

# DIY Happiness Game facilitator's guide

This is a slideshow of tips put together by five DIY Happiness game facilitators who facilitated over 20 games across London.

The slides demonstrate how to facilitate a game where everyone is enjoying their time, learning from one another, and getting excited about trying out DIY Happiness tips in their day-to-day-life.

For more details about how to order the game, contact:  
[hello@wheelofwellbeing.org](mailto:hello@wheelofwellbeing.org)

The tips are divided into three parts:

**Before the game:**  
Getting prepared and recruiting for the game

**During the game:**  
Prompting conversations during the game

**After the game:**  
Motivating change beyond the game



**Before the game:**  
Getting prepared  
and recruiting for  
the game

## Before the game tip #1

Make sure you have read the Game Instructions that come with the game kit, and go through this slideshow.



## Before the game tip #2

Rehearse playing the game with friends and colleagues a couple of times beforehand.



## Before the game tip #3

Double check that whoever is hosting the game is expecting you and is aware of the space you would need to set up the game.

You need about 2 x 2 meters to play a single game with up to 6 players.



## Before the game tip #4

Go through the Game Checklist that comes with the game kit. Always check and double check that you have everything before you set out to facilitate a game!



## Before the game tip #5

If you're planning a game outdoors, be prepared for rain, wind or hot weather and take something for shelter, like a gazebo!

Clothes pegs or small pebbles are handy for keeping cards in place in windy settings.



## Before the game tip #6

Using a brightly coloured tablecloth and having a platter of fresh fruit on the table will draw people and make them feel welcome and interested in what's happening.

Big signs and bunting help to create a great setting. These can be ordered by emailing [hello@wheelofwellbeing.org](mailto:hello@wheelofwellbeing.org)



## Before the game tip #7

Make sure you arrive in plenty of time to set-up the space. It always takes longer than you think, so try to get there an hour before you plan to play so that you're familiar with the space before players arrive.



## Before the game tip #8

Whether you're playing the game at home with friends and family, in a classroom, or at an outdoor or indoor event, you need to get players excited about joining the game.

A brief 10-second chat explaining what the game is about will help you invite people to play. Phrase this in whichever way you feel comfortable. Here's an example of Obie's invitation:

*“Would you like to join the DIY Happiness game? You can play and collect happiness tips written by people from all over London. You'll also get a DIY Happiness Oyster card wallet to hold on to your tips!”*



## Before the game tip #9

If you're playing the game at a large public event, make sure there are two facilitators, one to recruit players, and the other to run the game!

It's also good to go as a pair to support each other, otherwise you'll be trying to do too many things at once.



## Before the game tip #10

Don't wait for people to come to you and ask whether they can play. They probably won't!

Put on a big smile, a yellow t-shirt, and go around chatting to people about the game.

The first couple of times might feel a bit awkward, but it will soon become a piece of cake!



## Before the game tip #11

People might want to ask more questions before they make a decision to play or not. So be ready to go off-script, and answer questions!



