

# How to play the Resilience Game!

Before starting make sure you get an action planner. As your game journey unfolds, please keep a note of your learnings and actions. The game launches on the 'Start' square. Players take it in turn to throw the dice and move around the board.



## Using the cards

### Quickfire questions

Read out the card, decide if it's 'Fact or Fiction' and share your decision. Ask others if they want to comment or debate. Place the card on the board in either the fact or fiction space.



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### Tips to prompt action

Nominate a player to pick up a Resilience Builder card and read it out. They share their experience of doing the action already or indicate how likely they are to action it. They keep the card showing their potential to build their resilience capability.

### RESILIENCE BUILDERS



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### Using life experience

Read out the case study. Together discuss a response. Return the card to the bottom of its pile.

### SUPPORT A COLLEAGUE



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### Resolve or understand a resilience aspect

Read the card aloud for everyone to contribute suggestions. Return the card to the bottom of its pile.

### RESILIENCE CONSULTANTS



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Bringing your resilience capabilities to the surface. Think about a time when you needed to be resilient. On your next turn, share what specifically you did to be resilient through it. Remember, it's up to you what and how much you share. Play then passes to the next person.

## PAUSE & REFLECT



PAST

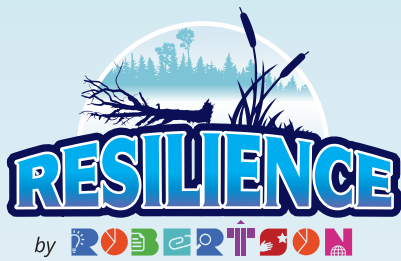
## Stop & action plan

**STOP  
& ACTION  
PLAN**

Once the player's turn finishes, everyone takes one minute to update their action planner with learnings, insights, personal notes and actions. Play restarts after the minute.

It's easy to go down a rabbit hole of discussion. We've included a 3-minute timer to help you stay relaxed yet conscious of time. Groups tend to use it for all the card types.





# The reed and the oak tree

You have probably heard the story of the reed and the oak tree buffeted by a powerful storm.

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When the storm struck, the oak tree laughed at the reed bending in the wind, and boasted of its own strength.

But when the storm intensified, the oak's rigidity was its downfall: it was uprooted by the wind and crashed to the earth. When the storm passed, the oak still lay on the ground, its roots exposed to the air, while the reed sprung effortlessly back upright.

At first glance an oak tree looks much stronger and more impressive than a reed.

Yet the reed survived because it possessed flexibility as well as strength – the combination that produces resilience.