



GAME MANUAL

LET'S GET PHYSICAL!

Did you know a friendly touch of a relative, friend or colleague is much more than just a nice gesture? In fact, physical contact has a whole bunch of benefits you might not notice straight away...

Challenge your friendship, trust and comfortzone and discover the benefits of physical contact with this set of games!

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GAME VARIATIONS

(ALL DIFFERENT WAYS YOU
CAN PLAY THIS GAME)



GAME VARIATIONS

The game can be played in different ways, depending on the amount of time and available players. All games are played in teams of two, with a minimum of three teams (six players).

S Small.

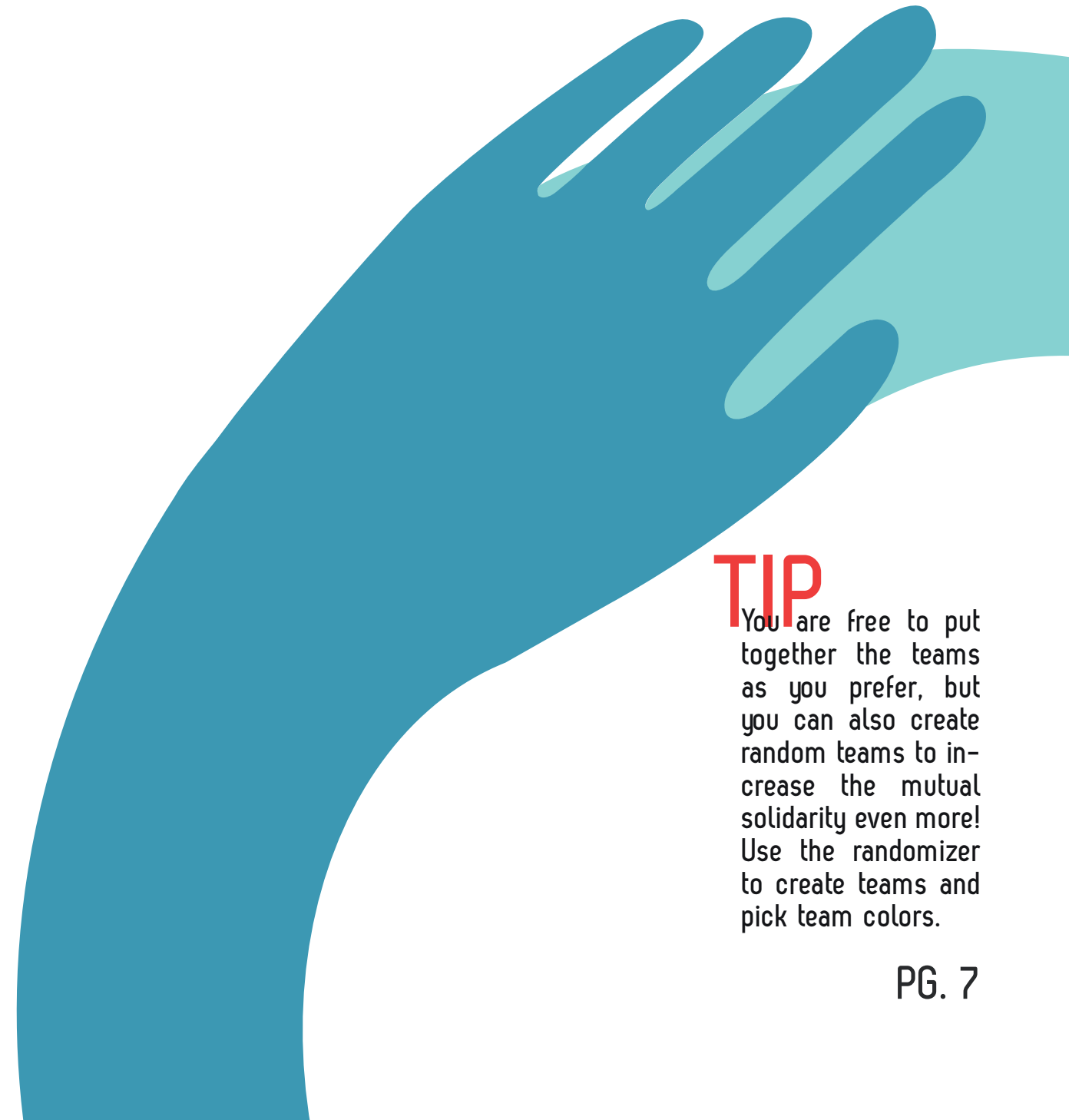
All minigames can be played apart from each other for a fast and dynamic gameplay. Which one is your favourite?