## Before the game tip #12

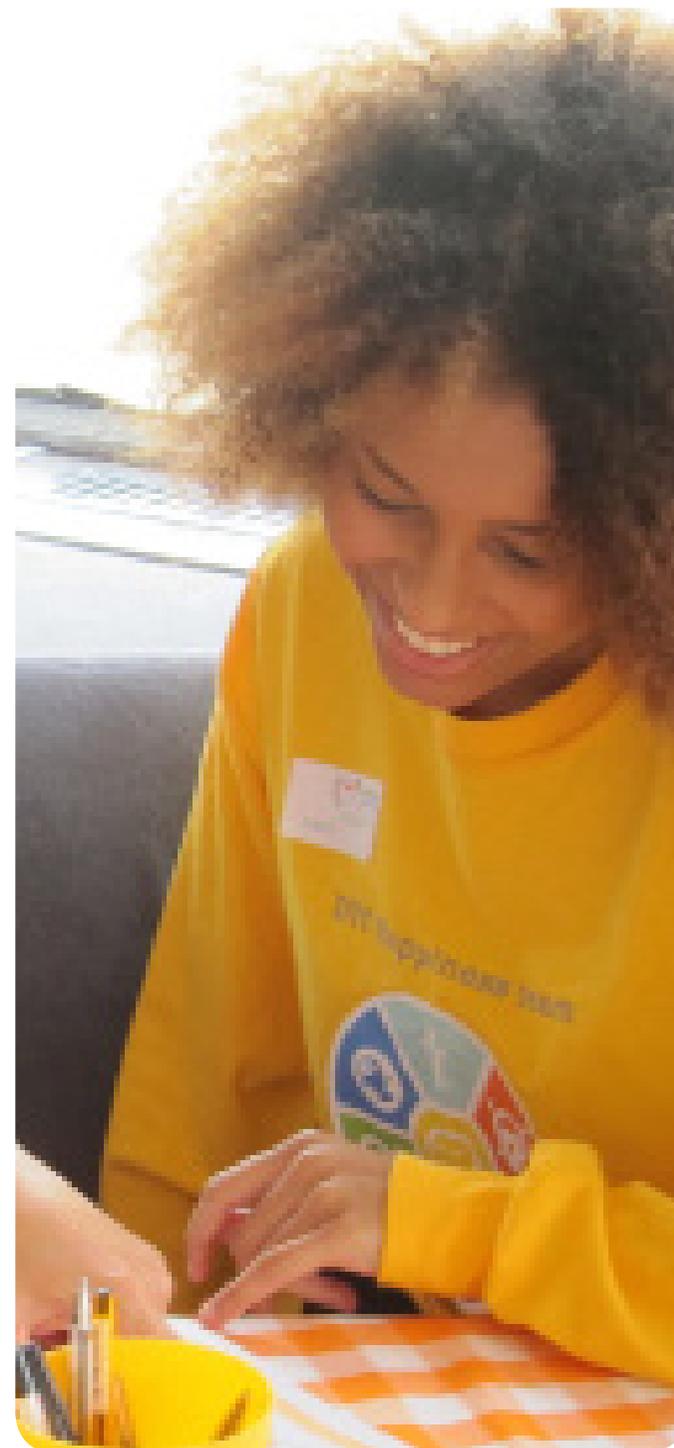
You can say things like:

*“You can play for as little or as much time as you like.”*

*“It’s really fun and simple.”*

*“No loss in giving it a go.”*

*“You’re welcome to watch while we play and join in later, if you like.”*

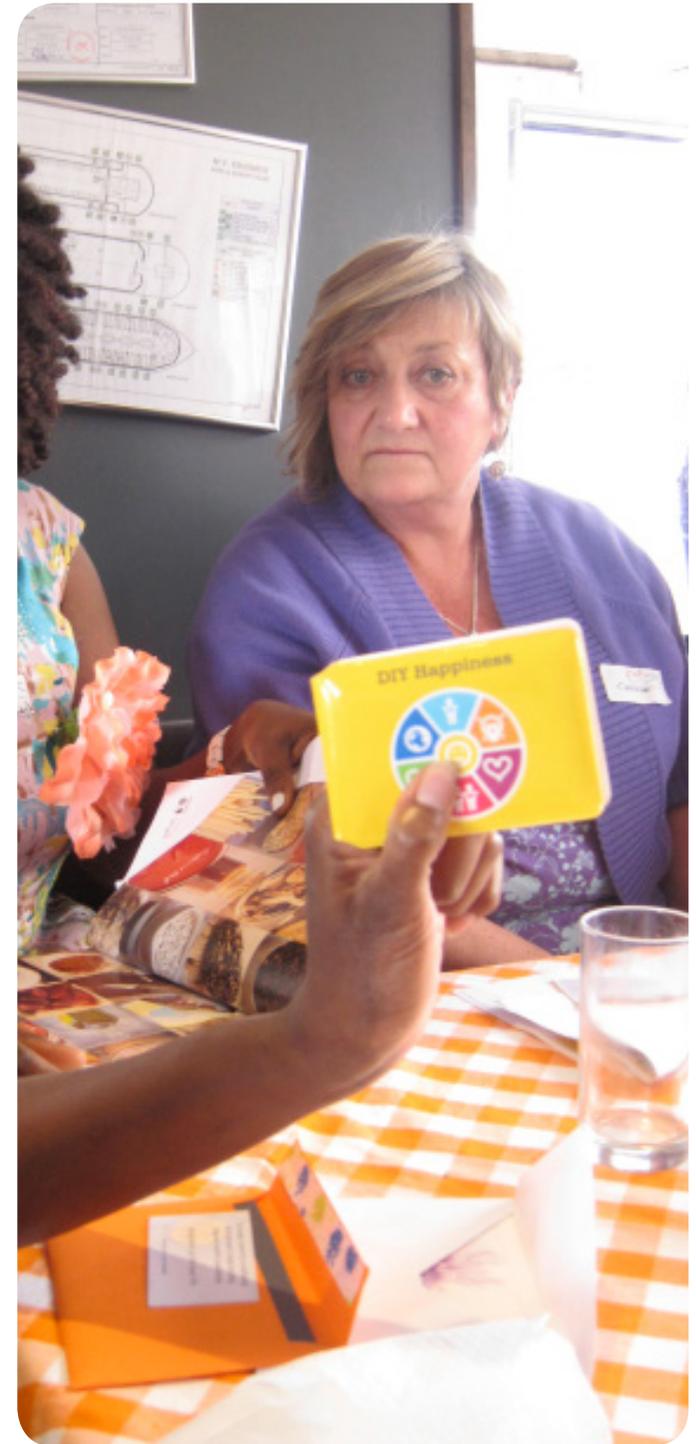


## Before the game tip #13

It's always helpful to have a few tips and Oyster card wallets on hand to show people when you're inviting them to the game.

Just remember that collecting cards and winning a wallet are the incentives to playing the game, so don't distribute them to people who don't want to play. It's not fair for the other players, and it's costly for you.

You can always invite those who really want a wallet to play the game for only a little while, to earn it.



## Before the game tip #14

The game has proved very popular with kids, but any players under the age of 16 need to be accompanied by an adult.

Ask children to come back with their parent/ guardian.



## Before the game tip #15

Remember that players can come in and out of the game at any time, so you can start the game with as few as one player.

No need to make players wait until you recruit a full table!



## Before the game tip #16

It's best not to recruit more than 6 players per game otherwise people will start getting a bit bored waiting for their turn to come!



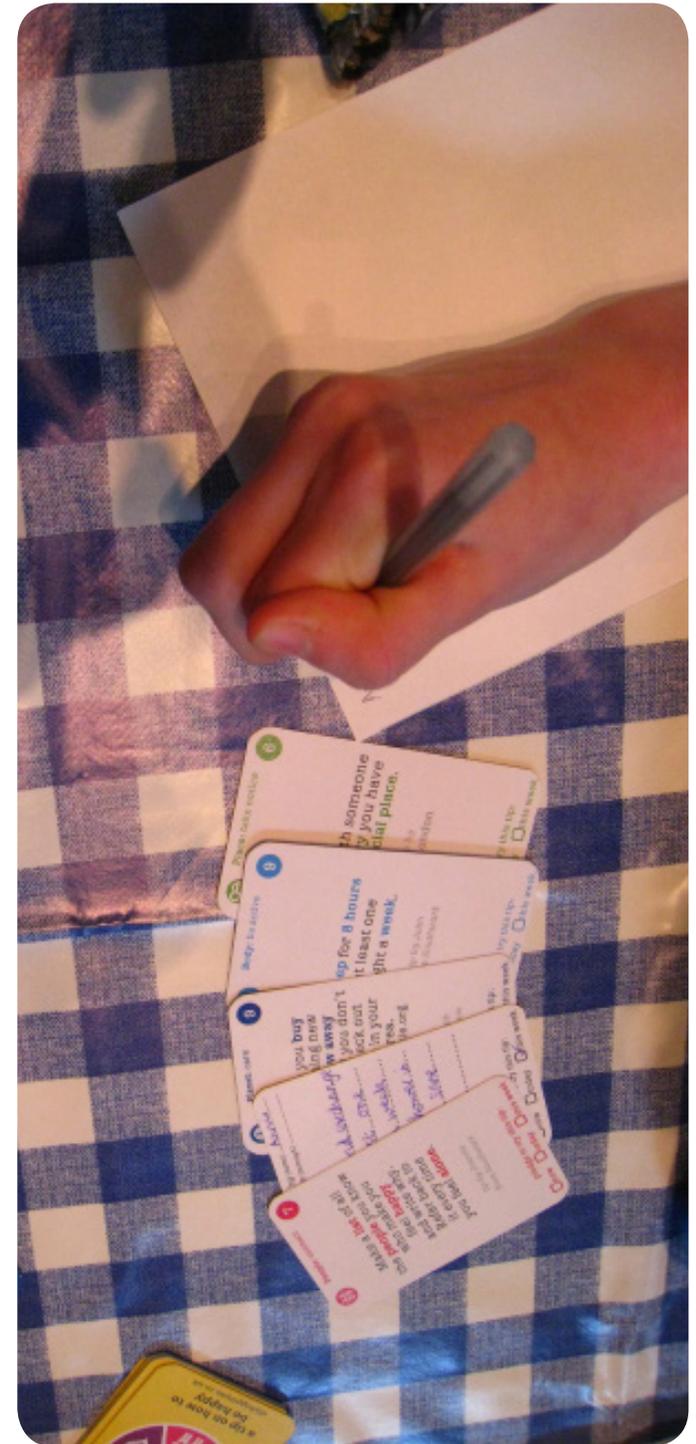
**During the game:**  
Prompting  
conversations  
during the game

## During the game tip #1

What's really great about the DIY Happiness game is that it has very few rules. So you don't need to explain all the rules to every player as soon as they join the table.

