

THE NO SHAME GAME

NO SHAME GAME

INSTRUCTION MANUAL

Real conversations.
Honest voices.
No shame.

♥
Mental health
Wellbeing
Relationships
Life experiences
And everything
in between

Created for
young people.
By young people.
For everyone.



RAW & RELATABLE



NO TOPIC OFF LIMITS



SAFE SPACE. REAL TALK.



VOICES THAT MATTER

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1. Introduction

The No Shame Game encourages conversations about positive mental health and wellbeing through interactive play. Players build knowledge, confidence and emotional awareness while collecting Wellbeing Cards and Purple Tokens.

2. Aim of the Game

Learn about the “Five ways to well-being” by collecting the 5 cards. Once you collect them all, you are now equipped with the right tools to manage and cope with your mental health. The No Shame cards teach us how to name emotions. The “it’s okay to ask for help” cards give you everyday scenarios and help you learn about making good choices. The “it’s okay not to be okay” cards are positive affirmations as we all need a bit of positivity in our lives.

3. Number of Players

- Recommended: six players (minimum two players).
- At least two Facilitators are recommended, including one youth worker.

4. Equipment

- Game Board
- Six Playing Pieces
- One Dice
- Purple Tokens
- Orange Deck — Wellbeing Cards
- Turquoise Deck — It's Okay to Ask for Help Cards
- Red Deck — Positive Affirmation Cards
- Purple Deck — It's Okay Not to Be Okay (Emoji) Cards

5. Setting Up the Game

- Place the Game Board on a flat surface.
- Shuffle the Red, Turquoise and Purple decks separately and place them face down.
- Separate the Orange Wellbeing Cards into five numbered piles (1–5).
- Each player chooses a Playing Piece.
- Decide whether to play individually or in teams of two.
- Each player rolls the Dice. The highest roll takes the first turn. In the event of a tie, those players roll again. Play proceeds clockwise.

6. Playing the Game

- Roll the Dice.
- Move your Playing Piece forward the number of spaces shown.
- When you reach a circular section of the board, choose a direction and continue in that direction until you leave the circle.
- You cannot move backwards on the Game Board.



7. Understanding Board Spaces

BLACK CIRCLE

Miss your next turn.

BLANK SPACE

Nothing happens. Your turn ends.

ORANGE (1–5)

Collect the matching numbered Wellbeing Card. Each numbered card may only be collected once — landing there again does not grant another card, and you may not choose a different one.

RED

Read the Positive Affirmation Card aloud. No Purple Token is awarded.

TURQUOISE

The player to your right reads the scenario and three answer options. Answer correctly to collect one Purple Token. No other player may answer.

PURPLE

The player to your right shows the image while concealing the answer. You have up to three guesses. If correct, collect one Purple Token. No other player may answer.

8. Collecting Wellbeing Cards

- Collect the matching Wellbeing Card by landing on its numbered Orange Wellbeing Space.
- Alternatively, exchange five Purple Tokens for one Wellbeing Card you do not already have.
- After exchanging, return the five Purple Tokens to the supply.
- The first player or team to collect all five Wellbeing Cards wins.

9. General Rules

- Return all used cards to the bottom of the relevant deck or pile.
- If you land on an occupied space, stack your Playing Piece on top. The Playing Piece underneath cannot move until all pieces above have moved away.
- There is no limit to the number of Playing Pieces that may occupy the same space.

10. Role of the Facilitators

Facilitators oversee the game, encourage respectful discussion, support participation and help maintain a safe and inclusive environment.

11. About the Wellbeing Cards

The Wellbeing Cards are based on the Five Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning and Give. These evidence-based actions were developed by the New Economics Foundation (NEF) as part of the Foresight Project on Mental Capital and Wellbeing. Further information: <https://neweconomics.org/2008/10/five-ways-to-wellbeing>



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Honest voices.
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