



NONVIOLENT COMMUNICATION GAMES PACKAGE



The educational package created in 2021 during the project *Volunteering vs. Violence – let's turn theory into practice* financed by Erasmus+ Program and coordinated by One World Association – Service Civil International Poland.

It contains 5 games aimed to learn and practice *Nonviolent Communication* developed by Marshall Rosenberg. They have different degree of difficulty, starting from the easiest one for players with basic knowledge about the NVC method.

NVC BASICS

(cards to be used in every game)

1 – NVC RHYTHM

2 – QUEEN & COURT

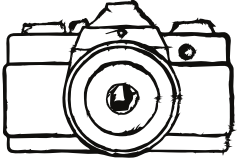
3 – THE SECRET JACKAL

4 – THE KINGDOM

5 – JARAFFE

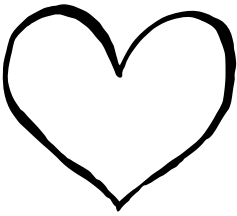
BASICS OF NVC

1. OBSERVATIONS



What I observe (see,hear,remember)?
Free from evaluation, say what eye
of the camera could have caught.
"I see.../I hear... "

2. FEELINGS



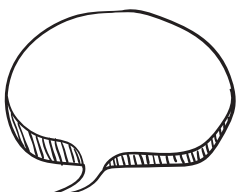
How I feel (emotion or sensation rather
then thought) in relation to what I
observe. Feeling you can show with your
body, thoughts are hard to show.
"I feel..."

3. NEEDS

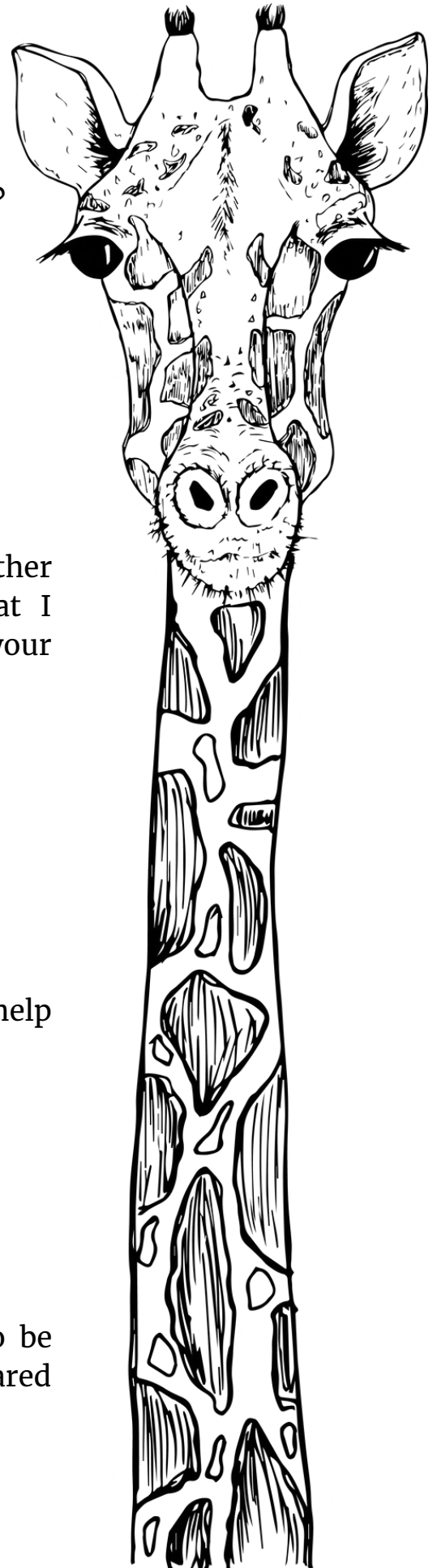


What I need that causes my feelings.
You can use the table with needs to help
you define it.
"... because I need... "

4. REQUESTS



The concrete action I would like to be
taken. It is not a demand so be prepared
to hear "no".
"Would you be willing to... ?"



NEEDS VS. STRATEGIES

NEEDS ARE UNIVERSAL FOR ALL HUMANS. STRATEGIES ARE INDIVIDUAL AND DEPEND ON OUR CREATIVITY, THERE CAN BE UNLIMITED NUMBER OF STRATEGIES. WHEN WE EXPRESS OUR REQUESTS WE EXPRESS OUR IDEA HOW TO MEET OUR NEED, BUT FOR ONE NEED THERE CAN BE MANY WAYS TO FULFILL IT.



EXAMPLES

FEELINGS



Engaged
Euphoric
Grateful
Happy
Hopeful
Inspired
Annoyed
Angry
Confused
Disquiet
Fear
Pain
Sadness
Tension

NEEDS



Autonomy
Connection
Meaning
Peace
Play
Dignity
Touched
Harmony
Perspective
Acceptance
Faith
Rest
Care

NVC RHYTHM

You have 57 cards. 8 yellow cards are described as NVC.
Put them on the table perpendicularly.



The rest of the cards shuffle and distribute all cards to the players.

The youngest player starts the game (the rest of the players play in clockwise order) and puts the first card on the table (doesn't check what kind of card it is). Cards are in 4 colors: black, red, blue and green and this is an order that they should be put in a horizontal way next to NVC cards.



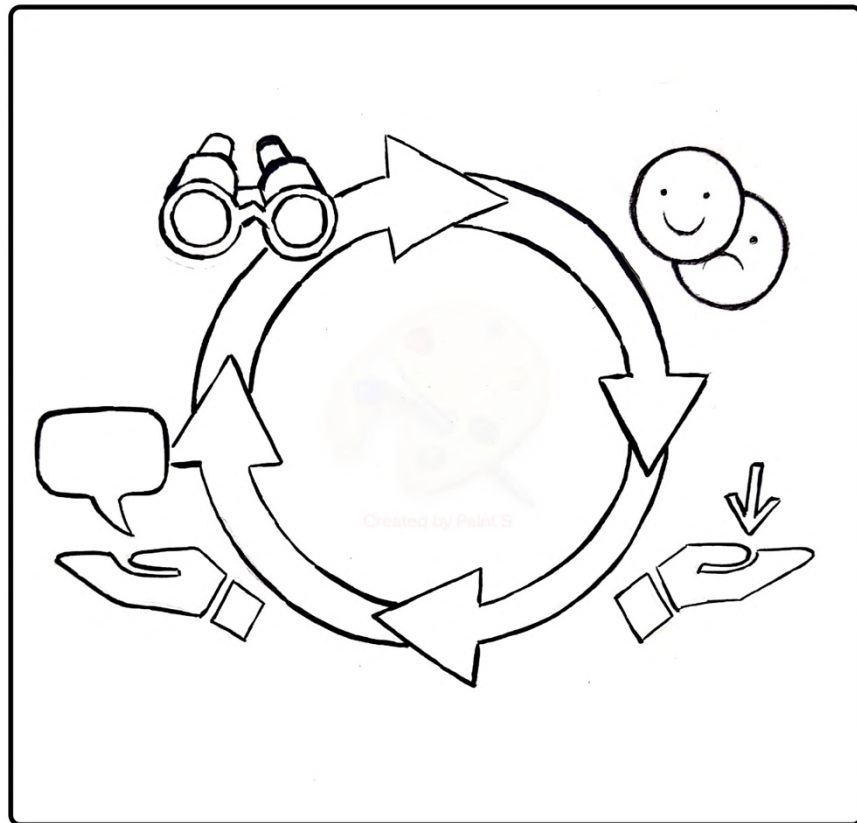
There are 2 blank cards which can be any color (like a joker card). When you don't have a card to start the row or continue a line, remove the card from your deck and it won't be used in the game.



