

<p>0 Start</p>	<p>1 Key</p>
<p>Signposts is a single-player self-reflective experiential game designed for people who have feelings and sometimes don't know what to do with them.</p> <p>Some cards in the game have particular requirements. They can be removed without disrupting the game based on what you feel comfortable doing and what you have access to.</p> <p>Some of the cards in this game have alternative versions to allow you to tailor the experience to your needs. These can be found when several cards have the same number, each with the letter 'A' beside it. Remember to select which alternatives you will be using before you begin.</p> <p>We recommend using a deck that doesn't contain two cards with the same number, but</p>	<p>Instruction: These cards explain the game, but can be removed once you understand how it works.</p> <p>Standard: These cards are part of the standard deck and only require you and the cards.</p> <p>Move: Requires you to move through space.</p> <p>Imagine: Requires you to think in abstract ways.</p> <p>Write: Requires you to have access to writing implements, like pen and paper, or a Notes app on your phone.</p> <p>Speak: Requests that you speak aloud in response to the card.</p>
<p>Instruction</p>	<p>Instruction</p>
<p>2 Guided</p>	<p>3 Self-directed</p>
<p>Guided Decks are pre-designed decks that you can use straight out of the box. We recommend that you start with one of these.</p> <p>Recommended Starter Deck ???</p> <p>Moving Everywhere Edition Remove all "Imagine" and "Write" cards.</p> <p>Discrete Edition Remove all "Move" cards. Speak internally for "Speak" cards.</p>	<p>Self-directed Decks are decks created from pre-made cards but in the combinations that best suit you and your needs.</p> <p>To make a self-directed deck, set aside time to go through all of the cards. Figure out which Reflection cards make sense to you and which Feeling cards would help you when you are trying to solve a problem or process big feelings.</p> <p>Ensure that you have approximately the same number of Reflection cards as you have Feeling cards.</p> <p>Record which cards are in the self-directed decks that help you!</p>
<p>Instruction</p>	<p>Instruction</p>

<p>4 DIY</p>	<p>5 Reflection</p>	
<p>DIY Decks allow you to you write some or all of your own cards, based on your needs.</p> <p>Reflection cards can be made by writing some of the quirky things you can do in the space you are most likely to play the game. Make sure you include some related questions or movement.</p> <p>Feeling cards can be made by thinking about the steps you go through when you are solving a problem or processing big feelings. What questions do (or should) you ask yourself? What prompts will help you remember to validate yourself and your feelings? What are your common struggles, and how can you help yourself cope with these?</p> <p>Feel free to keep as many of the existing cards in your DIY deck as you like, modify them, or be inspired by them. This deck is yours now.</p>	<p>Pay attention to your breath.</p> <p>Count four breaths.</p>	
<p>Instruction</p>	<p>Standard</p>	
<p>6 Reflection</p>	<p>7A</p>	<p>Reflection</p>
<p>Look around the room.</p> <p>Name five things you can see.</p>	<p>Imagine you are in your favourite spot in the world.</p> <p>Describe it aloud as if you're speaking to someone who's never seen it before.</p>	
<p>Standard</p>	<p>Imagine</p>	<p>Speak</p>

<p>7A Reflection</p>	<p>8 Feeling</p>
<p>Imagine you are in your favourite spot in the world.</p>	<p>What are you feeling right now?</p>
<p>Imagine</p>	<p>Standard</p>
<p>9 Feeling</p>	<p>10A Feeling</p>
<p>You might be feeling lots of different things right now. Or maybe there's one emotion that you're feeling really strongly. Or perhaps, you're feeling nothing at all.</p> <p>Any of these, or anything else you are feeling, is perfectly valid because it is how you are feeling and your feelings matter.</p> <p>You matter.</p>	<p>Name your feelings aloud, even if what you are feeling is nothing.</p> <p>Acknowledge them.</p> <p>Greet them.</p> <p>They would welcome a friendly face like yours.</p>
<p>Standard</p>	<p>Speak</p>