M Medium.

Combine the minigames the way you want to create the perfect game!

L Large.

The board game brings all minigames together in a longer, more complex game. Are you ready for the challenge?



TIP
You are free to put together the teams as you prefer, but you can also create random teams to increase the mutual solidarity even more! Use the randomizer to create teams and pick team colors.



HOW TO PLAY

(EVERYTHING YOU NEED TO
KNOW TO PLAY THIS GAME)



GAME 1: OBJECT & USER

In this minigame, the teams have to work together to impersonate as many different objects as possible. One player is the object, and the other one is the user. The object does not know what he or she is, so is completely dependant on his team mate.

In short.

- Choose your Credit: the thicker the Credit, the more difficult the task.
- Try one minute to win as many Credits as possible.
- The player that guesses the object, wins a Bonus Credit of the same value of the Task Credit.
- The object does not know what he is, and can also guess.
- Switch roles after every turn.



THIS IS HOW IT WORKS:

1. Grab a credit.

On the back of the Credit, you see what object your team has to mimic. You can choose the difficulty level for each Credit you grab. The thicker the credit, the more difficult the task.

2. Do your thing.

Do your best together with your team mate to impersonate as many items as possible. Make sure not to use words, and cover the Credit. You get one minute to try. After every object, you switch roles. Don't forget to hand out the extra credits to the person who guessed the object!

3. Start guessing.

If anyone guesses the object, you may add the Credit to your Credit Module. The person who guessed right, also gets a Credit of the same value. The object is also allowed to guess!

Points.

- Thicker Credits have a higher value, but are more difficult.
- When you win a game with a handicap or multiplier, you may grab a Bonus Credit of the same thickness.
- The team that guesses the object, wins a Guessing Credit of the same value.

GAME 2: POSE & SMILE

This minigame does not only test the cooperative skills of your team, it also challenges your perseverance and strength. The goal in this game is to copy the position on the Credit and hold it for 10 seconds. Every team gets one minute to win as many Credits as possible.

In short.

- Choose your Credit: the thicker the Credit, the more difficult the task.
- Try one minute to win as many Credits as possible by holding the poses for 10 seconds.
- Both team members win an equal amount of points (see Pose & Smile - Points.)
- Don't forget to smile!

“Sports teams that have more physical contact within their team, win more games.”

THIS IS HOW IT WORKS:

1. Grab a credit.

Grab your Credit. You can choose the difficulty level for each Credit you grab. The thicker the Credit, the more difficult the task. On the back of the Credit you see the position you should copy. Try to be as accurate as possible. Every team gets one minute to try.

2. Hold on!

Hold the position for 10 seconds. Each team gets one minute to try to win as many Credits as possible.

Points.

- Thicker credits have a higher value, but are more difficult.
- When you win a game with a handicap, or multiplier you may grab a bonus credit of the same thickness.
- Both team members get the same amount of Credits per round. Use the Collective Effort Credits to even out the gainings.

GAME 3: SPOT HUNT

For this game, you use the yellow Spots and place them in a circle. When the music plays, the players walk (or dance) around the circle. When the music suddenly stops, the goal is to claim one of the spots together with your team member. The team that does not manage to claim a spot is out of the game.

In short.

- Create a circle of spots.
- Split the teams and create two groups, both walking the opposite direction.
- Claim a spot together with your team mate as soon as the music stops.
- Remove one spot every round.

“A gentile touch triggers the release of Oxytocin, a hormone that’s also released when you fire a gun.”

THIS IS HOW IT WORKS:

1. Create a circle of spots.

Place all spots in a circle. There should always be one spot less than the amount of teams, so that one team is eliminated every round.

2. Start moving.

Move around the circle. The team members are separated and divided over two groups. Both groups walk around the circle in the opposite direction.

3. Claim your spot.

When the music suddenly stops, you should claim a spot as soon as possible. Mind that the team members should be together on one spot. You can also steal a spot by pushing off another player that is not together with his team member yet.