When a player puts all cards in order (4 cards in the color order) take those 4 cards and keep the collected card to count later. The person who has the biggest number of cards wins.



Advanced option: try to create a realistic story when creating the NVC line with colors.





I feel sad



**I feel
anxious**



I feel happy



**I feel
amazed**



**When I see you
were late today
for a lunch**



**Would you be willing
to put your socks in
your room or in the
washing machine?**



**I need more
order in the
rooms that we
share**



I feel anger



**When I see two
balls of dirty
socks under the
coffee table**



I see that the
washing up still
hasn't been done



I feel
frustrated



Would you be willing
to put your phone
away for the next 10
minutes and hear
what I have to say?



We agreed to
leave the school
at 11 am, but it's
11.30 am now



I feel
anxious



Would you be willing
to finish watching
the film later on so
we can leave as soon
as possible?



Would you be
able to leave me
alone at this
moment?



Would you be
willing to stay
with me for a
while?



I need help
with the
housework



Would you be willing to help me with washing the dishes?



It's important to me to live in a clean space, I need your help



It's important to me to support my sister, so I want to arrive in time to help out



I can see that your arms are crossed



I feel threatened



I need to feel safe



Would you be willing to continue this conversation at a different time when we are both feeling calmer?



I feel confused



I need to share this with someone



Would you be
willing to spend at
least 3 evenings a
week at home?



Would you be
willing to take
out the trash?



Would you be willing
to go back to the
store now and get
the groceries?



John pounded
his fist on the
table



He has not
scored a goal
in 20 games



I feel
disappointed



I see you looking
away while I'm
talking



I need safety



He told me
he was angry



I see that you
pounded your
fist on the table



My husband
hasn't kissed
me for two
weeks



I feel upset



I feel scared



I've just looked in
the fridge and
saw there's no
food



I see your dog
running without
a leash and
barking



You haven't
said anything
yet



Would you be
willing to call
my dad later?



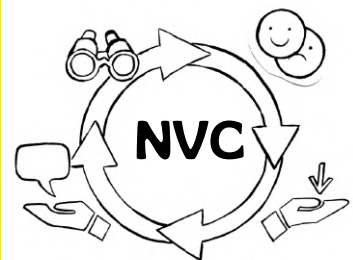
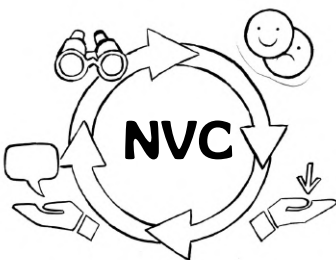
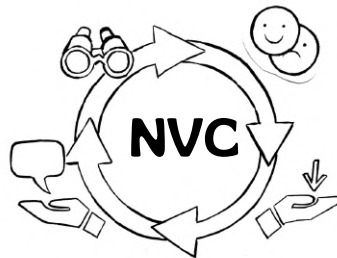
I feel very
excited

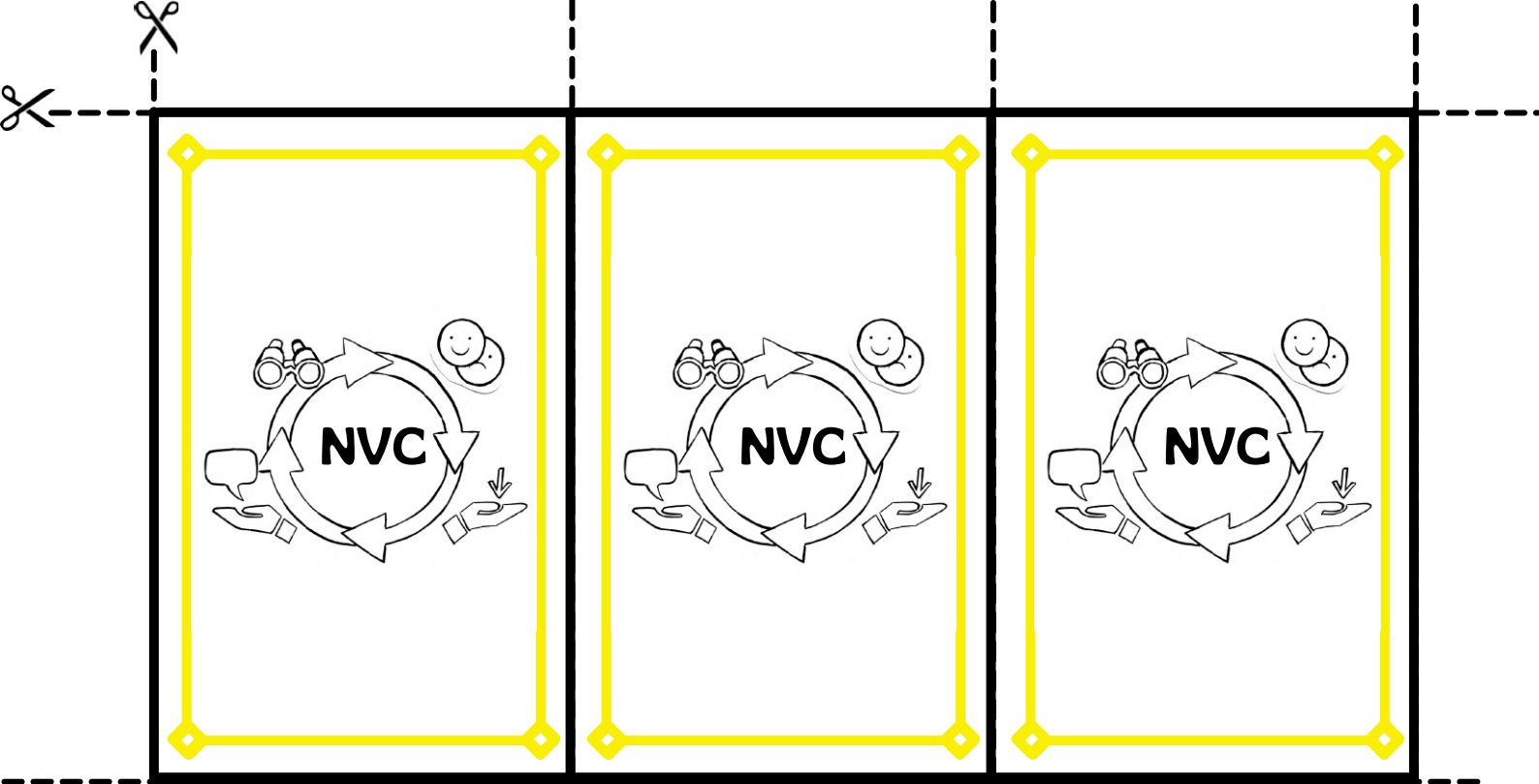


Would you be
willing to keep
distance from
me?



