

How to use this resource

Challenge Game

This first draft of a game where people take on challenges came from a design lab. We know that this resource needs more ideas to make it come alive. So please try it out and give us some feedback. To play you will need to print the challenge cards and the instruction booklet.

Printing the challenge cards is done as a PowerPoint presentation. In your printer settings, simply select "handouts" and select 4 slides/page. Do not print double sided.

Then cut each page in half and fold to create double sided cards. Once this resource has been refined at the end of the Test and Try phase of the design process we will print them professionally on double sided card.

The rest of the instructions for this resource are included in the instruction booklet. However in summary, please see below:

This is a game of mutuality. A worker/therapist is able to play with one or more people accessing services, however if they want to use the resource, they need to be playing in their own life too.

If a challenge seems too easy for one player and too hard for another, each player should either modify the challenge to make it equal or choose different challenges so that everyone is equally challenged.

The game is currently designed to be played in rounds. A round can be a few days long or a few weeks long, depending on how you want to play.

While other players can offer support, encouragement and coaching to each other, only the individual will know what challenge is right for them and when they have "done it".

PLEASE TEST and TRY this resource:

Remember this document is part of the TEST and TRY phase of a human centred design process. The idea behind publishing an unfinished version of this resource is so that people can try it out, see if it is useful and provide us with feedback about how to make it better.

Maybe you used this in a totally different way? Got ideas for other resources?

We want to hear from you as this will ensure that by the end of the Mind-Life project, we have a suite of resources developed with the people, for the people.

Please share your experiences of using this resource.
Contact Gill Townsend at Bridges.gillianT@bas.org.au

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