



### why a happiness game?

Most of us would like to feel a little happier - we just need a few new ideas and a bit of encouragement.

What most of us don't know, though, is that by feeling happier, we're becoming healthier, too. For the past decade or so, there's been a growing interest in the health benefits of happiness. Researchers have been collecting evidence that proves happy people have stronger immune systems, better resistance to everything from common colds to some types of cancer, are more likely to exercise regularly and even live longer!



The Do-It-Yourself Happiness (DIY) game has been designed and developed to inspire people to incorporate more 'actions for happiness' into their lives and to share their experiences so we can learn from each other.

The DIY Happiness game cards give players a series of practical tips - some based on 'the science of happiness' and others provided by Londoners themselves - on how to incorporate more happiness in their day-to-day lives. Players are also encouraged to share their own experiences and give other players tips. To prompt people to experiment with new behaviour, players are encouraged to pledge to try the tip - either while they play, in the next 24 hours, or sometime in the following week.

### how did the game come about?

Between 2009 and 2011, 149 happiness workshops took place in 20 London boroughs as part of the Well London DIY Happiness project. DIY Happiness was one series of community health initiatives funded by the BIG Lottery, as part of Well London (If you'd like to know more about Well London, see [www.welllondon.org.uk](http://www.welllondon.org.uk))

The game was designed and developed as a participative and entertaining way of sharing some of the advice and information collected through the DIY Happiness project with people who wanted to know more about well-being but hadn't been involved in DIY Happiness.

### who can play?

People of all shapes and sizes have played the game... it's flexible and adaptable for most audiences. It works well with mixed groups, and it's a great ice-breaker for people who don't know each other very well.



# Wheel of Well-being

## Do-It-Yourself Happiness: play the game



### how do you play?

Up to ten people can play at any one time and each player takes a turn to roll the dice and pick up a themed tip card. The object of the games is to collect a full set of 6 differently-themed cards.

Each set of tips cards is colour-coded to link to a dimension of well-being (**body**, **mind**, **spirit**, **people**, **place** & **planet**) on the wheel of well-being, which appears in full colour on the game board.

These 6 themes are linked to the '5 Ways to Well-being' - actions that have been shown to improve our well-being. (Some people will notice that we've added a 6th dimension **planet** that needed a 'way to well-being', so we added one of our own, **care**, as a reminder that the happiness of our planet is the foundation underpinning all of our actions.)

Players can opt in and out of the game - so there is no time-limit involved in playing, but our experience suggests that players probably need to play for about 30 minutes to get a real flavour for the game. When a player leaves, they take their tip cards with them as little reminders of their personal 'actions for happiness'.

### what else do I need to know?

A couple of things!

When players leave, they are encouraged to sign up to receive 'One-Tip-A-Week' posts - either by text, email, Twitter or Facebook. When they sign up, they receive a bright yellow Happiness Oyster card wallet to keep their cards in.

If you would like to learn to facilitate a game yourself - keep an eye open for future training on our website [www.wheelofwellbeing.org](http://www.wheelofwellbeing.org)

You'll find a helpful slide show of 'how to' tips from our facilitators that guides you all the way through, from thinking about setting up a game to what you need to do when people leave.

If you would like to talk to us about buying games for yourself or your organisation, or you have any other questions, just email us at [hello@wheelofwellbeing.org](mailto:hello@wheelofwellbeing.org).

**"The DIY Happiness Game is focused on simple, positive actions that have the potential to improve the mental wellbeing of anyone taking part."**

