



# GIRAFFE JOURNEY



|  |   |   |  |   |
|--|---|---|--|---|
| COOPERATION  | PLAY  | JOY   | CONNECTION   | TRUST   |
|    |    |    |    |    |
| FUN  | EMPATHY   | MEANING   | MOVEMENT   | CLARITY   |
|   |   |   |   |   |
| PLEASURE   | RESPECT   | FREEDOM   | OPENNESS   | CHOICE  |
|  |  |  |  |  |
| REST   | CREATIVITY  | SAFETY  | APPRECIATION   | SPACE   |
|  |  |  |  |  |
| LOVE   | DISCOVERY   | BEAUTY  | SPONTANEITY  | BELONGING   |
|  |  |  |  |  |
| ADVENTURE  | FRIENDSHIP  | HONESTY   | ORDER  | LEARNING  |
|  |  |  |  |  |

NEEDS





FEELINGS

|   |  |  |   |  |
|---|--|--|---|--|
| WALKING   | BREATHING  | READING  | TALKING TO A FRIEND   | DOING SPORT  |
|   |   |   |   |   |
| DANCING   | CLEANING   | HUGGING  | PARTYING  | SLEEPING   |
|  |  |  |  |  |

# STRATEGIES

|  |   |   |  |   |
|--|---|---|--|---|
| MANIPULATED  | UNHEARD   | REJECTED  | ATTACKED   | NEGLECTED   |
|  |  |  |  |  |
| IGNORED  | PROVOKED  | INTERRUPTED   | CHEATED  | UNWANTED  |
|  |  |  |  |  |

# FAUX FEELINGS



# GIRAFFE JOURNEY

## LITE

**Objective:** Players work together to reach the top of the tree where the giraffe stands by playing the correct sequence of "feeling" and "need" cards. If the top of the tree is reached, everybody wins. If the cards run out before reaching the top, everybody loses.

### Components:

#### 1. Game Board:

- A tree-shaped board with 10 boxes leading from the bottom (jackal) to the top (giraffe).

#### 2. Cards:

- 30 Feeling Cards
- 30 Need Cards

#### 1. Number of players:

- 2-6 players aged 8-12 years old.

### Setup:

1. Place the game board in the center.
2. Shuffle the Feeling and Need cards together and place them in a pile face down.
3. Each player draws 4-6 cards\* from the Feeling and Need piles, so they have a combination of these cards in hand.
- 4.\* For 2-3 players - draw 6 cards each. For 4 players - draw 5 cards each. For 5-6 players draw 4 cards each.

### Game Play:

#### 1. Turns:

- Players take turns clockwise.
- The first player starts by playing either a Need or a Feeling card from their hand.

#### 2. Card Play Sequence:

- If a Need card is played, the next player must play a Feeling card that logically connects to the Need card.
- If a Feeling card is played, the next player must play a Need card that logically connects to the Feeling card.
- This sequence continues with alternating Need and Feeling cards.

#### 3. Progress:

- For every correct sequence of a Need followed by a Feeling (or vice versa), players move up one box on the tree.
- If a wrong card is played, all players move back to the bottom of the tree by taking all the cards played from the tree.
- If you can't decide either a card is a Need, a Feeling, a Faux Feeling or a Strategy, please consult the list below.

#### 4. Drawing Cards:

- After playing a card, the player draws a new card from the corresponding deck (Need or Feeling).

### 5. Winning and Losing:

- Everybody Wins: If the players reach the top of the tree where the giraffe stands.
- Everybody Loses: If the cards run out before reaching the top.

### Rules Summary:

- Players alternate playing Need and Feeling cards.
- Correct sequences move the player up the tree.
- Wrong cards send all players back to the bottom.
- The game is won by reaching the top of the tree.
- The game is lost if the cards run out before reaching the top.

### Example Play:

1. Player 1 plays a Need card: Safety
2. Player 2 plays a Feeling card: Nervous (linked to the need for safety)
3. Player 3 plays a Need card: Understanding (linked to feeling nervous)
4. Player 4 plays a Feeling card: Confused (linked to the need for understanding)
5. Player 5 accidentally plays a wrong card: Happy
  - All players move back to the bottom of the tree.