4. Play until the end.

Play until there is only one team left. This team is the ultimate winner, but the second and third place also get credits.

Points.

Third, second and first place are rewarded as following:

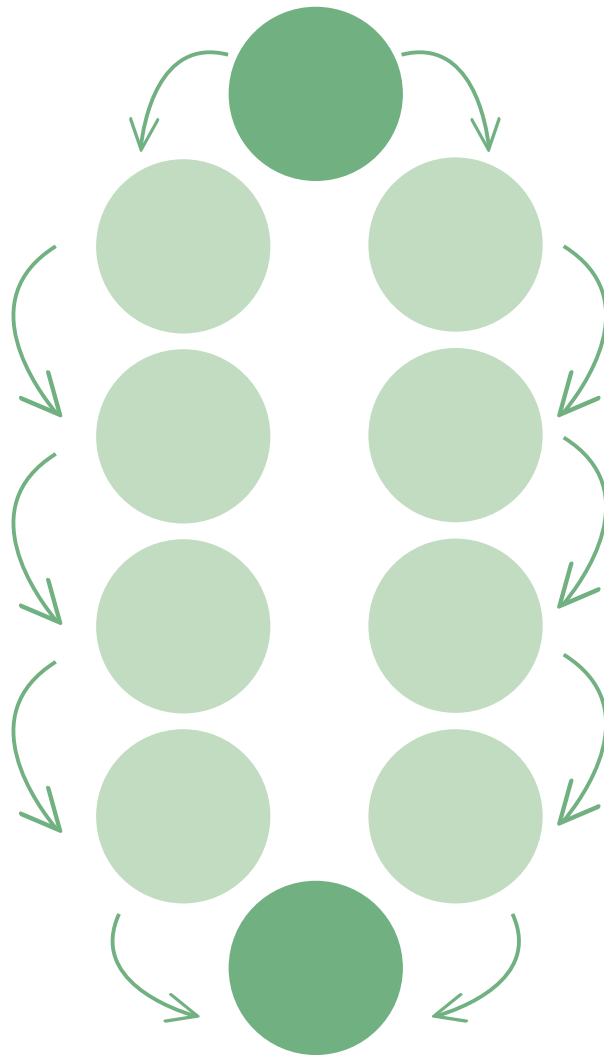


GROUP GAME: SECRET TAG

This game is slightly different than the other games. It is played with the whole group, and is only played when the Randomizer lands on the group game icon. Secret tag is a great way to test your reflexes and your cooperative skills!

In short.

- Pick a Mediating Team using the Randomizer.
- Separate teams and create two groups.
- Hold hands and close your eyes.
- Pass on the secret tag by squeezing the hand of the player on your right.
- Raise the hand of the mediator to claim your victory.



THIS IS HOW IT WORKS:

1. Make two teams.

The group is divided in two groups, separating the existing teams. The groups form two lines, opposing each other and hold hands.

2. Mediating team.

Before making groups, one team sacrifices its chances to make a smooth game possible. This team is rewarded with 2 points by default. Both players of the team stand on the beginning and ends of the two rows.

3. Pass on the secret tag.

The mediating player on the head of the row passes on a secret tag by squeezing the hands of the players on his left and right simultaneously. Now, the challenge for both teams is to pass on the tag to the last player of the row by squeezing the hand of the next player.

4. Raise your hand.

The last person in the row holds the hand of the mediating player. Instead of passing on the secret tag, he lifts the arm of the mediating player as soon as he receives the signal. The team who raises hands first, wins the game.

Points.

