



## DIY Happiness



**facilitators'  
game instructions**  
wheelofwellbeing.org

### 1 About the game

Many of us would like to be a little happier and just need a few ideas and some encouragement. The DIY Happiness game is designed to do just that. It gives players a few tips; some provided by Londoners themselves. The tips are colour-coded into 6 themes: Body, Mind, Spirit, People, Place and Planet, to create the wheel of well-being.

### 2 Game aim

Collect one card from each theme, and pledge to try the tips in the future.

### 3 Facilitators' roles

You will need two facilitators: Facilitator (A) plays the game. Players may come in and out of the game at any point.

Facilitator (B) recruits players and ends the game.

### 4 How to play

Facilitator (A) divides the cards into their 6 themes, shuffles each theme, and places them tip side down on the board along with the dice and the yellow blank tips cards. Ask the player on your right to go first then move anti-clockwise.

On each turn, the player throws the dice and then can choose either to pick up a card from the matching theme, or ask another player to write him/her a tip about the theme on a yellow blank tips card.

The player then keeps the card and chooses either to try the tip later, or there and then, using materials from the props box (see the Game Checklist).

A player may choose to swap a card with any other player to get a theme he/she needs, or a tip he/she would like to try.

If a player picks up an Undercover Card he/she shares what is written on it with other players and returns it to the bottom of the deck.

### 5 How to end the game

A player who gathers 6 cards, one from each theme, leaves the game with the cards in a DIY Happiness Wallet. A player may choose to leave in the middle of the game with however many cards he/she has collected.

Before the players leave, facilitator (B) should ensure:

(1) Tips written on blank cards are transcribed on the New Tips sheet.

(2) Players are encouraged to tick the pledge boxes on the cards to try the tips later on.

(3) Players are encouraged to sign up to DIY Happiness social media platforms or SMS using the Social Media Sign-up sheets to receive ongoing DIY Happiness tips.

After each game, facilitator (A) or (B) should:

(1) Take a photo or scan the New Tips and Social Media Sign up sheets and send them with any game photos to the email below.

(2) Visit this link to feedback on how the game went: [wheelofwellbeing.org/diyhgamefeedback](http://wheelofwellbeing.org/diyhgamefeedback)

### 6 Game enquiries

[hello@wheelofwellbeing.org](mailto:hello@wheelofwellbeing.org)

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