In a remote part of the ocean, there is an island inhabited by four sages. These people are experts in different knowledge and, therefore, have a very peculiar job.

Every day they meet at The Table of Knowledge, on the highest mountain on the island. They eagerly await the arrival of the Yellow-Headed Bird, a mythical creature whose arrival reveals that someone is facing mental health problems, and their community wants to help them.

The Yellow-Headed Bird is the only one who knows the way to the island and is the messenger between the community and the sages. Legend has it that when you invoke the bird to the winds it appears! Through it, the community requests the support of those who make up The Table of Knowledge.

Unfortunately, the Yellow-Headed Bird can only carry a few clues with it.

The mission of the sages is to carefully analyze these clues to decipher the life story of that person facing mental health problems and offer their valuable guidance.

Using their wisdom, the sages will propose transformative actions to improve the future of the person who needs help and positively impact their environment.

Once they have found the answers, the Yellow-Headed Bird will return to the community that asks for help, to share the acquired wisdom.
Who wins?

In this game anyone can win. Collect as many skill cards as possible to have a better chance of winning. The player who has accumulated the most points wins!

At the end of the game, players will be able to share the transformative actions on the website www.colectivamentelac.com where they will be able to inspire adolescents from all over Latin America and the Caribbean to collectively address and reimagine mental health.

Who is this game for?

This game is designed for adolescents and young people from Latin America and the Caribbean between the ages of 14 and 21.

Number of players

4 players minimum. If there are more, you can play in 4 small groups that will work collectively to earn points.

Materials

- Clock or stopwatch
- Pencils and blank sheets of paper
- X A4 size sheets to print the following material:
  8 Biographer cards
  8 Culturist cards
  8 Biologist cards
  8 Perceptist cards
  17 skill cards
- Scoreboard
- Print, cut out and play!

Preparation

Before starting to play, it is necessary to prepare the material: print the cards and cut them out. If you print them in black and white you can even paint them!

Once the material is ready, we are going put them in order by deck for each sage and the deck of ability cards.

A tip:
Read the instructions, step by step, as you and your group progress through the game. This way they won’t get lost along the way and it will be much more fun!
Each player must choose a sage and must keep the corresponding deck of cards.

The choice can be made by lottery or by the affinity that each player has with the sages.

Each player must choose a different sage.

Their interest lies in the exploration of various species in nature and the human body. They take care of the biology cards.

Their interest lies in the exploration of the world, its cultures, and societies. They take care of the culture cards.

Their interest is the development of people’s emotions and thoughts. They take care of the perception cards.

Their interest is knowledge of the stories, biography and past of humanity. They take care of the biography cards.

Each player must shuffle the cards from their own deck and draw 3 clue cards. Then, they must select only 1 card from the 3 clue cards in their hand.

Each player must choose the clue card that seems most interesting to them, read it aloud, and place it on the board, in the center of the table, where their wisdom sign appears.

The 4 cards (one per player) in the center of the table will be the official clues to the life story we will investigate, while the other clue cards can be discarded, returning them to the deck.
2 Drawing The Life Story

Each player, separately, must use the 4 clues in the center of the table to imagine and draw the life story on paper: what the person’s life is like and why their mental health was affected.

The drawing does not have to be perfect! The level of detail of the drawing does not matter as long as it serves as a record of what is said.

Whoever finishes first will receive skill cards as a reward. These cards will be used for stage 4 (transformative actions). Let’s draw!

3 Defining The Official Story

Each player has presented a unique life story, contributing different knowledge and skills. Now it’s time to choose the official story.

Each player must secretly score on a piece of paper what was the most credible, coherent and creative life story.

When everyone is finished, they must simultaneously reveal their vote and justify their decision.

No one can vote for their own life story.

The presentation of life stories is done verbally, showing the drawing to support the story. They have 2 minutes per player to present.

Oh no! Has a tie occurred? The players who accumulated the most votes will have an extra minute to improve their story and convince others to change their vote. Those who change their vote must justify the reason. If the tie persists, they must reach an agreement and choose the official life story, otherwise they will not be able to continue advancing in the game.

The player who wins the official story will be rewarded with 2 skill cards.
4

Transformative Action

The sages already know the official story of the person and why their mental health was affected. It is time to create a transformative action so that the community can make positive changes and thus help this person.

Each player must create and draw, on paper, an action that would transform the person's environment, and consequently, their official story. They must use the skill cards collected during the game.

What is a transformative action?
A transformative action is an initiative or strategy that seeks to generate a positive change in the person's environment and, in turn, transform their story.

Using the skill cards, each player must design transformative actions that can involve community and educational activities, policies, laws, mental health services and any other idea that your imagination allows.

Your transformative actions can go a long way!

How do we handle skill cards?
The sages have gained particular abilities that allow them to come up with transformative actions. These skills enhance the wisdom of these characters and their areas of knowledge.

Each card tells us a set of tools that we can make available for positive transformation in the story of life. We must create a transforming action that includes 1 or more cards (the more cards you use in your action proposal, the more points you can get in the next stage).

We only have five minutes! Start the stopwatch! Let's draw!

