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Further project information:

www.designingfordementia.eu

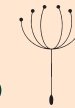


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Nottinghamshire Healthcare
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All About Us



Instructions Leaflet

Our life storytelling game

All About Us offers you a way of exploring aspects of your life from childhood through the present and into the future. It invites you to think about who you are, your experiences, feelings and values, and what you can and want to do.

It is a cooperative game, where all players share their stories and explore their life with each other. You can play it with friends, family or anyone else you choose to.

Have a go and recount tales of past memories, share current activities and imagine plans for the future. Help others get to know you and learn about them.

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Contents

The game consists of:

The Game Board

It shows a path representing a timeline in decades from ages 0–10 to 100+ years. Each decade has its own colour and contains six symbols marked on the path.



The Question Cards

There are 66 question cards matching the colours and symbols on the board.



The Die

Each side of the die displays one of the six symbols from the game board.



Counters

There are 4 counters, one for each player, or group.



How to Play The Game

Here are two suggestions of how to play the game:

Long Version

Play individually where each player has their own figure.

Short Version

Play as a group. Each member of the group takes it in turns to control the figure.

1. Once you have decided on how to play, choose your figure and place it at the beginning of the path.
2. Choose who starts - You might start with the person whose name is first alphabetically, or oldest or youngest...
3. The first player rolls the die and moves the figure to where that symbol first appears on the board.
4. Pick up a card that matches the colour and symbol of the space your figure has landed on.
5. Read and answer the question on the card: The question will prompt you to tell a story about the past, present, or future.
6. Keep playing the game taking turns until you reach the end of the time-line or choose to stop and resume another time.

Let's get going!