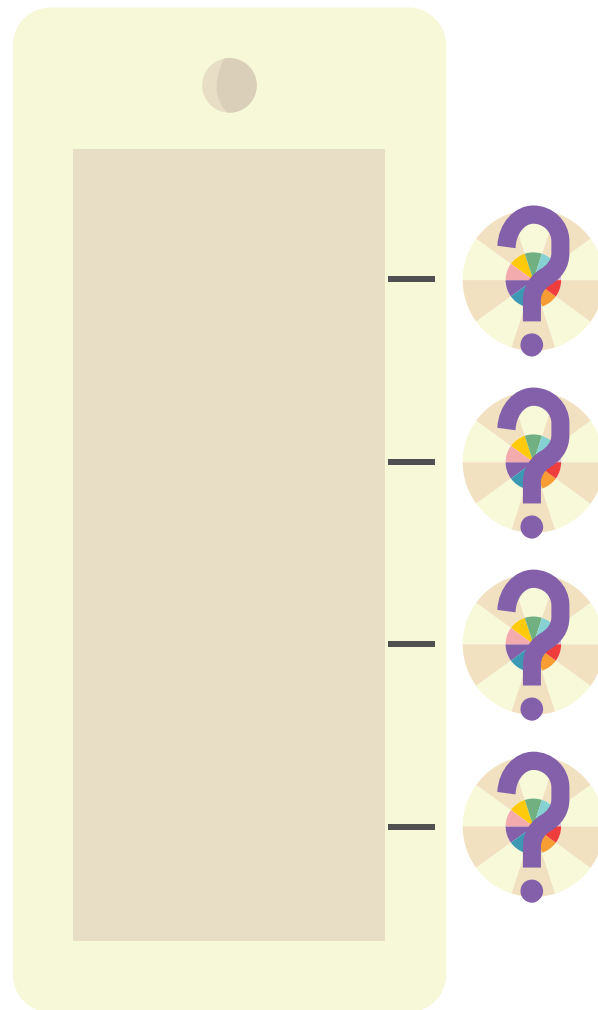
- Winning team: 1 Credit each.
- Mediating team: 1 Credit each.

COMBINATION GAME

In this game variation, all minigames are put together into one large combination game. All players have their own Credit Module, matching their team color. Here you keep the credits you won with the minigames. The team that fills both Credit Modules first, wins the game!

In short.

- Play minigames to win credits.
- Add credits to your Credit Module.
- Reach checkpoints and spin the Randomizer for a cool bonus.
- The first team to fill up both Credit Modules wins the game!



THIS IS HOW IT WORKS:

1. Play the minigames.

Play the minigames in the order of this manual, or create your own order. To determine the order of teams, you can spin the Randomizer. Before a team takes their turn, they have to decide if they want to roll the Handicap-Dices (see also Game Tools - 'Handicaps').

2. Gain credits.

Every team is free to decide which credits they go for. Thicker credits boost your team towards winning, but are also much more difficult. Be strategic!

3. Add credits to your Credit Module.

After you win a minigame, you may claim the Credit and add it to your personal Credit Module (see also Game Tools - Credit Module.)

4. Spin the Randomizer.

Every Credit Module has five marks. When you reach a mark, you may spin the Randomizer for an extra bonus (see also Game Tools - Randomizer.)

