



THE GOOD DEEDS GAME HANDBOOK

for facilitators

Table of Contents

Introduction

- Who is this guidebook for?
- Welcome to the Good Deeds Game
- Goal-Facilitator-Players
- The Game Flow

Part 1: How to Start the Game

- How to decide on the timespan of the game
- Inviting Initial Players

Part 2: Reminder About Opening Session

- Why and how to send a reminder
- Message example

Part 3: Opening Session - The Game Starts

- Goals & Preparation
- In-Person vs Online Session
- Indicative Session Flow

Part 4: Collecting Stories & Keeping Participants Engaged

- The roles of the Historian & Historian Assistants
- Tips for Engagement

Part 5: Reminder About Opening Session

- Why and how to send a reminder
- Message example

Part 6: Closing Session - The Game Ends

- Goals & Preparation
- In-Person vs Online Session
- Indicative Session Flow

Glossary

Acknowledgements

This handbook is developed in the context of the strategic partnership **"Don't Worry, Be You"**.

Our partnership unites six non-profit organisations from Bulgaria, Croatia, Germany, Greece, Italy and the Netherlands. We have gathered to discover how to bring mindfulness into education.

Our aim is to promote health, personal and collective growth.

Our partnership is funded by the European Commission through the programme Erasmus+.

In the context of our partnership, we have created:

- A guidebook for youth workers, facilitators, and educators
- A 21-day mindfulness challenge with a podcast of 21 series
- 10 Video Tutorials to promote movement and embodied learning
- The Good Deeds Game, to play with our communities, and this handbook where you can learn how to do it too
- Plenty of local events, where young people could experience mindfulness practices
- A Training for youth workers
- A Youth Mobility, where young people could meet and explore together the topic of mindfulness and community wellbeing

The materials for this book are collected by our core team: Niels Koldewijn and Lana Jelenjev (Netherlands), Jochen Schell, Saskia Weissenbach and Iva Bubalo (Germany), Joanna Nikolova and Zsofia Gaudi (Bulgaria), Danaï Tessa (Greece), Mirela Marovic Omerzu (Croatia) and Alessio Sgarlato (Italy).

The book is created by Iva Bubalo and Niels Koldewijn, and tested by Jochen Schell, Mirela Marovic Omerzu and Alessio Sgarlato. The design of the book is created by Danaï Tessa.



**YOU CAN ACCESS THE TOOLS AND READ MORE ABOUT THE PROJECT
ON OUR WEBSITE [HERE](#).**

DON'T WORRY BE YOU

Who is this guidebook for?

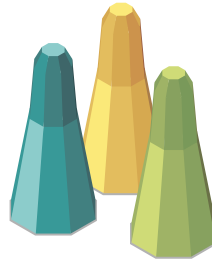
This book is developed to be a guide for people who work with youth - community, social and youth workers, educators, or people who are simply looking for ways to bring their community together after the COVID-19 pandemic.

This is for you if you:

- Want to engage young people in your neighbourhood, school or youth center, in a fun and captivating way
- Are looking for tools and resources to support your community's mental well-being
- Work directly with youth in exploring their mental health and cultivating resilience
- Organize, facilitate, and design spaces for youth to meet up and connect with each other
- Are looking for a guide on how to “walk alongside” young people in navigating their mental health challenges



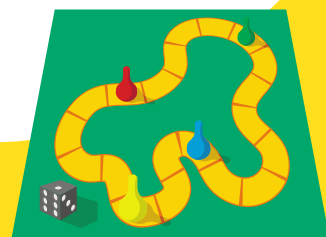
Welcome to the Good Deeds Game



Welcome dear fellow human being,

To facilitate a Good Deeds Game is an exciting journey in which you are invited to let go of any expectations, to trust the process as it unfolds, and to stay true to your value of community empowerment and improvement of our collective well-being.

In this manual you can find step-by-step instructions on how to facilitate the game, together with the materials that you might need for it. However, allow yourself to be creative and give yourself freedom to adapt the game and materials to your own context and resources that you have on your disposal.