10A <i>Feeling</i>	11A <i>Reflection</i>
<p>Name your feelings aloud, even if what you are feeling is nothing.</p> <p>Acknowledge them.</p> <p>Imagine greeting them how you would greet a friend.</p>	<p>Find something that looks like it would feel interesting and move towards it.</p> <p>Touch it.</p>
<i>Imagine</i>	<i>Move</i>
11A <i>Reflection</i>	12 <i>Reflection</i>
<p>Find something near where you are sitting that looks like it would feel interesting.</p> <p>Touch it if you can, or imagine what it feels like.</p>	<p>Stretch your arms as high as you can reach.</p>
<i>Imagine</i>	<i>Move</i>

<p>13 Feeling</p>	<p>14 Feeling</p>
<p>Where in your body do you feel the feelings you named?</p> <p>(For example, you might feel joy in your mouth, anxiety in your stomach, sad in your chest.)</p>	<p>People feel things or feel a lack of things in lots of different parts of their body. Sometimes it makes sense, sometimes it doesn't.</p> <p>It's important to know where your feelings happen, so you can be aware of your feelings and reflect on them.</p>
<p>Standard</p>	<p>Standard</p>
<p>15A Feeling</p>	<p>15A Feeling</p>
<p>Touch the parts of your body where your feelings or lack of feelings sit.</p> <p>If you feel up to it, place a silly sticker or a post-it-note on them.</p>	<p>Notice the parts of your body where your feelings or lack of feelings sit.</p> <p>Reflect for a moment on the sensation of your feelings.</p>
<p>Move</p>	<p>Standard</p>

<p>16A Reflection</p>	<p>16A Reflection</p>
<p>Imagine there is a tortoise currently beneath you, slowly travelling.</p> <p>Describe the journey to yourself.</p>	<p>Think of your favourite animal.</p> <p>What makes them great?</p>
<p>Imagine</p>	<p>Standard</p>
<p>17 Reflection</p>	<p>18A Feeling</p>
<p>Breathe in for four seconds.</p> <p>Hold for four seconds.</p> <p>Breathe out for four seconds.</p> <p>Hold for four seconds.</p> <p>Repeat four times.</p>	<p>What can you smell right now?</p> <p>What colour would it be?</p>
<p>Standard</p>	<p>Imagine</p>

18A Reflection	19A Reflection
What can you smell right now?	Walk until you have passed through a doorway and seen two light switches.
Standard	Move
19A Reflection	20 Feeling
Look for something that has stripes on it. What is it?	Are you comfortable with how you are feeling right now?
Standard	Standard

<p>21</p> <p>Feeling</p>	<p>22</p> <p>Feeling</p>
<p>Sometimes what you are feeling or not feeling might be uncomfortable or unpleasant in some way.</p> <p>These feelings or lack of feeling might be really challenging to experience, and might take a lot of energy, courage, and patience from you.</p>	<p>It's perfectly okay to take your time here. It's sometimes super hard to say you aren't comfortable with your feelings.</p> <p>Take as long as you need.</p> <p>Whenever you feel comfortable with your feelings, draw the next card.</p>
<p>Standard</p>	<p>Standard</p>
<p>23</p> <p>Reflection</p>	<p>24A</p> <p>Reflection</p>
<p>Close your eyes and count to the number of the day you were born.</p>	<p>Clench all of your muscles as tightly as you can.</p> <p>Then unclench them and relax.</p>
<p>Standard</p>	<p>Move</p>

24A Reflection	25A Reflection
Imagine a spotlight creeping up your body, touching each of your limbs and muscles.	Imagine eating pie. What flavour is it?
Imagine	Imagine
25A Reflection	26 Reflection
What is your favourite type of pie?	Breathe in for seven seconds. Breathe out for eleven seconds.
Standard	Standard