5

Selecting The Action

When everyone finishes their drawing, they must do a round to share the transformative action of the official story, putting the skill cards used on the table, explicitly mentioning them in the presentation.

Then, each player must secretly write down on a piece of paper what was the most significant, coherent and creative transformative action. When they have finished, they must simultaneously reveal their vote and justify the decision.

No one can vote for their own proposed transformative action.
There may be a tie between more than one transformative action since it is not necessary to choose only one as the official one.

**Transforming action that occupies 3 ability cards**
The action receives 3 points per vote

**Transforming action that occupies 1 ability card**
The action receives 1 point per vote

**Transforming action that takes up 2 ability cards**
The action receives 2 points per vote

For example, if a transforming action uses 3 skill cards and receives 2 votes, the player who proposed it receives 6 points (3x2).

Punctuation example:

One of the best kept secrets of those who make up the Table of Knowledge is what they do after solving a case: they come together to reflect on the situation and figure out how we can learn from it to avoid similar stories in the future.

A round is held where each player tells the main learnings that can be extracted from the official story.

What influenced this person’s mental health problems? How can we prevent something like this from happening again in the community?

On a piece of paper, each player must write a phrase accompanied by a drawing that expresses the main learning of this life story. In a round they must show the drawing and say the phrase.

**Wisdom vote:**
Each sage must vote for the phrase/drawing of the learning that best summarizes what was discussed. Every decision must be justified.

Each vote gives 1 point and the phrase with the most points will be the learning to share with the community and the person facing mental health problems.
Each player must count their accumulated points throughout the game. Whoever has the most points will receive the title of Sage Oracle and will be able to communicate with the Yellow-Headed Bird and transmit the transformative action and learning to the community.

By recording the action, your transformative action and wisdom message will appear on an interactive map. Together with other adolescents from Latin America and the Caribbean you will be able to be inspired and learn from yourselves.

The time has come for the Yellow-Headed Bird to return and transmit the transformative action to the community that wants to help the person who is facing mental health problems, so that they can carry it out collectively.

Now you can talk about what transformative action you are going to report. They can mix, match and adjust, for example, the most voted ones.

Sages-oracle, go to www.colectivamentelac.com and register the proposed transformative action.
They have a constant headache due to the noise where they live.

They have difficulty walking due to an accident.

It is difficult for them to concentrate and stay calm.

They do not have enough food per day.

Their diet is based on unhealthy food such as sweets and cakes.

They have difficulty sleeping – they have trouble falling asleep and stay awake at night.

They have a sedentary lifestyle; not moving around much and staying in one position for most of the day.

They were hospitalized for several months due to an illness in their childhood.
Where they grew up, women can't dress how they want.

Where they grew up, people work long hours a day.

Where they grew up, people didn't really talk about mental health or see it as something important.

Where they grew up, only a few have quality health care.

Where they grew up, only a few have the opportunity to attend school.

Where they grew up, men must hide their feelings and emotions.

Where they grew up, alcohol and drug use began during school.
Their parents are quite strict and punitive when it comes to their errors.

They stopped going to school.

They don't get to see their parents much because they work a lot.

They suffered bullying from their classmates.

They were exposed to situations of violence in their childhood.

They had to move to another city.

They were an adolescent mother/father.

Their friends use alcohol and drugs.
**PERCEPTIST**

They are not motivated to do activities and are not very excited about things.

It is difficult for them to recognize how other people feel.

They have difficulty saying how they feel.

They feel great concern about their physical appearance.

They show frustration through hitting and insults.

Their self-esteem depends a lot on other people’s opinions.

In stressful situations, they feel fear and become paralyzed.

They are not clear about their characteristics and do not know their strengths or weaknesses.
Participation

The sage can propose changes and make decisions within the community, considering everyone's opinion.

Communication

The sage can share what they think and feel, while listening with empathy and respect for others.

Cooperation

The sage can work together with other people to achieve a goal that is important and common to everyone.

Empathy

The sage understands and shares other people's feelings, to respond according to what they need.

Negotiation

The sage can make agreements between people on issues that they previously saw as very different.

Critical thinking

The sage can question the norms and taboos (prohibitions) of the community in which they live and thus make better decisions.

Creativity

The sage can create new and original ideas to solve problems that they previously saw as very difficult.

Resilience

The sage can design actions in which the community adapts to difficult situations through support among everyone and emerge from them strengthened and with new learning.
<table>
<thead>
<tr>
<th>Decision making</th>
<th>Respect for diversity</th>
<th>Problem resolution</th>
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</thead>
<tbody>
<tr>
<td>The sage can make instant decisions while considering future consequences for the entire community.</td>
<td>The sage can recognize and value the unique differences and abilities of each individual.</td>
<td>The sage can think of different solutions to problems and choose an option that generates positive changes for everyone.</td>
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<th>Build safe spaces</th>
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<td>The sage can identify stressors and learn to cope with them (for example, through relaxation techniques, etc.).</td>
<td>The sage can build safe spaces where people can speak freely and carry out activities in a protected manner.</td>
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