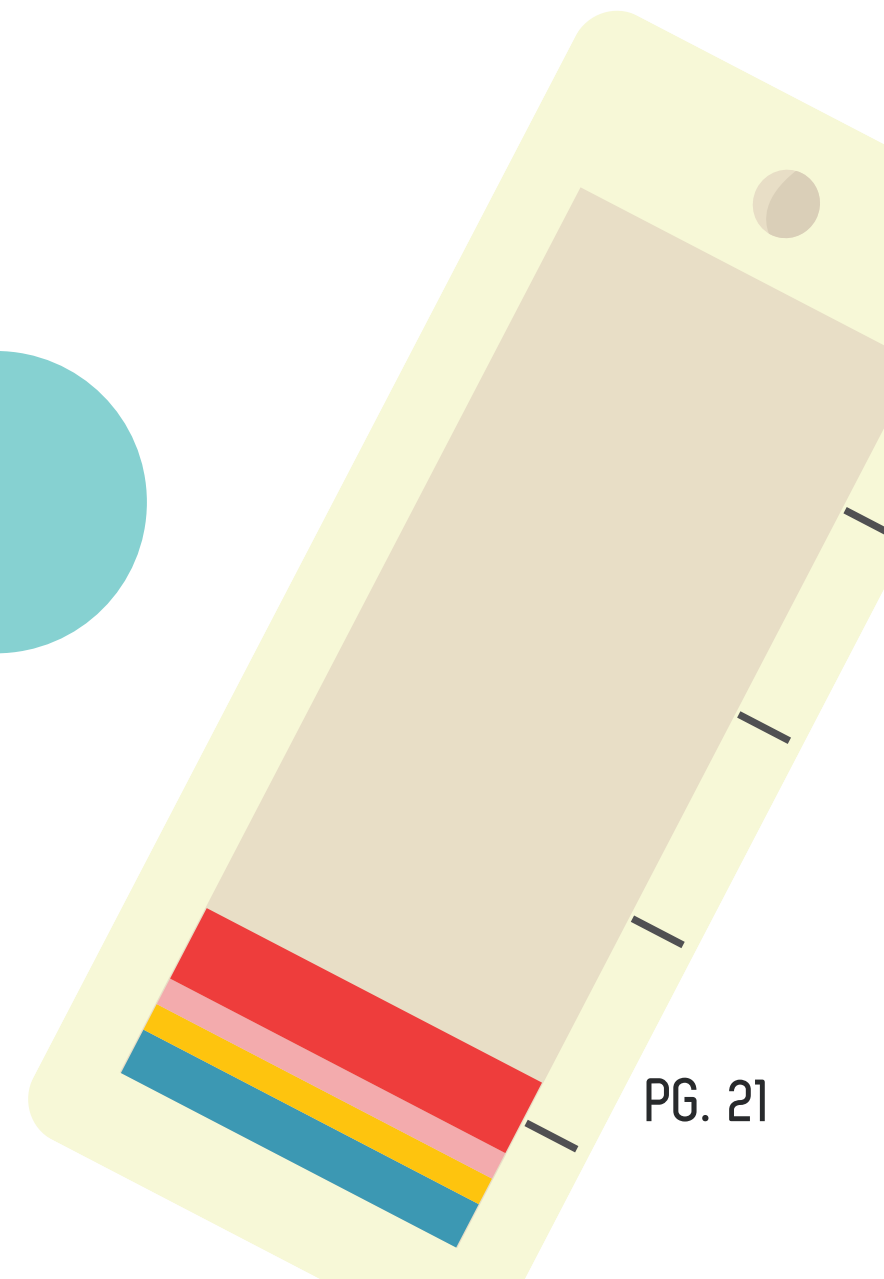
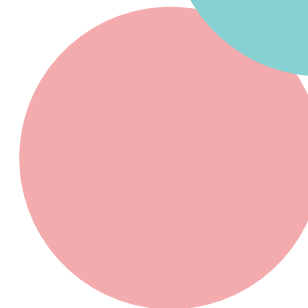
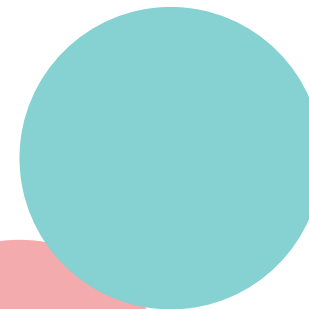
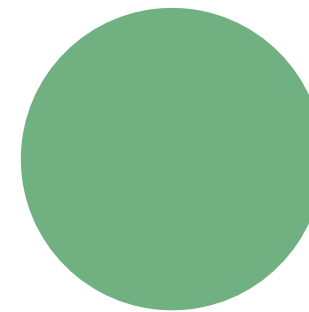
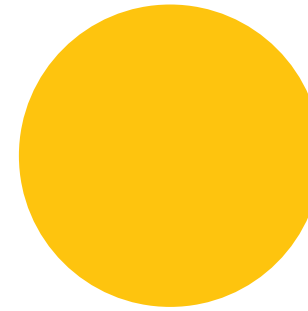
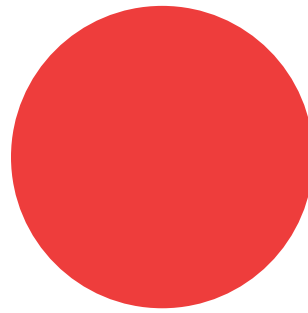
5. Meet in the middle.

You win the game when both of the team's Credit Modules are full. Reach for the top of the Credit Bar to meet your partner in the middle. Is your Credit Module full? Then you are allowed to add your credits to your partners Credit Module until both Credit Modules are full and you win the game.



GAME TOOLS

(EVERYTHING YOU NEED TO PLAY THIS GAME)



RANDOMIZER

The randomizer adds an element of luck to the game.
Use the Randomizer to decide order of the minigames,
pick teams or determine your bonus.

