

BounceBack Game Play Suggestions

BounceBack is a serious game, a tool to help build mental toughness by asking people to respond to real world challenges, using the Skills & Attitudes of resilience.

BounceBack was developed as a tool to practice responding to life's challenges. Challenges are presented and the user chooses Skills & Attitudes that he or she wishes to apply in order to respond to that challenge. It's very simple. It's practice. With 37 decks and 740 challenge questions, it's a lot of practice. How you practice is up to you.

We have suggested four ways to practice below. But you may choose to use these cards differently. That's the beauty of BounceBack. It's flexible. It can be used alone, with a coach, with a peer or in a small group. There are many ways to use BounceBack. Take a look at our suggestions below or create your own game according to your needs.

Individual Play:

- Draw three Challenge Cards and place them face up in front of you. Spread your ten Skills & Attitudes Cards face up in front of you for reference.
- On a pad of paper, your phone or your computer, write down which of the Skills & Attitudes you feel would be most helpful to each of the challenges presented on your cards and note how you would apply them.

Scoring:

- Score 2 points for each of the recommended Skills & Attitudes you applied as identified with a *red asterisk on the back of the Challenge Card
- Score 1 points for any of the others Skills & Attitudes applied, or for any unique application of Skills & Attitudes not listed on the back of the Challenge Cards

Bounceback Match:

- Remove all non-playing cards from both the Challenge and Skills & Attitudes decks and shuffle both card decks together. You will have 40 playing cards
- Lay all of the cards face down on the table in front of you. You should have five rows of cards with six cards per row. Play will be similar to concentration and/or a match game.
- Player A selects a Challenge Card. Challenge Cards can be identified by * red asterisks next some of the Skills & Attitudes of resilience. You will have the advantage of knowing that the Skills & Attitudes identified on the back of the card are the ones recommended as being most helpful to the Challenge on the front. You may use this information in making your selection. Player A reads the card aloud and places it in front of him/her.

- Player A will now select a Skills & Attitudes card. These can be identified by the absence of * red asterisks. The goal is to find one of the cards that matches with the recommended skills on the back of your Challenge Card. If the selected card does not match lay it back face down for selection by another player.
- Player B now chooses a Challenge card and a Skills & Attitudes Card as previously described. Play continues, taking turns, until one player finds a match for the Skills & Attitudes recommended on his/her Challenge Card.
- Once the match is found, the player must now apply the Skills & Attitudes to his/her Challenge Card. Discussion is good. Feel free to ask questions and make comments. Once finished, return the Skills & Attitudes card face down so that it is available for selection by others. Keep the Challenge Card for scoring. At any point in the game, a player may choose to stop seeking a card to match his/her Challenge Card and choose to apply any of the other Skills & Attitudes listed. A player may also choose to apply any unique skills and attitudes not listed. Again, discussion is good and any unique application must be supported by the group.
- As play continues, a player can choose to look for additional Skills & Attitudes to apply using the Challenge Card already selected or select a new Challenge Card to play with. The game continues for as long as the players wish or until each player has a chance to apply at least three of the Skills & Attitudes recommended on any of the Challenge Cards drawn.

Scoring:

- Score 2 points for each of the recommended Skills & Attitudes applied as identified with a *red asterisk on the back of the Challenge Card
- Score 1 point for any of the others Skills & Attitudes applied, or for any unique application of Skills & Attitudes not listed on the back of the Challenge Cards

Peer Coaching Game:

- Each player draws 3 Challenge Cards and is given a ten card Skills & Attitudes deck to refer to as needed. Toss a coin to see who goes first. Player A responds to one of his/her Challenge cards by discussing with Player B. Player B coaches Player A by asking questions. Here are some possible questions:
 - “Which Skills & Attitudes would you use to respond?”
 - “How would you apply them?”
 - “What Skills & Attitudes would be most helpful?”
- Player B awards points based on how many of the recommended Skills & Attitudes are applied by Player A. Recommended Skills & Attitudes are ones that we feel might be most helpful to the particular challenge and are identified by a *red asterisk on the back of each card. Player A, awards points to Player B, based on how helpful the coaching was. Now it is Player B’s turn
- Play continues (alternating players) until each has responded to the required number of Challenge Cards. We suggest the following levels: Basic (3 cards), Moderate (5 cards) and Intense (7-10 cards). You decide based on how much time you have to spend.

