

How to Play Instruction Sheet – Togetherness Table for Families

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- c. Pack of 15 Togetherness Table for Families Cards - Representing 5 feelings. There are 3 cards each for feelings of Love, Ownership, Freedom, Learning and Social Hope. Each Feeling card has three reflection tasks classified as Gold, Silver and Bronze based on degree of difficulty. Gold reflection task has 5 points, Silver has 3 points and Bronze has 1 point.

2. When to play : There are 15 Game cards in the bag and each card can be played out in one round of at least 30 minutes. A session is one sitting of one to more hours and can include multiple rounds. Families may sometimes take the liberty of taking more time if they wish because they maybe a larger family or have special needs. But overall on an average a family of 4-6 members will need at least 10-15 hours to play the game. You can decide how much time you all have and how often you will play. You can play multiple sessions in one go if you have more time. For instance if you decide that you will play once a week for one hour each week, on weekends then this game will complete in 10-15 weeks. This coming together is as important as going to a temple, mosque, church or gurudwara or any other such weekly practice. We as family members can also be empowering for each other. If this belief starts to form in your experience of this game, as it has for some of us, You may decide to play it more frequently and play it two three - times a week or even daily. There is no hard and fast rule on the frequency but in general it is advisable to play a few rounds early on to build up the excitement.

3. Where to play : Decide where you will play the game, the common space in the house and on the floor or the table or even a bed is a good enough playground. This space is your togetherness table.

4. Selecting the lead facilitator : For every session (which may include one or more gaming rounds) a lead facilitator is decided, so everyone in the family gets a chance to facilitate. The facilitator who lead facilitates the first session will be the youngest member in the group above the age of 12 yrs. Subsequent sessions are lead facilitated by chronologically older persons and once everyone has lead facilitated then the role comes back to the youngest person.

5. Togetherness table principles:

- *We will have mutual respect for each other*
- *We will focus on listening to each other and we will not interrupt when anyone is sharing*
- *We will be mindful of the air time we are consuming when we are speaking and enable everyone to have equal space to and time share*
- *We will participate fully- to experience it fully.*
- *We will respond to the response and not to the person*
- *We can laugh with each other but not at each other*
- *More than anything let us have fun.*

6. Playing Togetherness Table:

- a. The lead facilitator opens the game with the following in every session - *Welcome to the togetherness table folks. Thank you for making this time as a family to have some exciting and authentic conversations today and I am very happy to be your lead facilitator for this session.*
- b. The lead Facilitator places the bag of cards on the table. Makes music with a plate and a spoon, or with your vocal chords, your phone or any other instrument to play a tune as you would in the game passing the parcel.

- c. Players begin passing the bag around the table when the music begins. Once the music stops the player with whom the bag rests (let us call this player prime mover for this round) is asked to pull out one envelope from the bag and from the envelope picks out one card without seeing. This becomes the Feeling card for this round.
- d. The prime mover reads out the feeling card and as a family you have **5 mins** to decide together which action/reflection task you all want to perform, Gold, Silver, or Bronze. Everyone in the family has to perform the reflection task chosen.
- e. As a family you have **between 20- 30 minutes** to do the agreed reflection task. (Some tasks can be done then and there while other reflection tasks may need the family to work on things during the week as well)
- f. The prime mover will facilitate the conversations and actions and also start the reflection task and soon everyone around the table will do what needs to be done. If needed the prime mover can also help with clarifications.
- g. The lead facilitator will also join the game as an equal participant.
- h. After the task is completed or planned for the week, the points can be taken by consensus by the group once the family feels they have accomplished the reflection task. For the tasks that have to be completed during the week the points accrue on completion only. Lead facilitator has the final say on this.
- i. The card that has been played it is put in the envelope labeled, 'Played'.
- j. Multiple rounds can be played in one sitting or session

6. Processing the Game – Suggested reflections after every sitting or session:

Once everyone has played the game over one or more rounds in one session or sitting, the lead facilitator invites everyone in the family to congratulate each other on completing the reflection tasks and asks everyone to share the following :

- a. How are you/we feeling?
- b. Who all found the reflection tasks easy to do and who all difficult and why ?
- c. How many of us said or did something today, which we had not said or done before? How did that feel?
- d. What has been my big take away from this session? And how can I/we take the learnings from this experience forward to enhance our togetherness as a family?
- e. In what can such dialogues in our families strengthen the values enshrined in our Constitution and enhance the leadership of our young people?

7. Rewards:

Points are totalled at the end of every session or sitting and the lead facilitator brings the game to an end by thanking everyone for having played well and keeping the spirit of the togetherness table alive. Rewards are decided at the end of every session by the family based on the following guidelines:

- a. **Score of upto 10** - family members to decide a reward or a celebration for themselves and do it.
- b. **Score of 11 to 15 points** - Organise together a family outing or picnic within the week
- c. **Score of more than 20 points** - Cook a family meal together where everyone contributes and invite a friend or neighbouring family to share your experiences. Families that have any member on facebook can also celebrate their experience of Togetherness table publicly by sharing their family photograph, scores, the rewards and any other reflections they wish at
- d. After every session look into each other eyes and hug each other and end with a group hug.

8. Play on:

The game continues like this over many sessions over a few days or weeks or even months till all the cards are played. Set up the next date and time to play the next session and continue the fun and celebration and togetherness!! Enjoy