Just tell them that the aim of the game is to collect one card from each set, and ask them to roll the dice! You can then throw in the rules when they're relevant.

So for example, once they throw the dice, you can give them the choice of either picking up a tip, or asking a player to write them a tip. Another example is that when a player gets two cards from the same set, you can then introduce the swapping rule!



## During the game tip #2

The most important thing about the game is the conversations it creates. Every tip is a conversation starter.

When someone gets a tip, either from the deck or from a player, ask them to read it out loud, or offer to read it out for them.

You can then prompt them and other players around the table to start a conversation by asking questions such as:

*“What do you think of this tip?”*

*“Have any of you tried this out before?”*

Make sure you avoid any judgmental questions such as:

*“How come you’ve never tried out this tip?”*



## During the game tip #3

Whenever a player gets a tip that can be done there and then, invite them to give it a go. It's fun to keep a 'props box' to hold items that will help people complete a tip - like a dictionary, recipes, maps, thank-you cards, etc. Props add lots of momentum to the game! If the tip takes a bit longer to do, such as writing a thank you card, you can carry on the game while that player focuses on what they're writing!



## During the game tip #4

Every player has lots of knowledge and experience to offer others, so sometimes you don't need a props box!

If a player gets a tip such as 'learn a new recipe' or 'learn three words in a new language', ask whether any of the other players can share something they know!



## During the game tip #5

Don't rush the game.  
Give people time to  
talk to one another and  
share.

If the conversation is  
steering away from  
the topic of the tips,  
or some players are  
not engaged, then you  
can simply throw in a  
“Great, who's turn is it  
to throw?”



## During the game tip #6

Although it's not very likely, a tip might trigger a negative, or sad story or experience. In that case, show sympathy, and then slowly steer the conversation to a positive, hopeful angle.

For example if a player said that they used to go out and walk everyday with their dog, but it passed away, you can say something like:

*“Maybe you could try going out for walks again with a friend or on your own. It might bring back some nice memories.”*



## During the game tip #7

Remember that it's more important that people feel welcome and enjoy the game, than follow the rules 100%.

If you feel unsure or flustered about the rules, just improvise!



**After the game:**  
Motivating change  
beyond the game

## After the game tip #1

If you're playing a game at a busy event, make sure one facilitator takes over speaking to players when they leave the game, so the other can continue to play the game.

Invite players to go and speak to the other facilitator to collect their Oyster card wallet.



## After the game tip #2

When a player leaves the table, have a 2-minute conversation with them **BEFORE** you give them the Oyster card wallet. This 2-minute conversation will make all the difference to ensure players are engaged beyond the game.

The following few slides will cover what the conversation will involve.



## After the game tip #3

Ask the player which tips they collected and invite them to tick the pledge box on each card.

Copy down any yellow card tips on the 'New Tips' sheet.

New tips will be added to the TIPS section of [www.wheelofwellbeing.org](http://www.wheelofwellbeing.org) so they can be shared with others. Check: [wheelofwellbeing.org/tips](http://wheelofwellbeing.org/tips)



## After the game tip #4

Ask the player what they thought of the game and note down what they are saying so you can include it in the feedback form online:  
[wheelofwellbeing.org/diygamefeedback](http://wheelofwellbeing.org/diygamefeedback)