*Another approach to the game involves two diverse groups of individuals who wish to learn resilience from one another. Some examples might be: police officers and immigrants, healthcare professionals and individuals with disability, or, Baby Boomers and Millennials. The group divides into pairs (i.e. one Baby Boomer and one Millennial). Using this example, each Baby Boomer will draw from the Millennial deck and the each Millennial will draw from the Baby Boomers deck. Play proceeds following the Peer Coaching instructions. See the *BounceBack* Coaching Suggestion sheet for more information on this approach.

Scoring:

- Score 2 points for each of the recommended Skills & Attitudes applied as identified with a *red asterisk on the back of the Challenge Card
- Score 1 point for any of the others Skills & Attitudes applied, or for any unique application of Skills & Attitudes not listed on the back of the Challenge Cards
- Award 0, 1, or 2 points per Challenge Card to the peer coach based on the helpfulness of the coaching

Multi-Player Experiential Game:

This game is played in small groups. If you have a large group, divide it into smaller groups ≤ 5 players. You will need one Challenge Deck and one Skills & Attitudes Deck for each of your groups. This game is intended to encourage each player to not only think about how to apply the Skills & Attitudes of resilience to the Challenge Cards drawn, but to apply those same Skills & Attitudes as a participant in the game. In the real world one doesn't always get to choose the challenges that present. We don't always have absolute control over a crisis/challenge, nor the actions of others involved. There never seems enough time to manage a crisis/challenge. Try as we may, we don't always manage challenges successfully either. This game is intended to encourage discussion regarding the challenges we face. We all have our stories and we can learn from one another. We hope you enjoy the experience.

- Each group chooses a scorekeeper. Toss a coin to see who goes first
- Player 1 chooses a Challenge Card from the downward facing deck. Without showing the card to others, Player 1 decides if he/she will accept or decline the challenge. If the challenge is accepted, the game moves on to the next player. If declined Player 1 will lay the card face down in front of him/her and draw a new card. The second card cannot be declined.
- Player 2 may choose to draw a Challenge Card from deck or a declined card lying face down in front of any player. If he/she draws from the deck he/she may choose to accept or decline the card following the previously explained procedure. If the player chooses a declined card from another player he/she must keep it.
- Once all players have accepted a Challenge card it's time to move forward. Player 1 will draw a Skills & Attitudes card from the downward facing deck. He/she must once again decide to accept or decline the card. If accepted the player will lay the card face up on the table in front of him/her. If declined, the player must lay the card face up in front of any other player he/she chooses, who must then keep the card.

- Player 2 may draw from the Skills & Attitudes deck or take a card lying face up in front of any other player. If a card is chosen from the deck, Player 2 may also choose to accept or decline the card following the previously explained procedure. If Player 2 chooses a card lying face up in front of another player, he/she must keep it. Play continues in this manner until all players have accumulated the required number of cards face up in front of them. We suggest the following levels: Beginners (3), Intermediate (6), Advanced (8) and Master (10).
- Now begins the timed portion of the game. Player 1 reads aloud his/her Challenge Cards, one at a time (in whatever sequence he/she chooses), and applies the Skills & Attitudes on each of the cards in front of him/her. This means that each player must explain not only **how** the Skills & Attitudes would be applied but **why and what** might be the benefit. If, at any point, the player feels that he/she is unable to apply a particular Skills & Attitudes card to the challenge, he/she may choose to turn the card over and focus on the remaining cards. Each player will have a limited amount of time to apply the Skills & Attitudes to the group's satisfaction. We suggest beginning with one minute per card. For example, if playing at the Beginners level, three minutes would be allotted. The time allotted can be varied according to the groups level of play and desire for increased/decreased challenge. When time runs out, the other players will decide if Player 1 met the **how, why and what** criteria previously explained. Players do not have to be in agreement with the Skills & Attitudes chosen by any other player and will only determine if the criteria for applying them is met. The group may also award points to any player who can apply their own unique (not one of the ten specified Skills & Attitudes) approach to address his/her challenge as long as the criteria is met. If met, Player 2 begins the timed portion. If not, the group must unanimously choose to turn over the Skills & Attitudes card which was not successfully applied. Here's an example using the Connect/Communicate with Others card:
 - **How?**-I would call my father
 - **Why**-Because he has experience with this situation
 - **What** would be the benefit-He could advise me since I have not experienced this situation before.
- Play continues until all players have had their turn. The winner is determined by the number of points accumulated.

Scoring:

- Score 5 points for each Challenge Card face up in front of you. Take away 2 points for each Challenge Card face down in front of you.
- Score 5 points for each Skills and Attitudes Card face up in front of you. Take away 2 point for each Skills & Attitudes Card face down in front of you.
- Add 5 points for any unique application approved by the group