

The Game: Instructions **by Kimberly Bartosik**

To Prepare:

- Create 25 blank cards/small pieces of paper per player.
- On 10 cards (Speech cards), write down something you have felt, said, thought or done during quarantine that has made you feel a strong emotion (good, bad, ugly).
- On 5 cards (Action cards), write down an action. It should be something simple like jump up and down or walk in a circle.
- Write numbers 1-10 on the remaining cards.
- Shuffle everyone's Speech cards together and deal them: 10 each. Shuffle everyone's Action cards together and deal them: 5 each. Do not look at your cards. You will get some Speech and Action cards that other people wrote!
- In whatever room you are playing in, determine a starting place, where you'll leave your numbered cards in a pile counting down from 10-1.
- Across the room, put your Speech and Action cards face down in two piles.
- Download a metronome app so you can keep time. Set up a camera so you can share your video with us! (optional)

To play The Game:

- Line up at the starting place. Run together to pick up one Speech and one Action card from your pile. Say the speech while doing the action, keeping time with the metronome. Do this 10 times. Throw those cards on the floor. Run back to the starting place to discard number 10. Run back and pick up a new set of Speech and Action cards. Say the speech and do the action 9 times. Run back to start and discard number 9. Repeat this action until you are out of Action cards!
- After you have used up your 5 Action cards, you have to grovel to pick up those that others have discarded in order to find new actions for the rest of your speeches.
- Run out of the room as soon as you are finished!
- Have a good laugh with each other at the absurdity of it all.
- If you don't mind, please send your video to kimberlymbartosik@gmail.com. Or upload it to YouTube and send us the link. We'd like to make a collection. Or, just play The Game and have a good time!