<p>27 Feeling</p>	<p>28A Feeling</p>
<p>If you are experiencing uncomfortable feelings, it's important to remember they will pass. No feeling lasts forever.</p> <p>If you're feeling some emotions you are comfortable with, I'm really happy for you. It's important to recognise these feelings too because they also don't last forever.</p> <p>If you are not feeling anything, that's okay too. This lack of feeling will also pass.</p>	<p>Pull up a chair next to you for your feelings to sit on.</p> <p>If they're not there at the moment, that's okay. The chair will be there for when they return.</p> <p>Feelings can have it pretty rough sometimes.</p>
<p>Standard</p>	<p>Move</p>
<p>28A Feeling</p>	<p>28A Reflection</p>
<p>Imagine the most comfortable chair is beside you, and it's there for your feelings to sit on.</p> <p>If they're not there at the moment, that's okay. The chair will be there when they return.</p> <p>Feelings can have it pretty rough sometimes.</p>	<p>Where is your favourite place to sit?</p> <p>Why do you like it?</p>
<p>Standard</p>	<p>Standard</p>

29 Feeling	30A Reflection
<p>I'm proud of you for making space for your feelings.</p> <p>And so are they.</p>	<p>Name four things you can hear.</p>
Standard	Standard
30A Reflection	31A Reflection
<p>Name four things you can see.</p> <p>Make them different from what you named earlier.</p>	<p>Think about your favourite flower.</p> <p>How would it smell if it didn't smell like itself?</p>
Standard	Imagine

31A Reflection	32A Reflection
<p>Think about your favourite flower.</p> <p>What makes it special?</p>	<p>Imagine you are stirring a stew.</p> <p>What vegetables are you adding to it?</p>
Standard	Imagine
32A Reflection	33A Feeling
<p>What is your favourite meal?</p> <p>Why do you enjoy it?</p>	<p>Pause for a moment, then remind yourself who cares about you. They might care about you a lot or a little.</p> <p>Take a step with every name.</p>
Standard	Move

33A Feeling	33A Feeling
<p>Pause for a moment, then remind yourself who cares about you. They might care about you a lot or a little.</p> <p>Write down their names on separate pieces of paper.</p>	<p>Pause for a moment, then remind yourself who cares about you. They might care about you a lot or a little.</p> <p>Speak their names aloud.</p>
Write	Speak
33A Feeling	34A Feeling
<p>Pause for a moment, then remind yourself who cares about you. They might care about you a lot or a little.</p> <p>Keep count of how many people you think of.</p>	<p>Look at how far you walked.</p> <p>You are so loved.</p> <p>Sit with that feeling for as long as you'd like to, then draw the next card.</p>
Standard	Move

34A Feeling	34A Feeling	
<p>Look at how many pieces of paper you have.</p> <p>You are so loved.</p> <p>Sit with that feeling as long as you'd like to, then draw the next card.</p>	<p>Look how many names you said.</p> <p>You are so loved.</p> <p>Sit with that feeling as long as you'd like to, then draw the next card.</p>	
Write	Speak	
34A Feeling	35A Reflection	
<p>Look how high you counted.</p> <p>You are so loved.</p> <p>Sit with that feeling as long as you'd like to, then draw the next card.</p>	<p>Lie down and imagine there's a whole civilisation living at your eye level.</p>	
Standard	Move	Imagine

35A

Reflection

Look down at the ground and imagine there's a whole civilisation living there, just out of reach.

Imagine

36

Reflection

Look around your space and find seven orange things.

Standard

35A

Reflection

Lie down and think about how it feels beneath you.

Move

37

Feeling

Imagine you have a friend who is going through what you are currently going through, or feeling what you are currently feeling.

What would you tell them?

Imagine

38

Feeling

It doesn't make a lot of sense that we would tell our friend such kind, supportive things, and then not tell ourselves the same.

But it's often a lot harder to let ourselves feel that kindness and support. It takes a certain kind of quiet bravery, which can often be missed in everyday life.

Are you ready to be brave?

39A

Feeling

Give yourself a hug. You deserve it. Feel your arms around your back, and tell yourself that you are loved.

How does that feel?

Imagine

Move

39A

Feeling

Tell yourself that you are loved.
Tell yourself that you love yourself.
How does that feel?

40A

Reflection

Imagine you are inside of your favourite meal.
What sensations do you feel?