GOAL

- The quantitative goal of Good Deeds Game is for all the players together to do a certain number of good deeds (the exact number is to be decided upon in the opening session) in a chosen community (any geographical or social landscape in which the game takes place) within a given period of time (e.g. 3 weeks).
- The qualitative goal of Good Deeds Game is for the players to take pleasure in giving and receiving good deeds.

PLAYERS

- **Initial player(s)** are people who join the game at the beginning and they start the snowball effect of good deeds.
- **Joint player(s)** are people who receive a good deed and join the game at any point during the game by paying a good deed forward.
- Any player who decides to share a story about their experience of receiving or giving a good deed in any format (written, audio, video) becomes a **storyteller**.

FACILITATOR(S)

A facilitator is a person who facilitates the whole game flow and is a key role in this game. We recommend teaming up and having at least 2 facilitators so that you can mutually support each other along the way. As a facilitator you will have several roles throughout the game:

- **Firestarter** - you carry the flame to do good in your heart and you say "Let's play this game". You kick-start the game process.
- **Motivator** - you keep players motivated and engaged throughout the whole game process
- **Historian** - you collect and curate the stories shared by storytellers (players).

You can also invite one or more of the Initial Players to support you in these roles, if you would like to.

THE GAME FLOW

STEP	Materials	How to Do It	Timeframe
1 HOW TO START THE GAME: PROMOTION & INITIAL PLAYERS	Invitation for Initial Players, Sign-up Form	Via Social Media, Word of Mouth, website, QR codes, etc	Starting 2-3 weeks before the opening session
2 REMINDER ABOUT THE OPENING SESSION	Reminder Message	Via email, Whatsapp, Telegram, or others	1 day before the session and on the day of the session
3 OPENING SESSION: THE GAME STARTS	Instructions, rules, Invitation for Joint Players, Tracking Form, Meeting place	Online or in-person	60-120 minutes
4 COLLECTING STORIES & KEEPING PLAYERS ENGAGED	Your own personally crafted messages	Social Media, Email	During the whole duration of the game
5 REMINDER ABOUT THE CLOSING SESSION	Reminder Message	Via email, Whatsapp, Telegram, or others	1 day before the session and on the day of the session
6 CLOSING SESSION: THE GAME ENDS	Survey on the effects of the game	Online or In-person	60 - 120 minutes event which marks the end of the game

STEP 1: HOW TO START THE GAME - PROMOTION & INITIAL PLAYERS

As a facilitator, your first key task is to kick-start the game by mobilizing people to play. However, before you start mobilizing people, you have to decide upon the following factors:

WHAT COMMUNITY AM I TARGETING?

You have to choose in which community you are going to play the game (e.g. town, region, internationally, colleagues from work...). The game can be played on the local but also international level, with opening and closing sessions taking place in person or online. It is really up to you to decide which community would benefit from playing this game.

HOW LONG SHOULD THE GAME LAST?

We recommend playing the game for three weeks in total, however, you can make it longer or shorter depending on what is your capacity and what you believe would work in your chosen community.



After you have decided about the above mentioned points, take enough time to mobilise Initial Players (e.g. 2 to 3 weeks before the opening session). For that you will need to create and share the invitation for initial players.

How to create & share the invitation for initial players?

1. Use the following template of the [INVITATION FOR INITIAL PLAYERS](#).
2. Create a copy of this template to create your own invitation so that the template can stay untouched and be used by other users.
3. Update the content in the invitation with accurate information that applies to your game.
4. Create a sign-up form and, very importantly, don't forget to attach the link into the invitation. We suggest using Google Forms and collecting the following information from Initial Players:
 - a. Your name
 - b. How would you like to be contacted for further steps of the game? Email/Whatsapp/Telegram
 - c. Please, provide contact details (email address or mobile phone number with country code included)

[HERE](#) is an example of a sign-up form.

with friends, family members, colleagues, community stakeholders, press, or anyone who is a part of your community, through:

- Social Media (Instagram and Facebook by using a hashtag #DWBYGame)
- Email
- newsletter
- messenger systems (Telegram, WhatsApp...)
- flyers/stickers with QR codes with a link to the invitation



STEP 2: REMINDER ABOUT THE OPENING SESSION

Send a reminder to all the Initial players who got registered for the game and whose contact details you have collected through a sign-up form. You can send a reminder one day before the session, on the day of a session and /or one hour before the session.

