

Embrace your Happiness

User's Guide



#Positive life

#Happiness charger

#Build and learn happiness together

#Journey to authentic happiness

快樂
程式

happiness

Embrace
your
Happiness



TLP 교육디자인

GRAB YOUR HAPPINESS !



“

Do you know that 40% of happiness is under voluntary control according to the “happiness formula” developed by positive psychologist Dr. Martin E. P. Seligman?

“Embrace your happiness” can be used as a party game, leading you and your friends to discussing how to become happier in a relaxing atmosphere. Additionally, teachers, social workers and other professions could further explore happiness with students through this game based on positive psychology theories.

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Let's embark on this amazing journey and create our own happiness formulas! :)

There are Four ways you can play Embrace your happiness game.



Components of the game



50 x
'Happiness
PLUG'
cards



40 x
'Happiness on'
cards
(20 basic)



(20 advance)



14x
'Yes & No'
cards



8 x
'Number'
cards



6 x
'Help me'
cards



20 x
'Happiness
Phrase'
cards



100 x
Sheets

ENJOYING HAPPINESS

Part 1 : Whose happiness is it?
3-8 players / 20+ minutes

Objective of the game

Guess when other players feel happy by asking questions.

Game setup

- 1 Equally distribute **Happiness PLUG** cards among the players.
16 cards each for 3-player games, 12 cards (4P), 10 cards (5P), 8 cards (6P), 7 cards (7P), 6 cards (8P)
- 2 Draft a **Happiness PLUG** card from your hand that shows your happy moments, and pass the rest to the person on your right.
(If you have difficulties to find a suitable "happiness plug" card, you may choose no card and wait for next turn.)
Place the selected card facedown on the table so no other players can see it.
- 3 Draft another card from your new hand.
- 4 Repeat the step 2 & 3 to draft total of TWO **Happiness PLUG** cards.
- 5 Place all **Happiness ON** cards in the center of the table faceup to show the contents.

(If the participants are young students, you may use only the 20 basic Happiness ON cards)



Game play

- 1 Select the card which makes you the happiest among the TWO **Happiness PLUG** cards that you've drafted and place it facedown on the table.



- 2 Everyone, simultaneously, picks a **Happiness ON** card that best express the happiness that you would feel in the situation written on the **Happiness PLUG** card that you've selected in step 1.
After everyone picked one **Happiness ON** card, set the rest aside



- 3 Take all **Happiness PLUG** cards that players placed on the table, shuffle them, and randomly arrange them under each numbered card.



- 4 Choose a player to become the storyteller and explain the **Happiness ON** card they brought.



I feel at ease when i do this job

- 5 The rest of the players each will ask a question that can help them guess which **Happiness PLUG** card is the one that the storyteller played.

The question should be a yes/no question.

If you can't think of any appropriate questions, refer to the sample questions on the last page of this rulebook.



- 6 Listen to the players' questions, the storyteller uses **You and Me** cards to answer them **yes or no**.

Choose between yes or no based on whichever fits the best

- 7 After each player have asked their question, players make a guess which **Happiness PLUG** card belongs to the storyteller and write down the name of the storyteller on the sheet next to the corresponding number. Then the next player become the storyteller.

Nick 

- 8 When all players have become the storyteller once, each player take back their **Happiness PLUG** card & the number card, and place them together with their **Happiness ON** to reveal the correct answers.

When you do this, you may explain your happy moments in detail.

Everytime when I was listening to music, I am so relaxed that I feel like in another world and forget all my upsets.



- 9 For every correct guess you made, you gain 3 points.
- 1 After playing two rounds, the part one of the game ends. You may conclude by calculating scores or entering part two of the game.

Note: If you want to continue to play the Part 2, you need to keep those 2 **Happiness PLUG** cards that you've drafted.

Part 2 : Sympathize with the Happiness 3-8 players / 20+ minutes

Proceeds after the Part 1.

With two Happiness PLUG cards drafted in Part 1, placed in front of you, you will draft one to two additional Happiness PLUG cards. (3-5 p :2 cards , 6-8 p : 1 card)

Game setup

- 1 Equally distribute the remaining **Happiness PLUG** cards among the players, and draft one card. Also distribute one set of **Yes & No** cards to each player.

Note: When you draft those new cards, choose the cards those are easier to make guesses whether the other players will also be happy on such circumstance or not among the cards that make you happy.

- 2 After drafting a card, pass the remaining card to the person on the right and draft another card from the new hand you received. (You may neglect this step when you are playing with 6-8 players)

Game play

- 1 Put the 2 Happiness PLUG Cards that you picked on Part 1 open in front of you so everyone can see them.

These cards are there to assist in reasoning.



- 2 Place both of your new **Happiness PLUG** cards in the middle of the table facedown.



- 3 Shuffle those cards to make a pile and open the top card from the pile.



- 4 Players read the texts on the card and if they would feel happy in the situation written on the card, put 'Yes' card otherwise, put 'No' card facedown in front of them.



- 5 After all players put **Yes & No cards** down, they try to guess out how many players have played 'Yes' and write the number down on the sheet.

2 players 

- 6 When all players have written the numbers down, open all 'You and Me' cards and the players who guessed it right get 3 points each.
- 7 If everyone played 'Yes' cards unanimously, the player who picked that **Happiness PLUG** will earn one extra point.
Feel free to ask or discuss the reason "why" & "why not", this is a good chance to know more about each other!
- 8 We highly recommend to play 6-8 **Happiness PLUG** cards before the game ends, depend on the time available.

The player(s) with the highest total score of Part 1 and Part 2 becomes the winner!

PLAY 2: PLEASE TAKE CARE OF MY HAPPINESS

3-6 players / 15+ minutes

Objective of the game

It's a game that you suggest other players the best way for them to regain the happiness they've missing recently.