I see that you have
done a task that
was very difficult to
you





QUEEN & COURT

Introduction

The aim of the game is to practice and improve using the Nonviolent Communication (NVC) approach which is the way of communicating in a peaceful way with respect to people. It's also a technique to increase empathy and improve connection with others. It holds that most conflicts between individuals or groups come from miscommunication about their human needs. There are three components of NVC: observations, feelings, needs and requests (described in the NVC information card attached to the game). Marshall Rosenberg, the father of NVC described them as a giraffe language – full of compassion, empathy and understanding. On the opposite there's communication in jackal language – full of violence, blocking empathy, stimulating conflict and tensions.

You will have an opportunity to learn how to recognize both of them and train how to react in the tricky environment of the Queen and her castle. You are persons in her court – individuals with different positions and power. You will create the story of your characters and their relations with the Queen. All your world in the game is built around her. She's the most important person and everything she says is an order. In the castle you will not only practice NVC rules but also teach them to the Queen. Just remember, what is happening in the castle stays in the castle

Instruction

Items:

- 2 dice
- cards with questions
- cards with characters
- cards with events
- hourglass or another timer
- NVC information card (with examples of giraffe and jackal language, NVC rules, list of feeling and needs) - one to put in the middle and one for a tool keeper – person who will check if you communicate according to NVC rules

Rules of the game:

Game is designed for 4 - 5 players. They create their world around the person of the Queen. You need to pick up one picture to present to your Queen. You will play with the cards with questions and events in the game. Question cards are in the order with given numbers. You will decide which player starts the game and take the first card. Make sure at the beginning that all the players choose their roles and share who they are in the game and what are their powers. You can use your power during the game but you don't have to. You can also ask another character to use his power when you need it but she/he can refuse to do that. You can pick characters from the cards or create your own one. First player starts by taking the first card with a question that he needs to answer in an NVC way.

Among you there is also a tool keeper – the person who carries the NVC information card, checks the answers according to NVC rules and gives 1 point for correct answers. For incorrect answers, the point goes to the TOOL KEEPER. The aim of the game is to use the cards with questions and collect as many points as possible for the whole group. You have some time to think but time for answering questions / presenting the NVC solution is 1 minute.

There are also cards with events. You can use them only with the dice that show even numbers. You roll dice after replying to the question (doesn't matter whether it is correct or not). With an even number the next player takes an event card and follows the instruction. If the numbers are odd, the player just takes the next card with a question.

Characters:

- Alchemist - can change the past or future
- Knight - can protect someone, his needs and feelings
- Wiseman - can help you to take decisions
- Fairy - can solve problems and use the love spells
- Jester - can skip the player or change place at the table when he wants
- Queen's servant - mediator between Queen and other players
- Witch - can improve your situation, make your life better
- Messenger - teleportation power
- Who else do you want to be? Invent your own character and power!

QUESTIONS

<p>1. There is one person in the group whom you trust the most. Who is it and why?</p>	<p>2. Yesterday there was a conflict in the group. What was it?</p>
<p>3. How can you introduce NVC rules to the Queen and convince her to use it?</p>	<p>4. Nearby there is your home village. You want one day off to visit your family. How do you say it to the queen in the NVC language?</p>
<p>5. Two characters started a beautiful friendship (you can choose which one). What are their needs and feelings related to this? Please ask them to say a little bit about it.</p>	<p>6. You offended the Queen saying that her castle doesn't look as good as in the past. How can you repair it and apologize using giraffe language?</p>

7. You offended another player by saying that he has been too short in the castle to have his own opinions on Queen and Court. How can you repair it and apologize using giraffe language?

8. The Queen wants you to spy on somebody from her court. You don't want to do that. What do you say to refuse the Queen in the NVC language?


9. The Queen thinks she knows everything about NVC. She was sitting all afternoon making a list of her needs and feelings (euphoric, dignity, touched, harmony, annoyed, perspective). She mixed them and doesn't know about it. Help her to distinguish one from the others. How will you do it without offending her?

10. You are in a very hard situation. The Queen is not very satisfied with your service. You have to convince one of the characters to help you (choose the most challenging one in your opinion). How will you do it using NVC steps?

<p>11. You have a special place in the Queen's heart. Why?</p> <p>Please answer questions using the key NVC steps: observation “I see...”, feeling “I feel...”, needs “I need...”, request (if you have some, considering your strong bond with the Queen) “I would like to....”</p>	<p>12. The Queen got angry with the Court because they were 1 minute late for their morning meeting. She said: You were not punctual. I was waiting for you for such a long time. Why are you always late? How to change this message to make it according to the NVC rules?</p>
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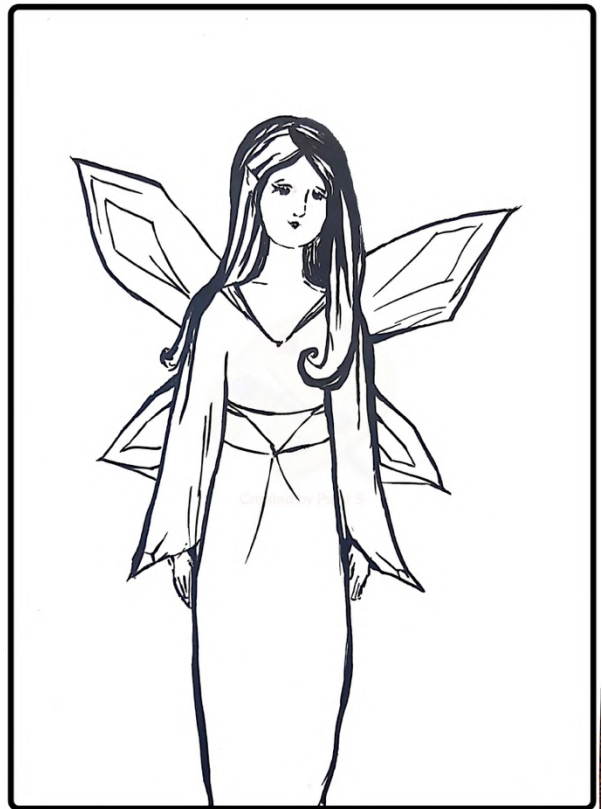
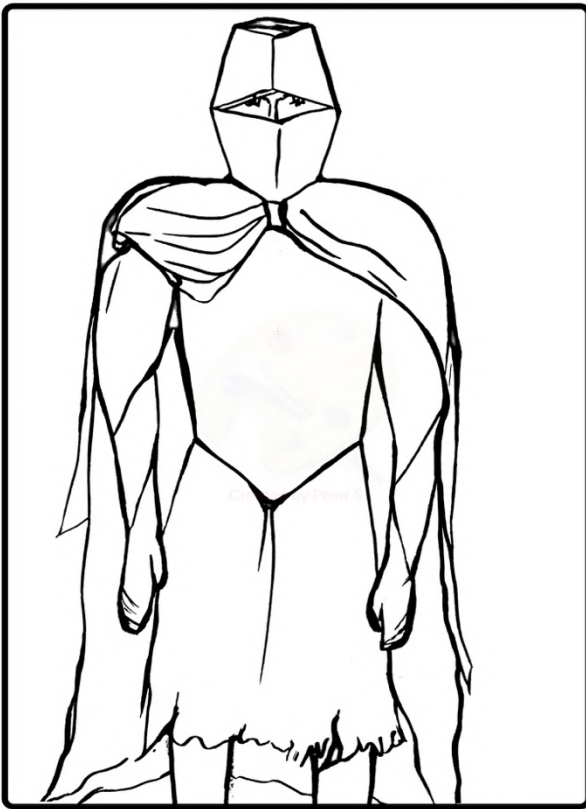
EVENTS