It is up to you to estimate which frequency of communication will make your Initial Players most likely to join the Opening Session. If the session takes place online make sure to include the meeting link and inform people how long the session will be.

You can use the following template of a reminder message, but feel free to be creative and develop your own more personalised message.

Dear Initial Players,

Welcome to the DWBY Good Deeds Game. We are very excited to have you on board and together do something good for humanity. We will meet today at 5pm CET via the following **LINK** for the opening session and officially start the game. The session is expected to be 60 minutes long.

Looking forward to seeing you!

The Don't Worry Be You Team.



STEP 3: OPENING SESSION: THE GAME STARTS

THE GOAL OF THIS SESSION IS TO...

- Keep Initial Players motivated to play the game
- introduce instructions and rules to the Initial Players
- set the collective goal (how many good deeds is the group aiming to attain within a given period of time)
- make the session engaging, fun and concise



HOW TO ARRANGE THE IN-PERSON SESSION

- Create a circular set up of chairs to incite a sense of community.
- Make the centre of the space beautiful. Include facilitation materials.
- Create a space on the wall where you can hang up or write down output of conversations.
- Organize a projector so you can share the presentation.
- See if you can organize a sound-system for some nice music for a good atmosphere.
- See if you can organize snacks and drinks to make it festive!



HOW TO ARRANGE THE ONLINE SESSION

- Choose your meeting platform (e.g. ZOOM) and make sure that everybody has a meeting link on time.
- Allow some time for people to arrive and organize a fun way to keep those who are waiting and arriving engaged.
- Create an online space (e.g. Mural, Miro, Mentimeter...) where you and participants can write down the output of conversations.

Proposed structure of the session

Activity	Notes
Welcome	<ul style="list-style-type: none">• Welcome Initial Players with a brief introduction to what brings you all together.• Introduce yourself and why you want to play the Good Deeds Game.
Building Connections	<ul style="list-style-type: none">• Check-in with players• Have a fun introduction activity that promotes connection between you and them, but also with each other
Why are you motivated to play the game?	<ul style="list-style-type: none">• Listen to and map out the reasons for the people to be a part of this journey.• Share information about the “Don’t Worry Be You” project and the reasons behind the creation of this game.
How does the game work?	<ul style="list-style-type: none">• Present the instructions, rules and the tracking system of good deeds. Create your own presentation by using this presentation template. Please, always create a copy of this template first, so that the template can stay untouched and be used by other users. Update the content in the presentation with accurate information that applies to your game.• After the presentation, make space for people to ask questions and share ideas.
Collective goal setting & how to start	<ul style="list-style-type: none">• Set a collective goal, that is how many Good Deeds the group is aiming to do in the given period of time. Do it in a fun and engaging way.• You can also set sub goals to make the game a bit more competitive, e.g. each country/neighbourhood/department has a goal to do the highest number of good deeds.• Ask players if they already have an idea for whom and what kind of good deed they are going to do.

Activity

Closing

After
the
Session

Notes

- Finish with an activity to appreciate what's already been done.
- Share next steps and how to stay in touch.
- Notify the Initial Players that they will receive a message with a presentation with instructions and rules, as well as an invitation for Joint Players
- They will be contacted to share their stories
- They will be reminded about the closing session

Create and share the Invitation for Joint Players and a Presentation that you used in the opening session with Initial Players via their preferred means of communication (email, Telegram, Whats App) .

HOW TO CREATE THE INVITATION FOR JOINT PLAYERS?