Game Setup

- 1 Place all **Happiness ON** cards in the center of the table faceup to show the contents.
(If the participants are young students, you may use only the 20 basic Happiness ON cards)

- 2 Players reflect happy feelings they used to have, but have not felt recently. Then choose two **Happiness ON** cards that correspond to the feelings the most. Put their choices in front of them, faceup.



- 3 Make a pile of **Happiness PLUG** cards and open the top 8 cards on the table.



- 4 Shuffle the **Help me** cards and make a pile.

Game play

- 1 Choose a player to become the storyteller. The storyteller picks one of two **Happiness ON** cards from the hand and talks about a stressful situation or a difficulty that restrain them from being happy.



I have been bothered by details of the work, so I can't feel passionate for what I am doing recently.

- 2 After listening to the storyteller's story, starts from the player right to the storyteller picks one of eight **Happiness PLUG** cards to suggest a specific method how to make the storyteller happy.

When you make a suggestion, you can suggest the way you do it, or you can suggest a method that might work for the storyteller.



You could choose a new game to play with and challenge yourself with it, and try to feel passionate again in it.

- 3 When done, fill up the **Happiness PLUG** cards up to eight, then the next player takes turn making the suggestion how to be happy by using a card available on the table.
- 4 Once all players have made suggestions, the storyteller randomly draw one **Help me** card.
- 5 The storyteller selects a player who gave them the best solution by the mean written on Help me card(Or use a principle of your own!). The player gains 3 points.
- 6 After everyone played the storyteller once, you may end the game or play another full round using the other Happiness On cards that the players have.

The player(s) with the highest score becomes the winner!

PLAY 3: CHASING HAPPINESS

2 players / 15+ minutes

Objective of the game

It's a game that you compare how you look at yourself and how the others look at you to find out what makes you happy.

Game setup

- 1 Shuffle all the Happiness PLUG cards facedown into a pile.
- 2 Put 1-5 Number cards at the centre of the table in numerical order.
- 3 Choose one player as the target and the other to be the guesser. Each player take one sheet for recording scores.

Game play

- 1 The target opens five cards from the top of the deck and arrange each of them on table under the **Number** cards (1-5).
- 2 According to the card description, the target choose two cards that could make he/she happiest. Write the numbers of those cards and their priority (The most and the second that could make you happiest) on the sheets without disclosing them. The guesser also choose two cards that he/she thinks could make the target happiest, and write down the numbers of those cards and their priority on the sheet.

Even if those 5 cards couldn't make you very happy, please pick two of the closest according to your preference!

- 3 When guessing is done, compare the answers of the target against the players. The player will score two point per each right guess of number. One more point will be awarded if you also guess the priority correctly.
- A John (The target) choose no.4 card for "the most" and no.5 card for "the second most".
- B If Mary (The guesser) guess "the most" is no.1 and "the second most" is no.4. She guesses one number correctly and get 2 points.
- C If Mary guess "the most" is no.4 and "the second most" is no.1. She guesses one number and also the priority correctly and get 3 points.

A

Story Teller		
Play	The Most	Second most
1.	4	5
2.		

B

Guesser		
The Most	Second most	Score
1	4	2

C

Guesser		
The Most	Second most	Score
4	1	3

- 4 Repeat the step (1) to (3) ten times until the deck runs out.
- 5 The guesser become the target and play again.

The game ends when all players have been both target and guesser.

When the game ends, the player with the highest score wins.

It is fun to find out the differences between how both players see yourself and also you may find some common interest between you!

Bonus Play

After playing Embrace your happiness game Play 1 & 2, you can use the Happiness TALK cards to do the finishing up activity.

- 1 Spread out all of the Happiness TALK cards on the table faceup, then each player picks a card that shows the phrase that you take to your heart as you play the game.
- 2 Start from the player who won the game, each player introduces the phrase they have chosen and shares the thoughts about Happiness how it has changed after playing the game.

FORMULA OF HAPPINESS

$$H = S + C + V$$

Psychologist Dr. Martin E. P. Seligman told us that happiness is measurable. The forming elements include Set range, circumstances and voluntary control.

Formula of Happiness : Set range (50%) + Circumstances (10%) + Voluntary control (40%)

Formula of Happiness proves that a person could seek out happiness by choice. Through voluntary control we could enhance our positive thinking and build up meaningful goals.

Embrace your happiness help you to reflect on your living and habits with 50 different ways about happiness. With this game, one could build up own's "formula of happiness" and have a life with happiness.



Check out the QR code for more educational resource about the game and positive life!

Reference:

1. http://www.cityu.edu.hk/ss_posed/index.aspx?lang=zh

2. Seligman, M. E. P. (2012). Flourish: A visionary new understanding of happiness and well-being.

3. 湯國鈞、姚穎詩、邱敏儀(2010)。喜樂工程——以正向心理學打造幸福人生。香港：突破出版社

SAMPLE QUESTION

- 1) Did you do this today?
- 2) Do you usually do it alone?
- 3) How long does it take?
- 4) Do you need any equipment/tools?
- 5) Can you do it every day?
- 6) Would you do it with me?
- 7) Does it cost a lot of money?
- 8) Is there a good time to do this?
- 9) Can anyone do it well?
- 10) Do you go to a specific place to do this?



10+



20 mins+



2-8人

Product : Board Game

Desgin (Original Korean Edition): TLP EDU Desgin Editor

(Korean Edition): Mi Sun Kim

Design and modification(Chinese Edition): Thomas Lam & Wind Chan

Product translation and supervision: Black Swan and BG Infinity

Chinese edition Publishing and Distribution: BG Infinity

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