Color Picker.

The Color Picker helps putting together teams and to pick a team for the Team Swap. To put together random teams, each player spins the disc to pick a team color. Keep spinning the disc until all players are teamed up.

Pain or Gain.

Every player can spin the Randomizer four times each game. With the Randomizer you can either win a nice bonus, or get an annoying restriction. The bonuses count per individual player, not per team.



Group Game

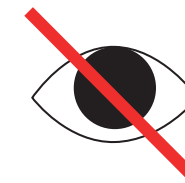
Group Game.

Game played with the entire group (see also How to - Group Game: secret tag.)



Multiplier.

This bonus doubles the Credits you win in the next minigame.



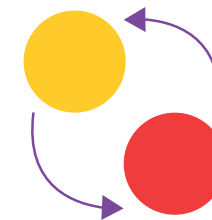
Blindfold.

This icon means you have to use the blindfold in the next minigame (see also Game Tools - Blindfold.)



Handcuffs.

This icon means you have to use the handcuffs in the next minigame (see also Game Tools - Handcuffs.)



Team Swap.

When you get this icon, you have to swap teams with another player. Spin the disc again to see with which player you will swap teams. You can simply swap the flags.

HANDICAPS

Handicaps can be a good way to gain a lot of credits at once, but are not without risk. Handicaps form an obstacle that can make or break your team. Are you ready for the challenge?



Handcuffs.

The handcuffs are used to attach the bodyparts of team members together, to make the minigame a bit more complicated. Before grabbing a Credit, you decide which bodyparts you will be cuffing together (wrists or ankles.)

Blindfold.

The blindfold puts the trust and cooperation within a team to the test. One of the players loses ability of sight, and becomes completely dependant on his team mate. Only one player needs to wear the blindfold during the entire round.

When to use.

Handicaps are bonuses that can be assigned by the Randomizer. Every checkpoint on the Credit Module (see also Game Tools - Credit Module - Checkpoints), you may spin the Randomizer to get your bonus.

Bonus Credits.

When you succeed to win the minigame with a handicap, you double the amount of credits you would normally get (see also Game Tools - Credits). Be tactical about the difficulty level you pick: it is all in or nothing.

CREDITS

The Credits are the most important objects of this game.

