## Print \& Play DALICIOUS WEEK

## Preparation

Ensure that you have access to a high-quality printer and paper of the appropriate thickness to print the cards. We recommend you use A4 paper, cardstock, or photographic paper of 80 gsm or more.

## Print the Cards

Print the cards onto A4 paper, ensuring that you select the option to print at actual size, or no scaling. This guarantees that the cards will be printed at the correct dimensions. If your printer has the option to print double-sided, you can select this to print both the front and back of the cards onto a single page. If you do not use this option, you will need to print the face and back of the cards separately.

## Cutting the Cards

Once your printed cards are dry, use a ruler and a cutter, or a guillotine to cut the cards out. Make sure to follow the cutting lines indicated within the PDF file and cut as accurately as possible to create cards of uniform size. If you prefer your cards to have rounded edges, you can then use a rounded corner cutter to give them a more professional finish.

## Sleeving the Cards (Optional)

Once you have cut out your cards, you may place them into transparent protective sleeves of standard playing card size. If you have printed your card double-sided, place one card into a single sleeve. If you have printed the front and rear of your cards separately, you will need to match the front of each card with the corresponding card back before placing into the sleeve.

## Small Boards and Game Sheets

You need only print these single-sided and cut along the cut marks.

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## DALIcious Week

## Learning aim

Creating, editing, and storing simple file formats like .txt or .xsl to manually insert data.

## Elements of the game:

- 5 boards (1 in blank)

It is not essential to print, you can create your own board with a sheet of paper or write on the PDF.

- 36 Normal cards
- 10 Collective cards
- 20 Harmful cards


## Goal of the game:

Do you have time for everything? In this game, you'll have to demonstrate your skills to manage your week's time. For that purpose, you'll have to reach your ideal week and spend your hours according to your needs: energy, rest, exercise and/or love.

The goal is to complete your ideal week, or to be the person who is nearest to that. Your ideal week is represented on the board, with a graph about the hours you spend on each category. In addition, you have the table to fulfill about your week.


## Preparation:

Each player gets a game board. There are various boards templates with different goals to achieve (high requirement in $x$, low requirement in $y$ for some, and vice versa for others). It's also possible to print a 'blank' board and set up customized requirements representing the player's 'perfect week.
Boards can be distributed randomly, choosing them by turns or designed by each player (blank boards). It's not required that each player has a different board, and they can be repeated.
All the different kinds of cards are shuffled together, and they are left together in a deck.
For each player's turn, there should be the following cards placed in the centre of the table:

- For 2 players place 4 cards face up.
- For more than 2 players place 6 cards face up.

Each card represents an activity you do during your week, which takes up some of your time, but can make you feel better in certain aspects of your life (energy, rest, exercise and/or love).

| Energy <br> You get energy from <br> food, sleeping, <br> activities, ... | You get exercise when <br> you move yourself |
| :---: | :---: |
| Rest | Love |
| You get rest when your |  |
| mind disconnects |  |$\quad$| You get love from |
| :--- |
| staying with other |
| people or yourself |



Who starts?
There are different ways to decide who starts:

- The player who has more installed apps on his/her phone
- The player who has more screen time from the previous day
- Or you can use a randomising app such as: wheelsofnames.com.

Turns are taken in a clockwise direction throughout the game.

## How it's played:

As there are 7 days in a week, there are 7 rounds to be played. Each round represents a day of the week. For each day there will be as many turns as there are players.

## Each player's turn:

The player must choose cards which add up to a maximum of 5 hours.
The player will be able to choose one or more cards from the centre. If the player doesn't want to spend his/her 5 hours, the remaining hours can be saved to be spent on the next day, it means, in the next turn, being written down in the board.
After choosing cards, the player should play them. Every time the player plays a card, they must speak aloud the action that is going to be undertaken ("I'm going to watch a movie"). Actions add points to the player's board (as many as the cards show), and can affect other players' boards, inviting the other players to use a Collective card (which adds the same points to all invited) or giving someone a Harmful card, which steal free time to that player.
Once the player has chosen its cards and do the actions (with or without other players), the player's turn is complete. At the end of each player's turn the cards in the centre of the table are replenished for the next player's turn. (for example, if the last player has picked two cards, 2 cards must be added to the centre from the deck).

## Attention while fulfilling your board

Each round is complete when all players have played their turn, so you may have to fulfil your board more than once on each round (for example, if someone invites you to any activity), therefore don't forget that it's the same day and, because of that, the points must be noted in the same column of your board.

## End of the game:

When a player fulfils their ideal week, they should inform the rest of the players, for them to know that this is the last round. After this last round, the person who reaches their ideal week, although the player has extra points in any category, will be the winner.
If no one reaches the ideal week, the game is over after the 7 rounds are complete. At this point, the player who is nearest to their ideal week is the winner.

## Extras:

## Personalize it

Before starting the game, you can reflect about how your ideal week might look and create your own board.
To create it, you have 30 points in total to distribute between the four categories: energy, rest, exercise, and love.

## Add more difficulty

You can also give an extra level of difficulty to the game by not allowing players to keep the remaining points in each turn. If you don't use your 5 hours in a turn, you cannot use the remain hours on the next day, next turn you'll have 5 hours anyway.

## Your perfect week

To add even more difficulty, to win you'll have to reach your week perfectly. Meaning you complete the week according to your data, without getting extra points in any category.

## DALIcious Week Adaptations:

Adaptations of the boards are available in different sizes so that you can fill them as comfortably as possible. We recommend to use bigger cards and boards specially with Senior players.

DALIcious week for Young Adults: DALIcious Week can be played using a online spreadsheet that you can find on the web page of DALI.

DALIcious Week has been designed for adults, BUT with some help, children beyond 8+ can play with adults. You can play DALIcious week as a family.

## Your DALIcious Family Week

If you are playing as a family, let's include some prizes for the winner in the family. Maybe after making plans for free time, the winner would have the opportunity to decide to do one of those plans in real life during the family's free time.

DALIcious week at work: DALIcious week enhances people's abilities to illustrate and manage simple data, but can also generate conversations among colleagues and create spaces for teamwork and informal dialogue about free time, the importance of some factors to increase mental health, wellbeing, etc.



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