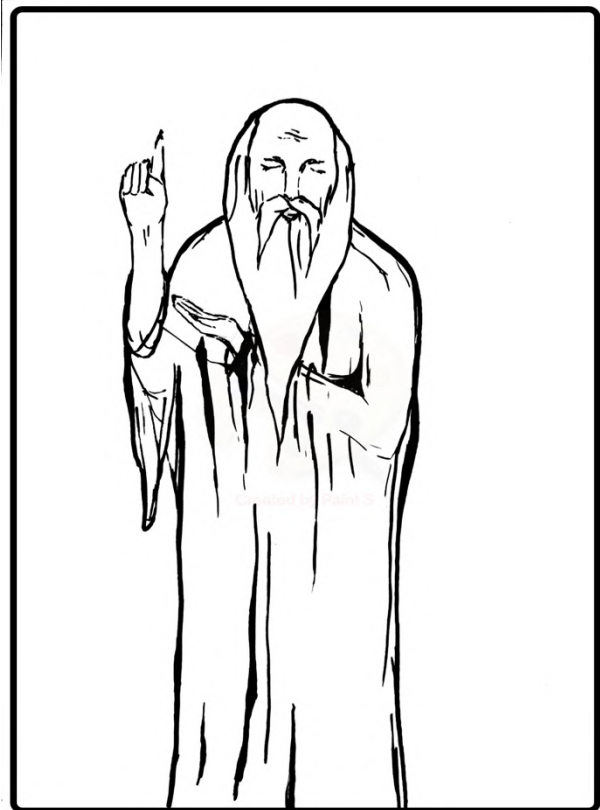
<p>Storm! You need to find shelter (under the table, behind somebody's back, covering your head etc.) React as fast as you can!</p>	<p>Gold dust! Change your seats clockwise!</p>
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<p>Gift card! What would be your gift to the Queen?</p>	<p>Jackal's party – invite all the Court to dance like Jackal. Moves and the floor are yours.</p>
<p>Giraffe party – invite all the Court to dance like Giraffe. Moves and the floor are yours.</p>	<p></p> <p>Star card – change character (card can be used just once in the whole game)</p>
<p>Pick one feeling from the list (you will find them in the NVC Information card). Express it in body language till another event happens.</p>	<p>3 steps card – take some distance from the group (either stand up on a chair, sit on the floor or move your seat 1 step left or right) and come back in 5 seconds</p>

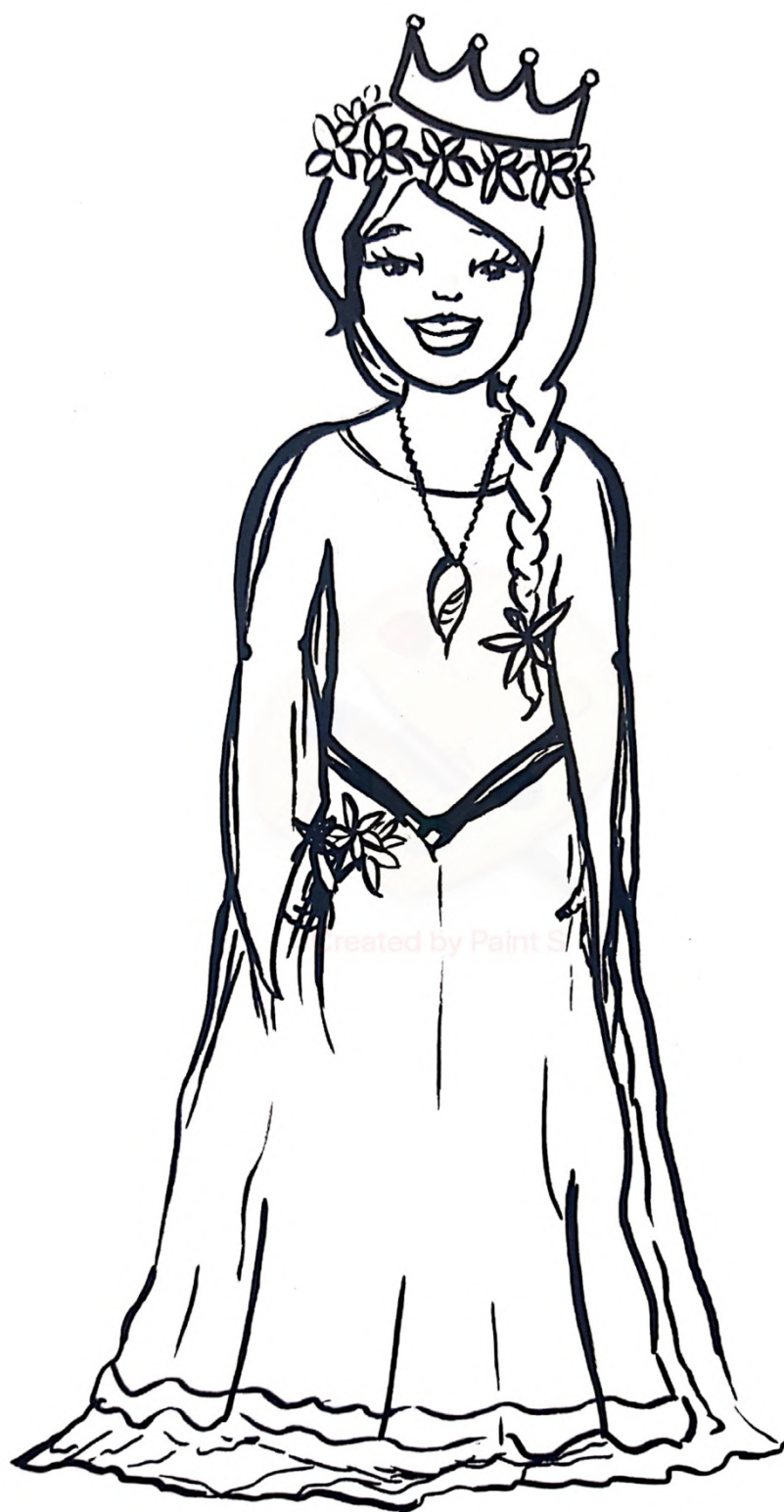
Ask one person in the group
about their feelings and needs

Practice for 5 seconds of
ovation you will give to the
Queen on first possible
occasion











THE KINGDOM

The game is thought to be played by advanced players/

Number of players 3 - 5

Elements of the game

- **instruction**
- **NVC information card** - a reminder about 4 steps of NVC
- **scenario cards** - contain a description of a problematic situation to discuss
- **role cards** - they define the characters players will become in the scenario
- **feeling cards** - describe feelings that characters experience in the scenario
- **stage cards** - 4 cards that will assist you in having an NVC friendly playthrough

SETUP

1. Start with picking one scenario card for the whole group.
2. Randomly pick roles (characters) for each player.
3. Have each player pick an emotion card for their character.

Gameplay:

- I. First round - reveal the first stage card. Players introduce their characters and take turns in expressing what they saw or heard that made them feel the emotion from the feeling card. It is recommended for every next player to develop their story based on what previous players said. For example:

"As a knight, I felt scared and confused when I saw the princess alone at night"

"As a princess, I felt sad when I saw that the knight was following me"

"As the king, I felt worried when I heard that my daughter was alone at night"

- II. Second round - reveal the second stage card. In this round the players are supposed to find a need that could relate to the emotions they expressed in the first round and make a request that they believe would satisfy their need. Again, it is important for players to direct their requests to other players. For example:

"As a knight, I have the need for integrity but different orders from the king and the princess make it hard, so I would like the king to assign another knight to protect the princess."

