



Instructions for PLAYING CARDS

The cards are used to stimulate the imagination and increase creativity. They can join you together as players, improve collaboration and social interplay and increase concentration and body awareness.

The interpretation of the cards is up to you who play. If something that the card shows is found to be too difficult to do you can find a way to simplify it or you can take another card. If you don't have the item that the card shows, use something else. For example, two socks can be formed into a juggling ball.

Keep your minds open so that you can be inspired by each other. Feel free to play with the game and, if you want, even develop your own cards and new game rules. Let your imagination set the limits. The main point is that you have fun together.

The content of the cards

PLAY contains games and energizing movements.

FORM contains acrobatics, music and juggling.

EMOTION contains expressions for feelings.

How to play

Number of participants: Two or more.

Duration: 30-60 minutes. Time may vary depending on the number of participants, number of cards and how you develop the game.

1. Place the cards in three heaps: one pile of cards labeled **PLAY**, one pile of cards labeled **FORM** and one pile of cards labeled **EMOTION**.

2. Start with the game "SHOULD WEYES" to get a united positive energy and start saying yes to each other's proposal:

- Determine how many of the cards you are going to do. For example three cards from the first pile.
- Someone takes a card that shows what everyone should do. For example "Shall we stand on hands?" to which everyone answers "YES" and does what the card shows.
- Take another card that shows what everyone should do. Question: "Should we....?" Everybody answers "YES" and does what the card shows continue until all cards that you previous decided to do are taken.

3. Divide into groups of 2-5 persons.

4. Each group takes three cards from the **FORM** pile and tries to do what the card shows. After a while, affirm with each other and collaborate.

Circus for hope and play. Clowns Without Borders Sweden strengthens children, youths and grown ups within the asylum process in a three year project financed by the European Union Asylum, Migration and Integration Fund. Through laughter filled shows and circus workshops we give relief, new energy and hope for the future in a situation filled with anxiety. We also educate staff and volunteers who work with people within the asylum process in our methods so the laughter can be spread forward. <https://skratt.nu/cirkus-for-hopp-och-styrka>. Kontakt: Karin



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5. Each group takes three cards from the **EMOTION** pile and tries to make their **FORM**-card with one of Each group takes three cards with one of the EMOTIONS-cards expressions. Affirm each other and cooperate. Let everyone who wants try their idea.

Example

The **EMOTION**-card shows a smiley face and the **FORM**-card shows "ball on the head". Then you can for example: Smile and put a ball on your head or lay a ball on your head and smile. You can express joy (in motion) with your entire body while having a ball on your head. Lay a ball on the head and then, in a fun way, move the ball to a friends head. Try wake a smile with someone else in the group by putting a ball on the head.

6. Each group decides in which order they should do everything – **FORM** combined with **EMOTION**. It becomes a sequence. Practice the sequence until everyone in the group can do it.

7. The groups that want can show their sequence (or any variants) for the other groups.

8. Finish the game together by making an optional card from the **PLAYING** pile.

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