# GIRAFFE JOURNEY LITE

## Summary:

"Giraffe Journey Lite" is a simplified version of the original game, perfect for beginners. It focuses solely on the core mechanics of matching feelings and needs, making it easier for younger players to learn about nonviolent communication and the importance of empathy and understanding.

## List of Cards:

### FEELINGS CARDS

Recognising one's feelings is an important part of NVC. Feelings appear in response to different situations and let us know if our needs are satisfied or not. Feelings are free of judgements and thoughts and they can be expressed through bodily reactions, such as clenching fists, smiling, trembling, etc. While there is a great range of feelings of a different intensity, in this game we use:

|               |            |
|---------------|------------|
| ·Afraid       | ·Hopeful   |
| ·Amazed       | ·Hurt      |
| ·Angry        | ·Impatient |
| ·Annoyed      | ·Inspired  |
| ·Bored        | ·Lonely    |
| ·Calm         | ·Nervous   |
| ·Confident    | ·Open      |
| ·Confused     | ·Relaxed   |
| ·Curious      | ·Relieved  |
| ·Disappointed | ·Sad       |
| ·Discouraged  | ·Surprised |
| ·Energized    | ·Tired     |
| ·Engaged      | ·Touched   |
| ·Excited      |            |
| ·Grateful     |            |
| ·Happy        |            |
| ·Helpless     |            |

### NEEDS CARDS

All humans have a universal set of needs – resources life requires to sustain itself. The needs can be physical – such as needs for food, shelter, rest – or psychological – such as needs for understanding, support or contribution. It is important to remember, that needs are not connected to any action. In this game we use:

|               |              |
|---------------|--------------|
| ·Adventure    | ·Movement    |
| ·Appreciation | ·Openness    |
| ·Beauty       | ·Order       |
| ·Belonging    | ·Play        |
| ·Choice       | ·Pleasure    |
| ·Clarity      | ·Respect     |
| ·Connection   | ·Rest        |
| ·Cooperation  | ·Safety      |
| ·Creativity   | ·Space       |
| ·Discovery    | ·Spontaneity |
| ·Empathy      | ·Trust       |
| ·Freedom      |              |
| ·Friendship   |              |
| ·Fun          |              |
| ·Honesty      |              |
| ·Joy          |              |
| ·Learning     |              |
| ·Love         |              |
| ·Meaning      |              |

# GIRAFFE JOURNEY ADVANCED

**Game Concept:** "Giraffe Journey - Advanced"

**Objective:** Players work together to reach the top of the tree where the giraffe stands by playing the correct sequence of "feeling" and "need" cards. If the top of the tree is reached, everybody wins. If the cards run out before reaching the top, everybody loses.

**Components:**

**1. Game Board:**

o A tree-shaped board with 10 boxes leading from the bottom (jackal) to the top (giraffe).

**2. Cards:**

- o 30 Feeling Cards
- o 30 Need Cards
- o 10 Strategy Cards
- o 10 Faux Feeling Cards

**3. Number of players:**

- o 2-6 players aged 8+ years old.

**Setup:**

1. Place the game board in the center.
2. Shuffle the Feeling, Need, Strategy, and Faux Feeling cards separately and place them in a pile face down.
3. Each player draws 4-6 cards\* from the Feeling, Need, Faux Feeling and Strategy pile, so they have a combination of these cards in hand.

\*For 2-3 players - draw 6 cards each. For 4 players - draw 5 cards each. For 5-6 players draw 4 cards each.

**Game Play:**

**1. Turns:**

- o Players take turns clockwise.
- o The first player starts by playing either a Need or a Feeling card from their hand.

**2. Card Play Sequence:**

- o If a Need card is played, the next player must play a Feeling card that logically connects to the Need card.
- o If a Feeling card is played, the next player must play a Need card that logically connects to the Feeling card.
- o This sequence continues with alternating Need and Feeling cards.

**3. Strategy and Non-Feeling Cards:**

- o If a player plays a Faux Feeling Card or a Strategy Card by mistake, everyone goes back to the bottom of the tree where the jackal is (take all the cards from the tree)

**4. Progress:**

- o For every correct sequence of a Need followed by a Feeling (or vice versa), players move up on the tree.
- o If a wrong card is played or either a Faux Feeling Card or a Strategy Card is used, all players move back to the bottom of the tree.
- o If you can't decide either a card is a Need, a Feeling, a Faux Feeling or a Strategy, please consult the list below.

