



# THE FEEL GOOD GAME



EXPERIENCE  
THE MAGIC  
OF COMPLIMENTS  
TOGETHER

  
**moses.**

## EXPERIENCE THE MAGIC OF COMPLIMENTS TOGETHER

Welcome to the most mindful game you'll ever have played! This game is all about positive vibes and your inner well-being. Pay each other compliments based on the principle of a "warm shower" to feel better than you've felt in ages.

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- 🌀 84 Feel Good cards
- 🌀 16 Feel Great cards
- 🌀 10 Omm For You cards
- 🌀 1 notepad

*You'll also each need a pen.*



### WHAT'S THE GAME ALL ABOUT?

One of you draws a card and reads the text out loud. Each person writes down compliments for a fellow player. One of you receives compliments in each round. Is it your turn to be complimented? Then you may accept the compliments with thanks.



## **GAME SETUP:**

Decide at the start how many rounds you want to play. We recommend that you play two rounds so that each of you receives compliments twice. You can play as many rounds as you like, though.

Take the Feel Good cards and twice as many Feel Great cards as there are players. So when there are two players, take four Feel Great cards; when there are three players, take six—and so on.

Return the remaining Feel Great cards to the box. Now shuffle the Feel Good and Feel Great cards, and place them face down in a pile at the center of the table.

Each take a pen and a sheet from the notepad.

## **HOW TO PLAY:**

The last one of you to do yoga begins. Let's say it's Sandra this time. Each write Sandra's name in the name field on your sheet of paper. So Sandra will receive compliments in this round. Sandra's left neighbor is the reader for this round. S/he draws a card from the deck and reads it out loud, replacing the placeholder with Sandra's name.

*For example: What do you think Sandra is particularly good at?*

Everyone except Sandra writes a compliment on their sheet of paper, then places it face down at the center of the table. The reader then takes all of the sheets of paper and checks whether several people have written down the same compliment. S/he then shuffles the sheets of paper and reads out loud all of the compliments in turn.

### **Have several people paid the same compliment?**

If several of you have essentially paid the same compliment, then the reader should summarize these. S/he says, for example: "Three of us say that you're a good listener." Then the reader reads the rest of the compliments out loud.

### **END OF THE ROUND:**

#### **Have you received all of the compliments?**

Then place your hands together in front of your chest and thank your fellow players with the word "Namaste." You receive the sheets of paper with the compliments and keep them until it's your turn again. You then pass them back to your fellow players so that they can write down new compliments for you. This will allow you to save paper.

Play continues in a clockwise direction. It's then the next person's turn to receive compliments. Their left neighbor takes a new card from the deck and reads it out loud. All of the players take a new sheet of paper from the notepad.

### **END OF THE GAME:**

#### **Have you now played the number of rounds agreed at the start?**

That's great. Then you can now all go home with a smile on your face and a warm feeling inside. Take the compliments you received with you and re-read them a few days later to feel the good vibes all over again.



## PLAY VARIATION: WHO ARE THE COMPLIMENTS FROM?

The game proceeds exactly as described above with the following differences: Take an extra sheet of paper and write down the names of all of the players alongside each other in columns. This is your score sheet where you can record your points for each round.

In this play variation, the aim is to work out who paid you which compliment. Have you received compliments? Then you now need to guess who they're from.

### 🎲 Did you guess right?

Then write down one point per correct guess.

### 🎲 Did you guess wrong?

Unfortunately, you don't receive a point for this compliment.

**Tip:** Make sure that your compliments aren't too personal (E.g., "Because we had so much fun in Greece!" / "Because there's no one I'd rather drink gin and tonic with."), else the person will be able to guess immediately who the compliment is from.

### End of the game—points play variation:

Now add up your points. Whoever has the most points wins. If there is a tie, then there are several winners.

## CREATIVE FLOW—WHAT ARE THE OMM FOR YOU CARDS FOR?

Do you think there are still cards missing? Then get creative and write what other compliments could be paid on the Omm For You cards. Then shuffle these into the deck.

## THE MAIN RULES AT A GLANCE:

- Each player writes down one compliment per round for the person whose turn it is.
- You're only able to write down positive things.
- The Feel Great cards are special cards. Have you drawn a Feel Great card? Then your fellow players can pay a compliment that they've always wanted to pay. What compliment would your fellow player most like to be paid?

## TAKE CARE OF YOURSELF AND THE ENVIRONMENT:

Don't just take care of yourself—respect the environment, too!  
Have you used up the notepad? Never mind, there's sure to be some waste paper that you can recycle.



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