

This is one of the expansions sets of the game "A screw loose?". This set can also be added to the cards of the board game. This set can also be used separately as a card game.

The contents of an expansion set

An expansion set consists of 108 playing cards, 1 start card and 1 instruction card on which the categories can be found.

Players

This game can be played by all people who deal with mental health issues and like to talk about this theme in an accessible way.

For example, self-help groups, with friends or family, but also during a training or peer-to-peer learning.

Purpose

Talk playfully about mental health, prejudices and quality of life. In order to create more openness, awareness, understanding, recovery and social inclusion.

More information

More information on all game variations and methods, introduction workshops and training for game masters, team building activities can be found at www.eigenwijs.nl (note this is in Dutch).

There are 8 Flemish addition sets for all expansion sets. An initiative by Universitair Psychiatrisch Centrum Duffel and made possible by Emmaüs.



© 2021 expansion set "A screw loose? An unconventional game" is a coproduction of De Bagagedrager and Identity Games International BV.



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Orders Belgium: shop.aanstokerij.be

Orders The Netherlands: semmie.net and debagagedrager.nl/shop



De Bagagedrager

Beleef de ervaring

There are 32 expansion sets available and made financially possible by several funds:

Note: these expansions sets are in Dutch.

Set	Financier
• Introduction	
• Family and close relatives	• Stichting De Bagagedrager
• Elderly	
• PTSD (Post Traumatic Stress Disorder)	
• Education and work	• Stichting Socialrun
• Stigma the English version	
• ADHD and ADD	
• Anxiety and compulsive disorders	• Agis Innovatiefonds
• Autism Spectrum Disorder	• Dr. C.J. Vaillantfonds
• Bipolar disorder	• CZfonds
• Depression	• Stichting Voorzorg Utrecht
• Eating disorders	• Dr. Wittenbergstichting
• Chronic psychical illness	• Saxion Lectoraat GGZ herstelgerichte zorg en empowerment
• Personality disorders	• Zorgbelang Inclusief
• Addiction	
• Stigma	
• Transgender	
• Loneliness	
• Self-direction	
• Psychosis	
• Youth services	• Stichting Kinderpostzegels
• In the neighbourhood	• Oranje Fonds
• Multicultural	• VSBfonds
• Favours	• Wmo innovatiefonds Arnhem
• Dementia	• Sluyterman van Loo • RCOAK
• Self harm	• Stichting Zelfbeschadiging
	• K.F. Hein Fonds • DELA Fonds
• Acquired brain injury	• RIBW Arnhem en Veluwe Vallei
• Youth	• Mentaal Beter
• Closed ward	• Mediant Geestelijke Gezondheidszorg
• Help working backwards	• Benjamins & Jens
• Action cards	• De Bagagedrager
• Dissociative disorders	• Caleidoscoop

Download the free app, with all playing cards of all expansion sets and the board game.



GAME RULES

een steekje LOS?

A screw loose?

Expansion set in addition to the board game "A screw loose?" and can also be used as a card game.

Through play you get to talk about mental health and the quality of life. Surprising, educative, enlightening, breaking taboo and humorous.

een eigenwijs spel

An unconventional game

The themes

The cards have different colours, the colour matches the theme. The 8 themes are:

Red HEALTH	Blue SUPPORT	Orange RELATIONSHIP	Yellow SOCIAL CONTACTS
Pink EDUCATION AND WORK	Brown HOME	Green FREE TIME	Purple MEANING

There are 16 cards of each theme. They are divided into categories. You will find a brief explanation on the instruction card. Start the game with the "start card".

Categories:



Drawing or performing: Choose whether you're going to draw or perform the word or sentence on the card. You are not allowed to use any numbers and letters while drawing. You are not allowed to make any noise while performing.



Guess the word*: Let someone else read this card out loud. Read the three words written on the card out loud. Which word is being described?



Knowledge questions*: Someone else reads the question and the three answers out loud. What is the right answer?



Life questions: Read the question out loud and tell the other players about your own experiences, thoughts or ideas.



Statements: Read the statement out loud, respond to it and tell the other players what you think of it.



Photos: Take a look at the photo and show it to the other players. Tell them what comes to mind when seeing the photo.

* The game master reads the question and answer possibilities out loud. If the game master joins the game, the reading out loud is done by the person sitting on the right side of the game master.

Chance cards



On each chance card you will find a practical case written you can talk about. *Can you relate to them or not?* On these cards you will find whether you can win or lose "thumbs up" tokens.

The "thumbs up" tokens come with the board game "A screw loose?". Some cards say you have switch themes. This also has to do with the board game, in which you place your pawn at an other theme board. When playing the card game, you can choose to only talk about the practical case.

WAY TO PLAY 1: Introduction

Purpose: Getting to know each other

Number of players: 3 – 20 players, **Length:** 5 – 30 minutes

Game method:

1. Lay (a selection of) the cards open onto the table.
2. The players each choose a card, the card that speaks to you the most.
3. On the basis of the chosen card they introduce themselves, why did you pick this card? What does this card say about you?

WAY TO PLAY 2: Who are you?

Purpose: Discuss several themes and possible prejudices

Number of players: 3 – 6 players, **Length:** 30 – 45 minutes

Preparation:

★ Select the life questions, statements and photos of three themes and the chance cards.

★ Lay all cards of each theme back side up in piles next to each other.

Game method 1:

Player 1 chooses one card from one of the themes and carries out the assignment for the regarding category. Take a look at the instruction card. Player 2 chooses a card and carries out the assignment. And so on.

Game method 2:

Player 1 chooses a card from one of the themes and gives it to one of the other players. He or she carries out the assignment for the regarding category. That player chooses a card and gives it to one of the other players. And so on.

Game method 3:

Player 1 chooses a card from one of the themes and discusses it with all players.

WAY TO PLAY 3: What do you think? Agree or disagree?

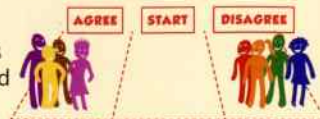
Purpose: Discuss prejudices on the basis of statements.

Number of players: 6 – 30 players, **Length:** 20 – 40 minutes

Preparation:

★ Cards with statements

★ A space that can be divided into three parts and in which players are able to walk around



Game method:

1. All players start in the launching bay.
2. The game master reads the statement out loud and asks the players to go to the bay they think is most suitable.
3. If everyone has made their choice the game master will ask a few players why they have chosen for agree or disagree. The game master can also ask what someone feels knowing he or she chose a bay which wasn't chosen a lot by other players.
4. Players are allowed to change their opinion during the game. The game master asks questions about their thoughts.
5. After a few players have given their opinion, everyone goes back to the launching bay.
6. The game master reads out loud the next statement.

WAY TO PLAY 4: Speed dating

Purpose: Getting to know each other through surprising questions and statements

Number of players: 8 – 16 players, **Length:** 10 – 20 minutes

Game method:

1. Each player receives two cards of one theme: one life question and one statement.
2. Play in pairs. If there is an uneven number of players, there will be one trio.
3. You pick one card from the other player, answer the question or statement and you get to keep the card.
4. Now the other player picks a card from you and answers the question or statement. He/she gets to keep the card.
5. Start over from 3.
6. You'll play until you have picked a card from each player or until the time has passed.