- Use the following template of the [INVITATION FOR JOINT PLAYERS](#).
- Please, always create a copy of this template to create your own invitation, so that the template can stay untouched and be used by other users.
- Update the content in the invitation with accurate information that applies to your game.
- Create a tracking form and very importantly, attach the link to the invitation for joint players. We suggest using Google Forms and collecting the following information from Initial Players:

1. Your name
2. The date on which you received a good deed
3. In which country do you live?
4. How would you like to be contacted for further steps of the game?
5. Please, provide contact details (email address or mobile phone number)
6. Describe a good deed that you have received

[HERE](#) is an example of a tracking form.



STEP 4: COLLECTING STORIES & KEEPING PLAYERS ENGAGED

HOW TO COLLECT AND CURATE STORIES?

As a facilitator, at this stage of the game you have a very important role of a **Historian**. As a Historian, your task is to collect stories from the players, who in the moment of sharing their stories get into the role of storytellers. If you have appointed a Historian Assistant(s) in the opening session, contact them and plan together this step of the game.

Some players might contact you to share their story (they have been invited to do it during the opening session or through an invitation for joint players), however they may forget to do it, so you will have to remind them. Use contact details that you have collected through a tracking form to contact the players individually and kindly ask them to share a story with you about how it was to receive or give a good deed.

When it comes to sharing the stories, decide where and how you want to share stories with a wider audience (e.g. on any social media platform that you curate). Be creative, use the DWBY design framework and make it with a goal in mind to inspire people to do good.





HOW TO KEEP PLAYERS ENGAGED THROUGHOUT THE GAME?

There is no perfect recipe for keeping your players engaged in the game. Every group is different and every facilitator has their own methods and style on how to do it. Below you will find some suggestions that can support you in this process but it is up to you to choose whether to use them and how to adapt them to your context.

- Regularly update players about the status of their collective goal

To maintain a sense of community, inform your players regularly about the number of good deeds done up until the point when you are sharing the information with them. Create a schedule to have some regularity and stick to the dates and times you have set.

- Share stories and inspiring videos with the players

To remind players about the value of the game, share stories or examples of good deeds that you have collected as a Historian. Add some motivational and inspirational words or videos that arise from your genuine presence in the game.

- Be personal, playful and fun

Whatever you decide to share with your players make it feel personal, light, easy, inviting and with a dose of humour.

STEP 5: REMINDER ABOUT THE CLOSING SESSION

Send a reminder about the closing session to all the Initial and Joint players whose contact details you have collected. You can send a reminder one day before the session, on the day of a session and /or one hour before the session.

It is up to you to estimate which frequency of communication will make your players most likely to join the Closing Session. If the session takes place online make sure to include the meeting link and inform people how long the session will be.

You can use the following template of a reminder message but feel free to be creative and develop your own more personalised message.

Dear Players of the Good Deeds Game,

We are very excited to announce the results of the game and if we have attained a collective goal of...

We will meet today at (time) via the following **LINK** for the closing session and official end of the game. The session is expected to be 60 minutes long.

Bring your relatives, friends, family, partners, neighbors... Everyone is welcome in this celebration.

Looking forward to seeing you!

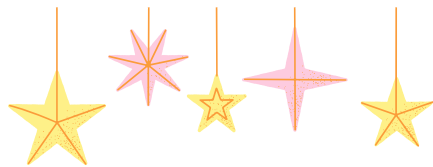
The Don't Worry Be You Team.



STEP 6: CLOSING SESSION: THE GAME ENDS

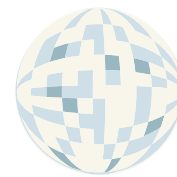
THE GOAL OF THIS SESSION IS TO...

- Announce the results and if the collective goal has been reached
- Make it celebratory regardless of the collective goal being reached or not
- Create even deeper connections among players and a sense of community belonging
- Make the session engaging, fun and concise



HOW TO ARRANGE THE IN-PERSON SESSION

- Create a circular set up of chairs to incite a sense of community.
- Make the centre of the space beautiful. Include facilitation materials.
- Create a space on the wall where you can hang up or write down output of conversations.
- Organize a projector so you can share the presentation.
- See if you can organize a sound-system for some nice music for a good atmosphere.
- See if you can organize snacks and drinks to make it festive!