"As a princess, I have the need for privacy and space so I would like to ask the knight to follow me only when I ask for it."

"As the king, I have the need for stability and trust, which I can't have when I imagine my"

daughter being killed, so I would like to ask my daughter to stop giving the knight orders different than mine."

- III. Third round - reveal the third stage card. After initial requests have been made, players have a chance to accept or renegotiate their strategies. In this round they create complete sentences based on round 1 and 2. For example:

[Knight]: "When I heard that the king's orders would be the only ones I get, I felt safe and calm because my need for integrity was satisfied.

[Princess]: "When I heard the king say that he would like to be the only one giving orders to the knight, I felt disappointed and stressed because I have the need of independence and respect, so I would like the king to allow me to instruct the knight too.

[King]: "When I heard that the knight felt safe with my proposal I felt calm and pleased because my need for stability and trust was satisfied. When I heard that my daughter would still like to be able to order the knight, I felt frustrated because I have the need of harmony and freedom so I would like to ask her to obey my orders as the king.

- IV. Round 4 - reveal the fourth stage card. This is the final stage when players are asked whether their characters' needs were satisfied. For each satisfied character, players get 1 point. The maximum number of points is determined by the number of characters involved.

In the example scenario, players would probably get 2 / 3 points, because the knight and the king were satisfied with the solution but the princess was not.

After round 4 players should pick another scenario, characters and emotion cards and repeat the process at least 2 more times. If after 3 playthroughs players end up having more than 75% of maximum points, they win the game. For example, if after the last round, they have 7/9 - that's 77%, so they win.

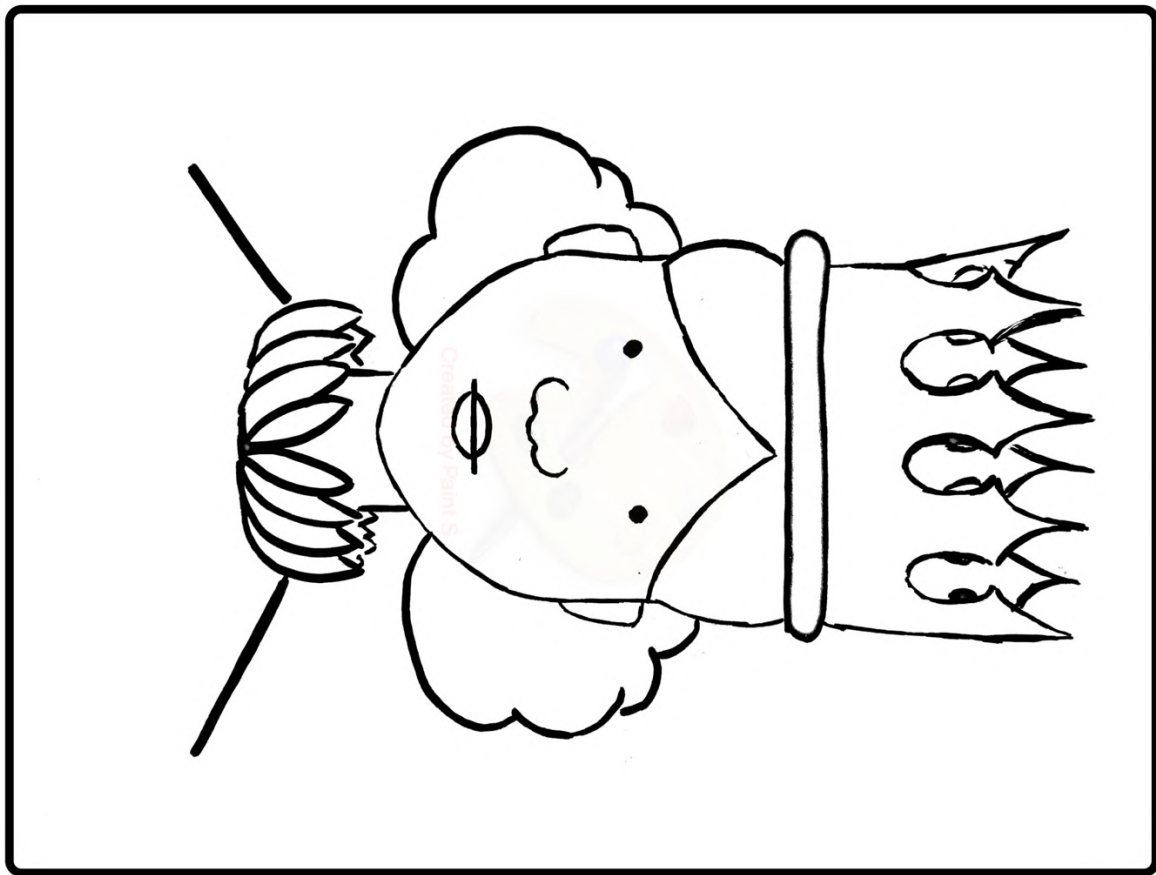
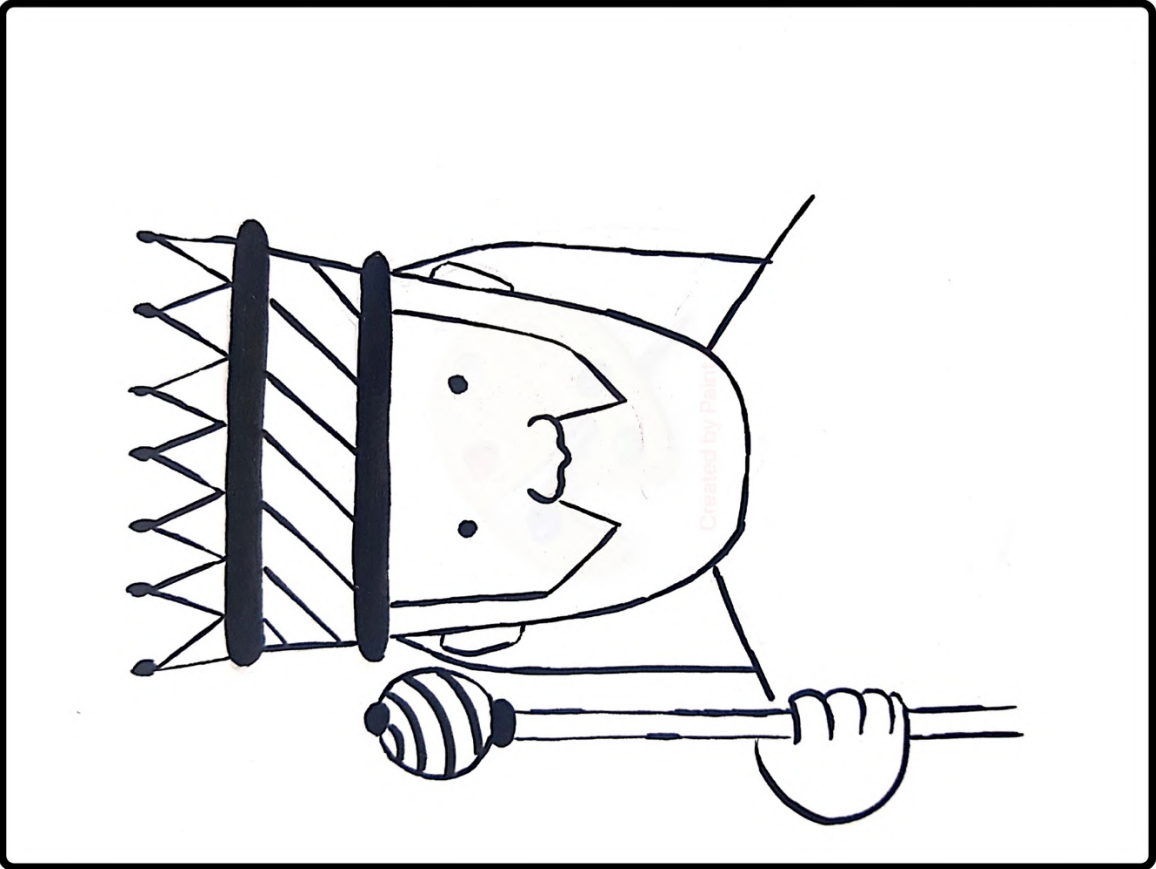
Characters possible to play in the game:

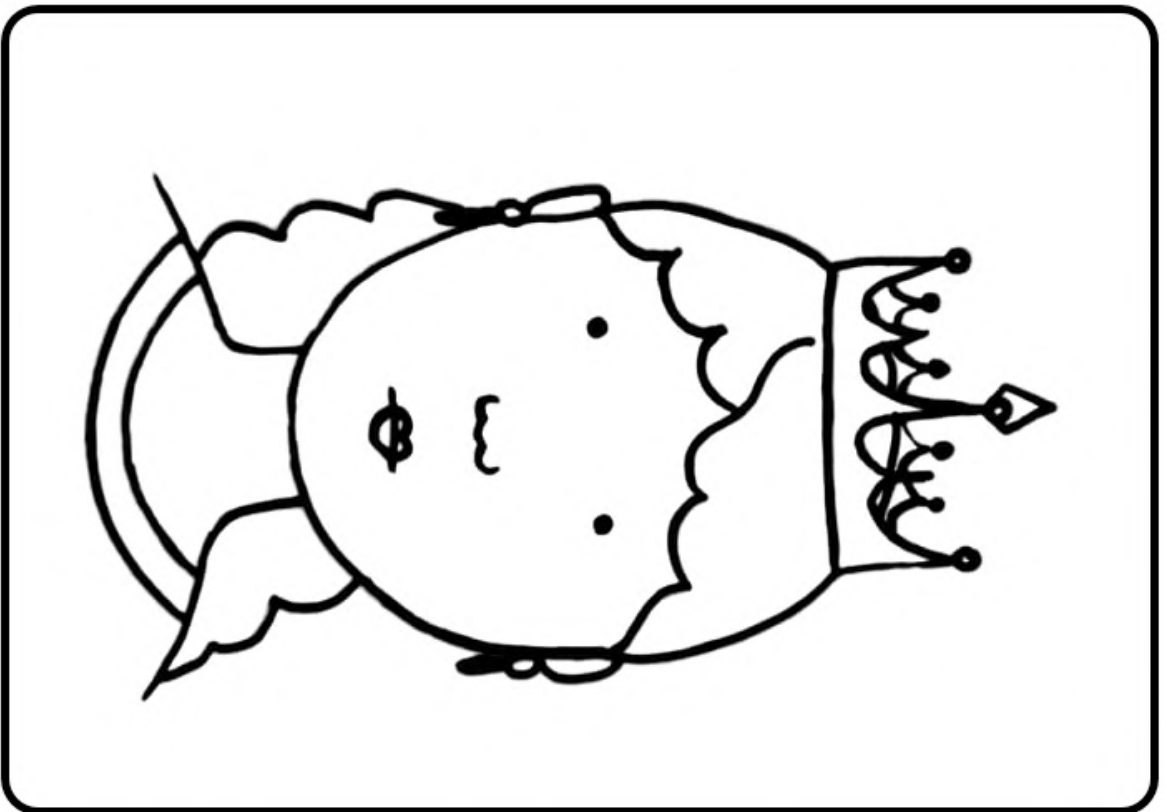
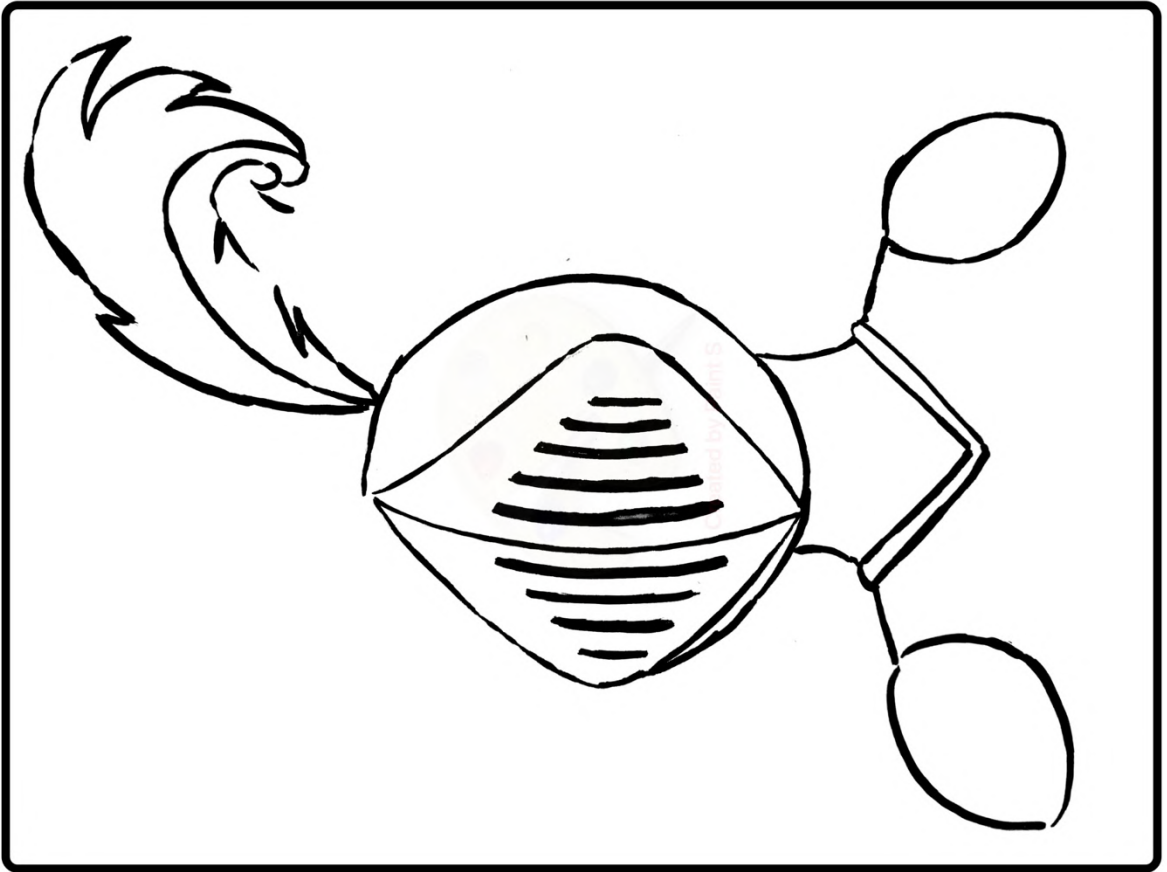
- king
- queen
- princess
- knight
- servant
- witch
- farmer
- fairy