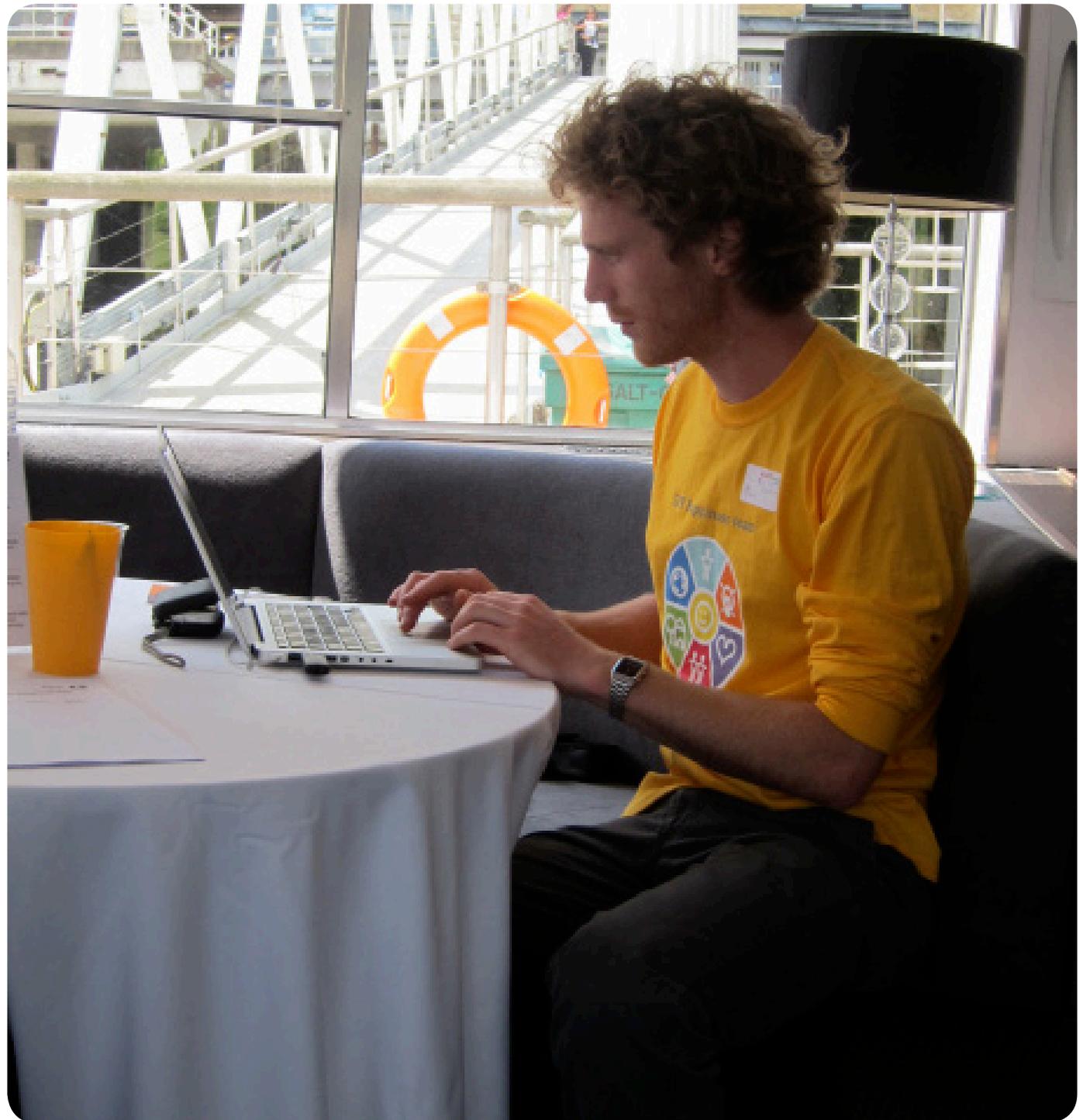
## After the game tip #5

Don't forget to thank  
the player for taking  
part!



## After the game tip #6

At the end of the game, scan or take a photo (with your phone) of the Social Media Sign-up sheet and the New Tips sheet and email them along with any photographs taken: [hello@wheelofwellbeing.org](mailto:hello@wheelofwellbeing.org)



## After the game tip #7

Finally we would love it if you could visit [wheelofwellbeing.org/diygamefeedback](http://wheelofwellbeing.org/diygamefeedback) to leave feedback on how the game went. It will help others to hear about your experience and will also help us to keep improving the DIY Happiness game!

If you'd like more information about the game, or want to get copies, just email [hello@wheelofwellbeing.org](mailto:hello@wheelofwellbeing.org)

### DIY Happiness Game Feedback

We are very excited that the DIY Happiness game is being used across London in a whole range of settings. Our aim is to make it as easy and interesting as possible, so we need your help! We would like to know a little bit about how the game went. We'll be using the information you provide to make sure everyone who plays the game has a great experience.

If you played the game please complete sections A and C

If you facilitated the game please complete sections A, B and C

\* Required

#### Section A: If you played or facilitated the game

Where did you play/facilitate the game? \*

How long ago did you play/facilitate the game? \*

- Less than a week ago
- Less than a month ago
- Less than 3 months ago
- Less than 6 months ago
- More than 6 months ago

How useful was the game in giving you some new tips about happiness and wellbeing? \*

1 2 3 4 5

not useful      very useful