**5. Drawing Cards:**

- o After playing a card, the player draws a new card from the deck.
- o If a player plays either a Strategy Card or a Faux Feeling card, his not drawing a new card from the deck.

**6. Winning and Losing:**

- o Everybody Wins: If the players reach the top of the tree where the giraffe stands.
- o Everybody Loses: If the cards run out before reaching the top, or if all the players remains without cards in the hands.

**Rules Summary:**

- Players alternate playing Need, Feeling, Strategy and Faux Feeling cards.
- Correct sequences move the player up the tree.
- Wrong cards, Strategy cards or Faux Feeling Cards send all players back to the bottom.
- The game is won by reaching the top of the tree.
- The game is lost if the cards run out before reaching the top.

# GIRAFFE JOURNEY ADVANCED

## Example Play:

- Player 1 plays a Need card: Safety
- Player 2 plays a Feeling card: Nervous (linked to the need for safety)
- Player 3 plays a Need card: Understanding (linked to feeling nervous)
- Player 4 plays a Feeling card: Confused (linked to the need for understanding)
- Player 5 accidentally plays a Faux Feeling card: Ignored
  - All players move back to the bottom of the tree.

## Summary:

"Giraffe Journey" is a cooperative card game where players aged 8-12 learn about feelings and needs through nonviolent communication. The game encourages teamwork and understanding as players navigate their way from the jackal to the giraffe.

## List of Cards:

### FEELINGS CARDS

Recognising one's feelings is an important part of NVC. Feelings appear in response to different situations and let us know if our needs are satisfied or not. Feelings are free of judgements and thoughts and they can be expressed through bodily reactions, such as clenching fists, smiling, trembling, etc. While there is a great range of feelings of a different intensity, in this game we use:

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| •Afraid       | •Hopeful   |
| •Amazed       | •Hurt      |
| •Angry        | •Impatient |
| •Annoyed      | •Inspired  |
| •Bored        | •Lonely    |
| •Calm         | •Nervous   |
| •Confident    | •Open      |
| •Confused     | •Relaxed   |
| •Curious      | •Relieved  |
| •Disappointed | •Sad       |
| •Discouraged  | •Surprised |
| •Energized    | •Tired     |
| •Engaged      | •Touched   |
| •Excited      |            |
| •Grateful     |            |
| •Happy        |            |
| •Helpless     |            |

### NEEDS CARDS

All humans have a universal set of needs – resources life requires to sustain itself. The needs can be physical – such as needs for food, shelter, rest – or psychological – such as needs for understanding, support or contribution. It is important to remember, that needs are not connected to any action. In this game we use:

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| •Adventure    | •Movement    |
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| •Beauty       | •Order       |
| •Belonging    | •Play        |
| •Choice       | •Pleasure    |
| •Clarity      | •Respect     |
| •Connection   | •Rest        |
| •Cooperation  | •Safety      |
| •Creativity   | •Space       |
| •Discovery    | •Spontaneity |
| •Empathy      | •Trust       |
| •Freedom      |              |
| •Friendship   |              |
| •Fun          |              |
| •Honesty      |              |
| •Joy          |              |
| •Learning     |              |
| •Love         |              |
| •Meaning      |              |



# GIRAFFE JOURNEY ADVANCED

## NON-FEELINGS

Non-feelings, also called faux feelings, are judgements and thoughts often mistaken for feelings. Non-feelings express how we interpret others or ourselves rather than how we feel. Therefore non-feelings often relate to others, while true feelings are an individual experience. Using non-feelings in our communication can often be interpreted as blame and disrupt connection. Some non-feelings used in this game are:

- Attacked
- Cheated
- Ignored
- Interrupted
- Manipulated
- Neglected
- Provoked
- Rejected
- Unheard
- Unwanted

## STRATEGIES

Strategies are actions which we undertake to satisfy our needs. One need can often be satisfied with different strategies and many different needs can often be satisfied with a similar strategy. In this game the proposed strategies are:

- Breathing
- Cleaning
- Dancing
- Doing sports
- Hugging
- Partying
- Reading a book
- Sleeping
- Talking to a friend
- Walking

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