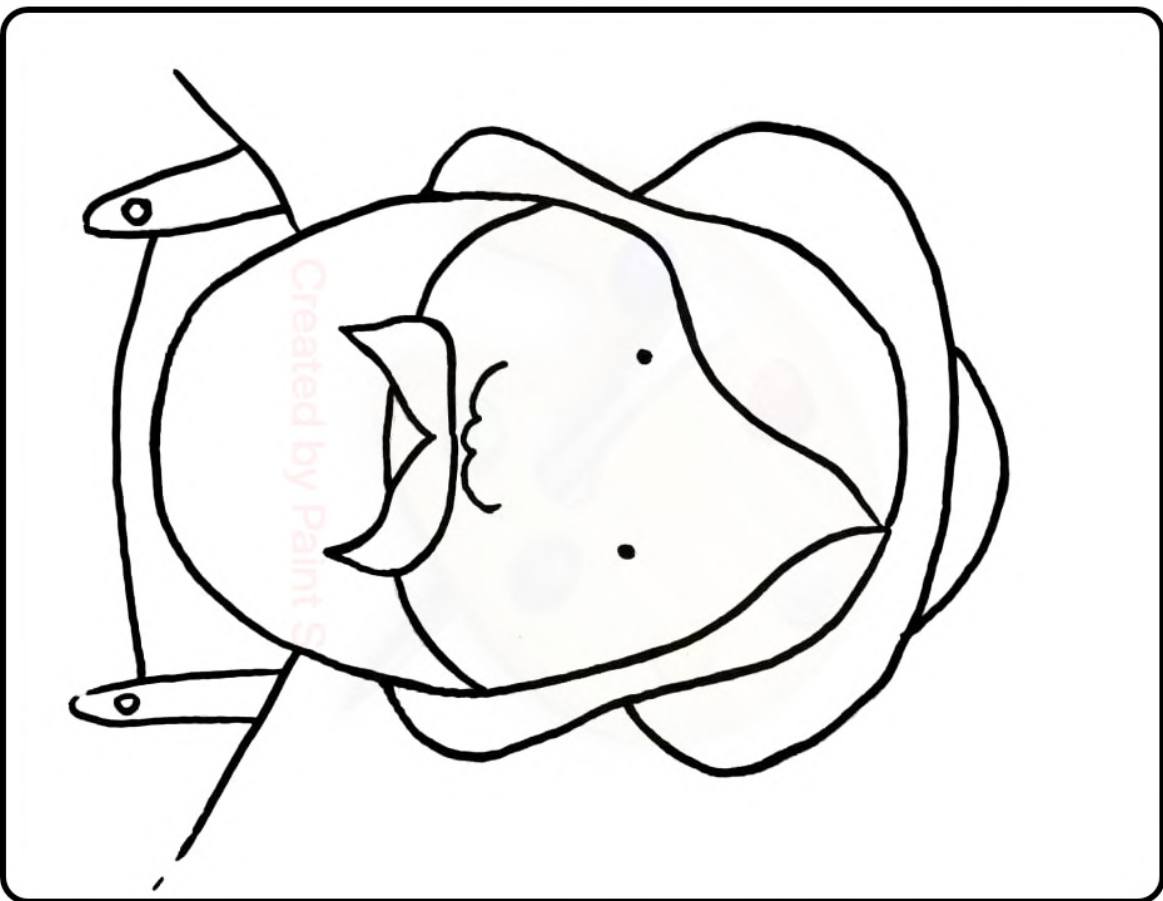
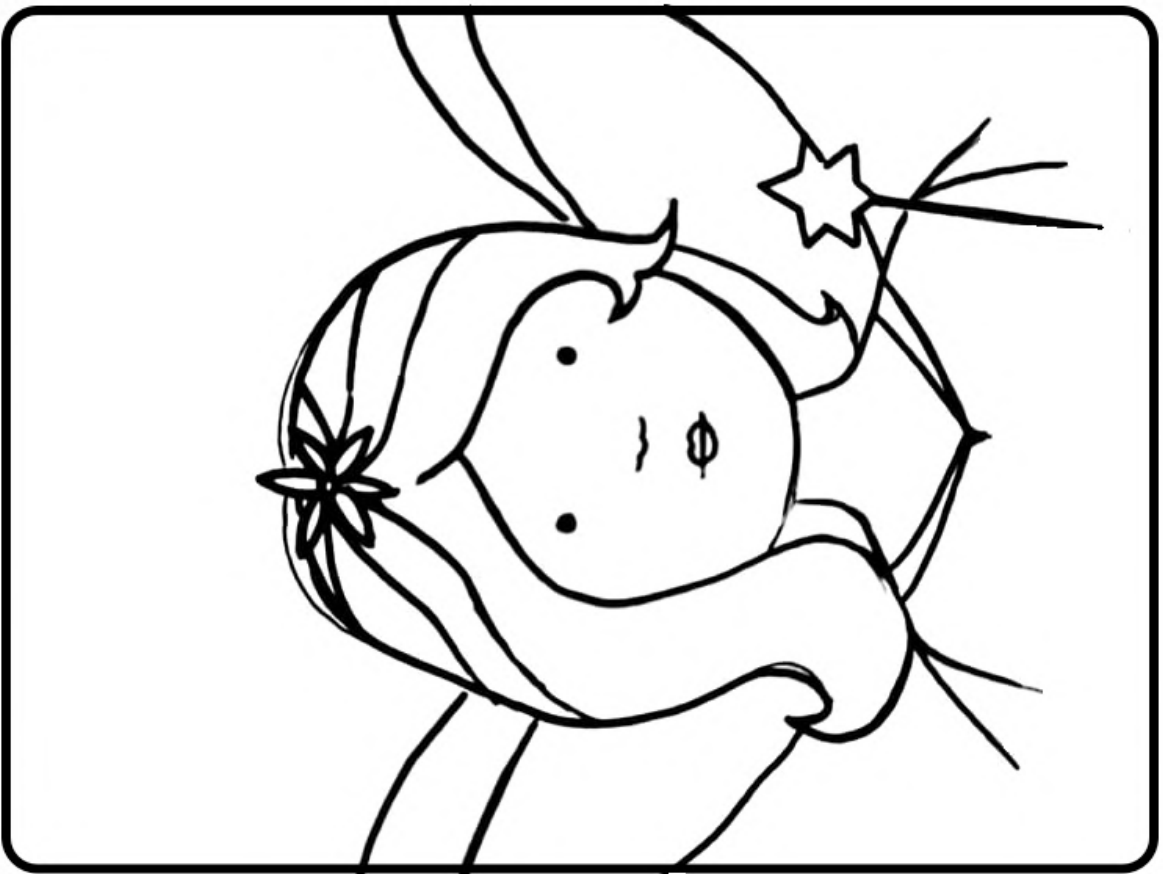
I ROUND What have you observed and how does it make you feel?	II ROUND What are your needs and what's your request?
III ROUND Respond to the requests of others.	IV ROUND Have everybody's needs been met?