Standard

Imagine

<p>40A Reflection</p>	<p>41A Reflection</p>
<p>What is your favourite thing to do?</p> <p>What makes you happy?</p>	<p>Crawl into the next room.</p>
<p>Standard</p>	<p>Move</p>
<p>41A Reflection</p>	<p>42 Feeling</p>
<p>Focus your gaze on something in your space that is often overlooked.</p> <p>What do you notice?</p>	<p>Think back to what you would tell your friend. What advice is relevant to what you are experiencing right now?</p> <p>Put this advice into action right now, if you can! We'll be right here waiting for you to get back, and we believe in you. If you can't, write the advice down or try your best to remember it.</p> <p>When you've done that, draw the next card.</p>
<p>Standard</p>	<p>Imagine</p>

<p>43 Reflection</p>	<p>44A Reflection</p>
<p>Sometimes we need advice to help solve our problems, and sometimes we just need to acknowledge our feelings and thoughts about them. Sometimes we need a combination of the two.</p>	<p>Imagine walking to the shops and buying your favourite fruit. Think about the texture, the taste, the smell.</p>
<p>Standard</p>	<p>Imagine</p>
<p>44A Reflection</p>	<p>45A Feeling</p>
<p>What is your favourite fruit? What makes it tasty?</p>	<p>Even with all the powerful tools you have, you may not be able to solve everything right now. You might not be ready to solve it yet, or it might not be your problem to solve.</p> <p>It's okay to be scared by that. It can be really terrifying when things are outside our control.</p> <p>Write these immovable problems out. Hold on to these for now.</p>
<p>Standard</p>	<p>Write</p>

<p>45A Feeling</p>	<p>45A Feeling</p>
<p>Even with all the powerful tools you have, you may not be able to solve everything right now. You might not be ready to solve it yet, or it might not be your problem to solve.</p> <p>It's okay to be scared by that. It can be really terrifying when things are outside our control.</p> <p>Find some rocks or sticks to represent these problems, or use whatever you can find in your location. Hold on to these for now.</p>	<p>Even with all the powerful tools you have, you may not be able to solve everything right now. You might not be ready to solve it yet, or it might not be your problem to solve.</p> <p>It's okay to be scared by that. It can be really terrifying when things are outside our control.</p> <p>Describe these problems aloud.</p>
<p>Move</p>	<p>Speak</p>
<p>46A Feeling</p>	<p>46A Feeling</p>
<p>It's important to know what you have in your power to solve, and what you need to leave for now. Know that you have the power to make it to the other side, and that this too shall pass.</p> <p>Place the writings from the last card somewhere nearby, but separate from you.</p>	<p>It's important to know what you have in your power to solve, and what you need to leave for now. Know that you have the power to make it to the other side, and that this too shall pass.</p> <p>Place the objects from the last card somewhere nearby, but separate from you.</p>
<p>Write</p>	<p>Move</p>

46A Feeling	47A Reflection
<p>It's important to know what you have in your power to solve, and what you need to leave for now. Know that you have the power to make it to the other side, and that this too shall pass.</p>	<p>Imagine the feeling of the sun on your back.</p> <p>Now, imagine the feeling of the rain on your face.</p>
Standard	Imagine
47A Reflection	48 Reflection
<p>Find a new place to sit.</p> <p>Perhaps on a different chair, or in a different room.</p> <p>Take a moment to look around and observe your new view.</p>	<p>Name three things you can feel.</p>
Move	Standard

49A

End

This card is the last card in the deck. How are you feeling now? Do you still need some help?

It's okay if you need to look outside of yourself for assistance. You have people in your life who care about you and who will be happy you reached out.

Choose somebody you trust and let them know how you're feeling. Use what you wrote down or thought about throughout this process to guide that conversation and help your loved one understand. If you agreed to taking certain actions, ask your loved one to help you complete them.

49A

End

This card is the last card in the deck. How are you feeling now? Do you still need some help?

It's okay if you need to look outside of yourself for assistance. There are people who will be happy you reached out.

Reach out to a counsellor or psychologist. If you don't have somebody you can talk to in person, there are helplines designed for you to speak about your feelings.

Use what you wrote down or thought about throughout this process to guide that conversation and help them understand. If you agreed to taking certain actions, ask them to help you complete those actions.

Standard

Standard



Signposts was developed by Jess Gates and Alayna Cole, two living organisms who have big feelings.

This is the title card. You can add it to the front of your deck, if you like.



Custom	Custom
Custom	Custom