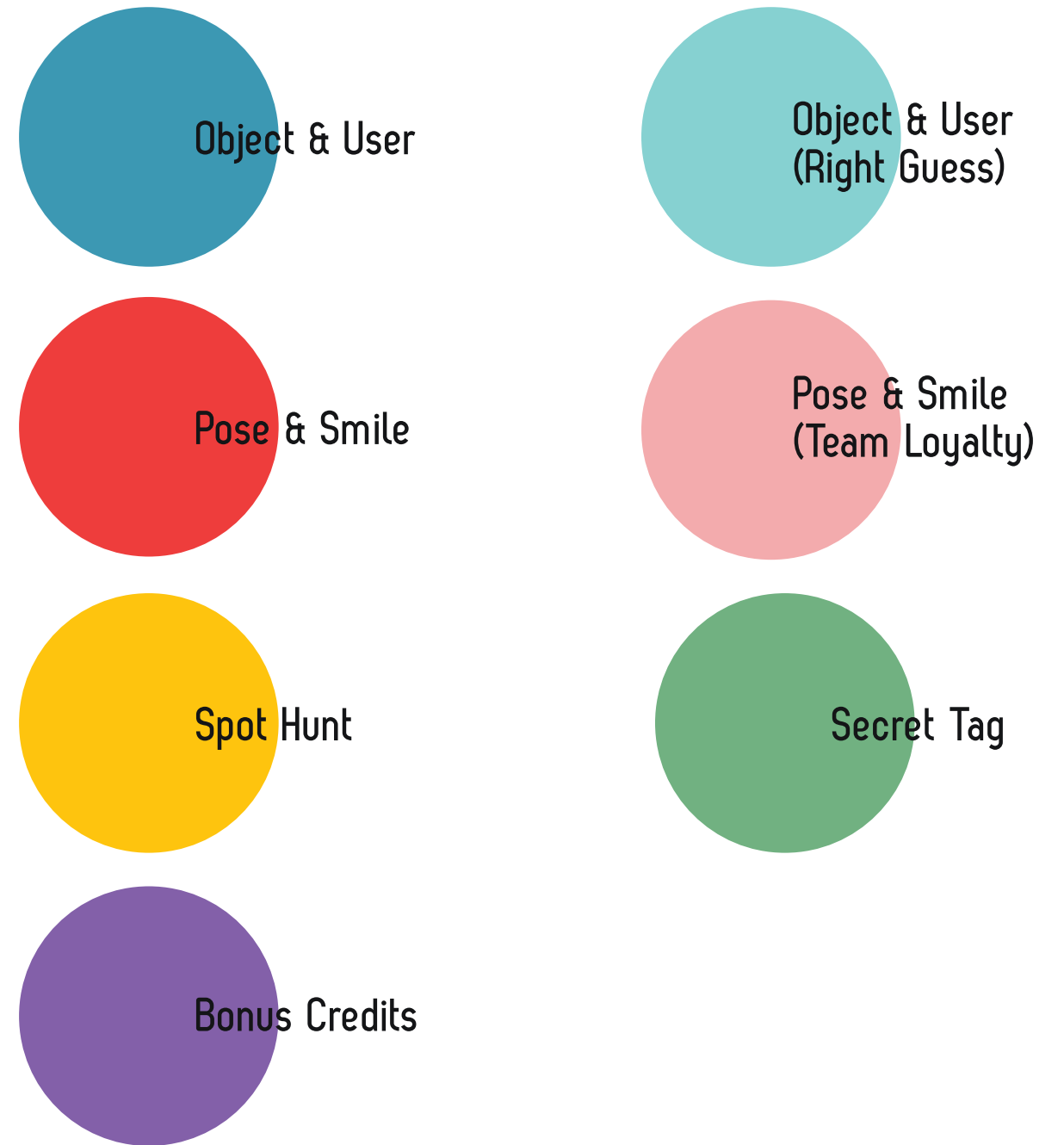
There are a lot of Credits, all of different value and with a different function. In this chapter you can find out which Credits there are, and what their functions are.

Minigame Credits.

Every minigame has its own credits. The different difficulty levels have different thicknesses. On the next page you see which Credits belong to which minigame.

Bonus Credits.

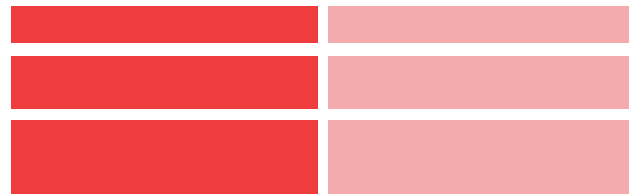
Next to Minigame Credits, there are also Bonus Credits. You can win Bonus Credits by spinning the Randomizer. Both Handicaps and the Multiplier generate Bonus Credits.





Object & User.

Three difficulty levels and the identical Credits for the player that guesses the object.



Pose & Smile.

Three difficulty levels and the identical Credits to even out the team's gainings.



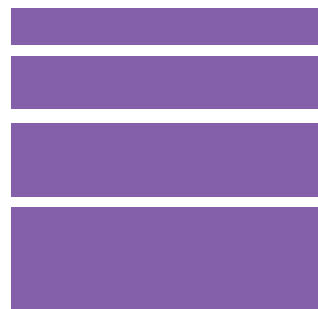
Spot Hunt.

Third, second and first place rewards.



Secret Tag.

Equal rewards for winning group and the mediating team.



Bonus Credits.

There are Bonus Credits of each value, for all possible occasions.



CREDIT MODULES

With the Credit Modules you can easily keep track of your progression in the Combination Game and the minigames you have won. Each player has his own Credit Module, where he keeps the Credits he won as a team or as an individual.

Teams.

Every player has his own Credit Module, to which he adds a little flag in the color of his team. When you have to swap teams with another player, you swap this flag and keep your own credits.

Checkpoints.

The little marks on the side of the Credit Module marks the checkpoints. On all this points, you may spin the Randomizer to get your bonus.

Victory!

When you have reached the maximum amount of points, you may insert your last credit inside the Victory Slot. Like this, all the other players can see that your Credit Module is full. When you and your partner both have a full Credit Module, you have won the game!