HOW TO ARRANGE THE ONLINE SESSION

- Choose your meeting platform (e.g. ZOOM) and make sure that everybody has a meeting link on time.
- Allow some time for people to arrive and organize a fun way to keep those who are waiting and arriving engaged.
- Create an online space (e.g. Mural, Miro, Mentimeter...) where you and participants can write down the output of conversations.

Proposed structure of the session

Activity	Notes
Welcome	<ul style="list-style-type: none">• Welcome Initial Players with a brief introduction to what brings you all together.• Introduce yourself and how it was for you as a facilitator to be a part of the game
Building Connections	<ul style="list-style-type: none">• Check-in with players• Have a fun introduction activity that promotes connection, and shows how much this community has grown.
Open Stage	<ul style="list-style-type: none">• Invite Players to share their story with everyone present, to share how this game has impacted them and what if they have noticed any positive impact in their community.
Recognition	<ul style="list-style-type: none">• Pick and share some of the most inspiring stories and examples of good deeds that you have collected.• Celebrate all good deeds done, and acknowledge the success and the accumulated impact regardless of the result.
Reveal the result	<ul style="list-style-type: none">• List the number of good deeds and people reached and share if the collective goal has been reached.• If you have set a sub-goal, then reveal this result too.
Survey on the effects of the game	<ul style="list-style-type: none">• Create a survey to find out more about the impact of the game on the players. You can use google survey or any other format to collect data. You can use any of the following questions or add yours:

Proposed structure of the session

Activity

Survey on the effects of the game

Closing

Notes

- What was your experience like participating in this game?
- How much would you say that this game has contributed to your well-being:
 1. A lot
 2. A little
 3. Not at all
- How much would you say that this game has contributed to the well-being of a person who received a good deed from you:
 1. A lot
 2. A little
 3. Not at all
- How much would you say that this game has contributed to the well-being of your community:
 1. A lot
 2. A little
 3. Not at all
- Would you participate in this game again or recommend it to someone else to play it? Why yes, why not?
- Do you have any suggestions for the improvement of the game?
- Could you imagine facilitating the game yourself? Why yes, why not?

Here are some ideas on how you can close the session:

- motivational and inspiring words
- a video
- group hug or individual hugs
- playing a song
- dancing together
- or even having a party!

Glossary



Closing Session

the event that officially marks the end of the game

Collective Goal

a number of good deeds that Initial Players decide to set as their goal to reach within a given period of time

Facilitator(s)

a person (or more of them) who facilitates the whole game flow and is a key person in this game

Firestarter

a facilitator who takes on the role to kick-start the game process.

Historian

a facilitator who takes on the role to collect and curate the stories shared by storytellers (players).

Historian Assistant

any Initial Player who decides to support a Historian in their role

Initial Players

people who join the game at the beginning and they start the snowball effect of good deeds.

Joint Players

people who receive a good deed and join the game at any point during the game by paying a good deed forward

Motivator

a facilitator who takes on the role to keep players motivated and engaged throughout the whole game process

Opening Session

the event that officially marks the start of the game

Storyteller

any player who decides to share a story about their experience of receiving or giving a good deed in any format (written, audio, video).



THE GOOD DEEDS GAME HANDBOOK

for facilitators

The materials for this book are collected by our core team: Niels Koldewijn and Lana Jelenjev (Netherlands), Jochen Schell, Saskia Weissenbach and Iva Bubalo (Germany), Joanna Nikolova and Zsafia Gaudi (Bulgaria), Danai Tessa (Greece), Mirela Marovic Omerzu (Croatia) and Alessio Sgarlato (Italy).

The book is created by Iva Bubalo and Niels Koldewijn, and tested by Jochen Schell, Mirela Marovic Omerzu and Alessio Sgarlato.
The design of the book is created by Danai Tessa.

Organizations collaborating on this project:
Institute for Creative Education | Internationale Akademie Berlin |
Roes Cooperativa | YEPP Italia | SH!FT Foundation | Alter Network

Co-funded by the European Commission through the Erasmus+ program.

Supported by the Dutch National Agency of Erasmus+.

