such as Zoom breakout rooms, House Party etc.

To play the first player throws the die and picks a random card from the category identified by the number on the die. The player must read out the card and openly reflect on his/her answer. The other participants can contribute by showing empathy or by contesting your answer, if you want them to. Almost all of the questions can be answered from both an individual, a team-based or a community-based perspective. Each player choses their own perspective. Alternatively you can agree beforehand, which perspective you are going to be using.

The most important part of the game is that everyone owns their own truth. Once the player feels that their reflection in answering a question has shifted their perspective or given them a new insight, he passes the turn to the next player. The game continues until you feel you have had enough or have run out of time. For the final round, each participant reflects on, what the game has made him/her realise or appreciate.

SAMFUNDSSIND aka THE DANISH APPROACH TO COMMUNITY SPIRIT AND INCLUSIVITY

Lise Damkjær and Line Andersen have created this game as a conversation starter for small and large companies, public and private sector organisations and charities. During these unprecedented times the need for constructive conversations are more important than ever and we hope that this game enables you to start conversations about all of the difficult things but also about the new opportunities that arise during this pandemic. The game is free and can be downloaded from our websites and played using only a regular die.

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Translation from Danish to English and graphic design: Line Andersen - www.flashypeacock.dk

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LEARNING



COMMUNITY



FEELINGS



UNPREDICTABILITY



FUTURE



ACTION



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FEELINGS

What was your initial reaction to COVID-19?

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FEELINGS

What do you fear?

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FEELINGS

What has come as a shock to you?

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FEELINGS

What have you had to do?

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FEELINGS

What stopped you in your tracks?

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What infuriates you?

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What makes you happy?

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FEELINGS

How are you feeling right now?

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What is the hardest thing for you?

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What makes you feel useless?

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COMMUNITY

How do you maintain a spirit of community when we are apart?

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COMMUNITY

Which new contacts and partners have you successfully reached out to?

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COMMUNITY

How have you managed to talk about unrelated subjects?

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COMMUNITY

Who have you gone out of your way to support?

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What has this time taught you about others?

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Who has helped you in the best way?

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Where have you found a surprising community spirit?

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Tell us about a situation that really made you feel a part of a community.

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Which community do you miss being a part of?

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What is the worst thing for you about the COVID-19 pandemic?

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LEARNING How has the pandemic shaped you? **LEARNING**

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LEARNING What needs to be said but isn't? **LEARNING**

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LEARNING What has this crisis taught you about yourself? **LEARNING**

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LEARNING Describe your rhythm. **LEARNING**

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LEARNING How has your home-life balance changed? **LEARNING**

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LEARNING Which human qualities have you observed developing? **LEARNING**

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LEARNING What has surprised you? **LEARNING**

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LEARNING What makes you wonder? **LEARNING**

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LEARNING What has proven to be more important than you thought? **LEARNING**

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LEARNING Which different thoughts about health and death have you had? **LEARNING**

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ACTION How do you keep your inner peace? **ACTION**

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ACTION How do you hold onto the things that are important? **ACTION**

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ACTION If the current situation is 1 and the dream is 5 - then what are steps 2, 3 and 4? **ACTION**

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ACTION How do you stay positive during the pandemic? **ACTION**

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ACTION What can we do together, to ensure we come out of this crisis well? **ACTION**

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ACTION Which initiatives have you taken that are different from normal? **ACTION**

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ACTION How have you looked after yourself? **ACTION**

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ACTION How have you looked after others? **ACTION**

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ACTION Which positive new routines and methods should we keep after the pandemic? **ACTION**

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ACTION What makes you want to act? **ACTION**

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FUTURE Which opportunities should you not miss? **FUTURE**

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FUTURE In which way could the COVID-19 pandemic improve your life long-term? **FUTURE**

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FUTURE If this crisis are labour pains, then what is being born? **FUTURE**

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FUTURE What is the wildest thing that could come out of this crisis? **FUTURE**

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FUTURE What makes you wish that the crisis wouldn't end? **FUTURE**

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FUTURE How can the pandemic help you take quantum leaps? **FUTURE**

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FUTURE What will we never get back? **FUTURE**

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FUTURE If the world will never be the same again, then what will it be like? **FUTURE**

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FUTURE Which terrible things do you imagine happening? **FUTURE**

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FUTURE If this crisis is going to help along the realisation of your dream, then you need to...? **FUTURE**

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UNPREDICTABILITY

Which dream is your guiding light during times of chaos?

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How are you going to remember your own actions during the crisis?

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Which opportunities and risks do you see in the current situation?

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How do you feel about unpredictability?

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Name three examples of creativity you have witnessed during the pandemic?

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How can you tell whether you're overreacting to the crisis?

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Are you taking this crisis seriously enough?

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What are you purposefully ignoring?

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What is the difference between uncertainty and insecurity?

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What if LIFE and human beings cause unpredictability?

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