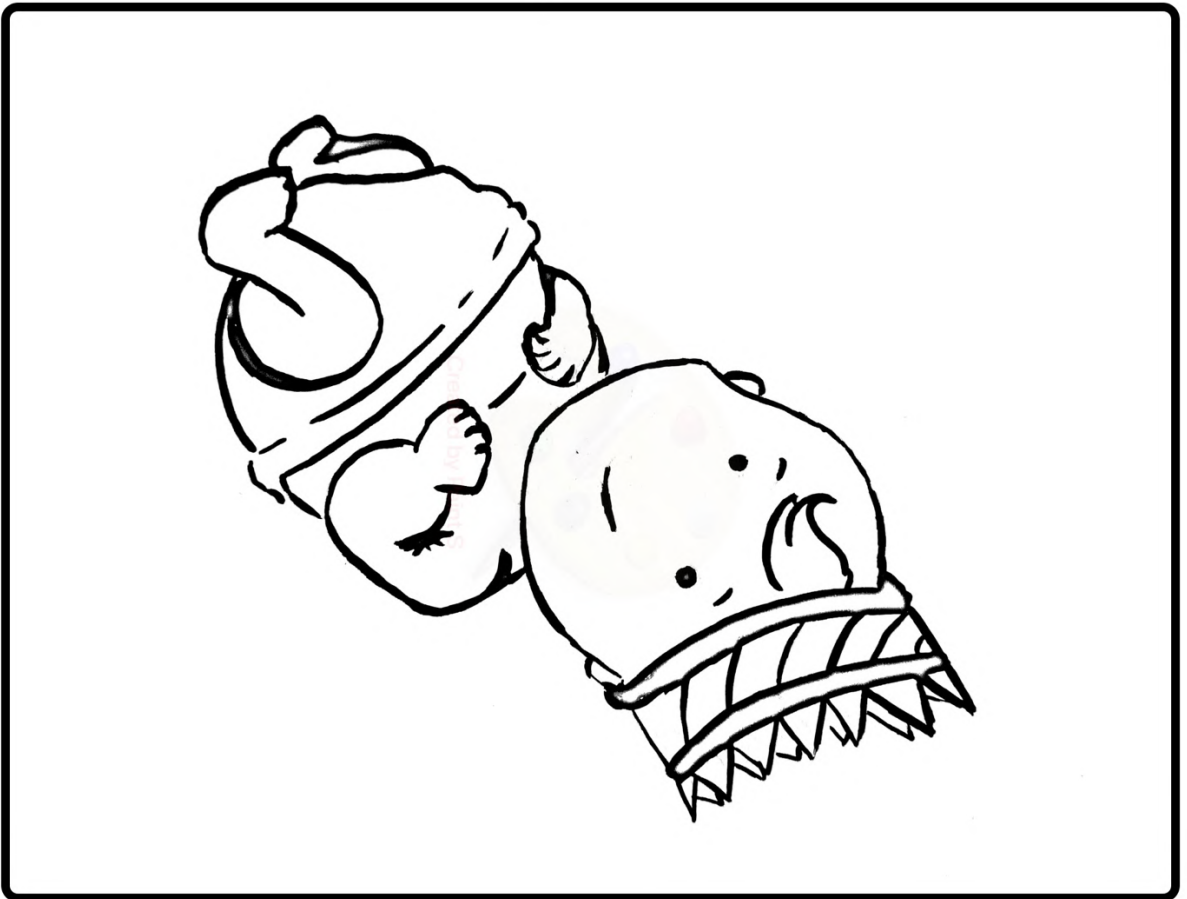
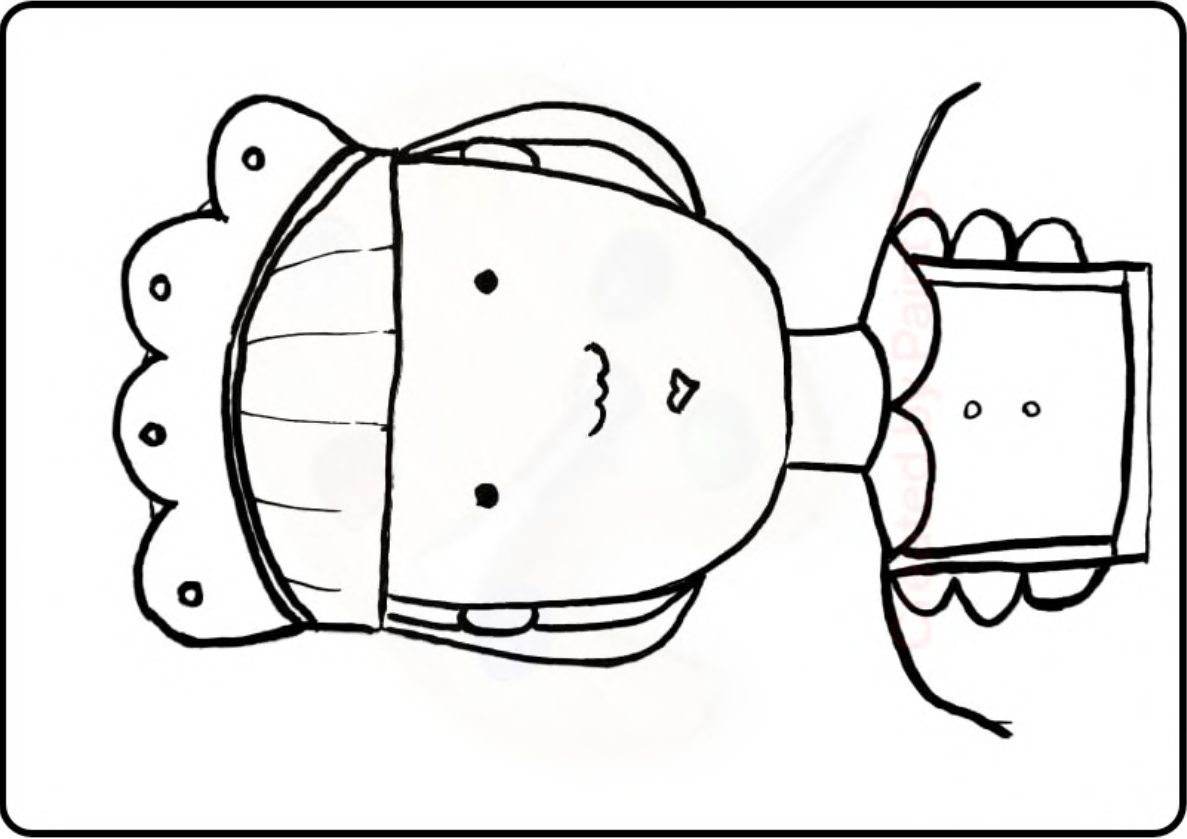
Angry	Confused	Excited	Scared
Sad	Happy	Bored	Curious
Calm	Ashamed	Lonely	Hopeful
Thankful	Disgusted	Surprised	Engaged

<p>The princess was seen outside of the castle last night.</p>	<p>A foreign witch has come to the kingdom.</p>
<p>A dragon has appeared in the kingdom.</p>	<p>A neighbouring country has declared war.</p>
<p>A member of the royal family has died unexpectedly.</p>	<p>The king has made an important decision.</p>
<p>A dangerous disease is spreading around the country.</p>	<p>There have been riots in the kingdom recently.</p>
<p>A foreign messenger has delivered important news.</p>	<p>A spy has infiltrated the court.</p>









THE SECRET JACKAL

Introduction

You are a family of giraffes, but a secret jackal is among you. How to uncover it?

1. Distribute roles: 1 narrator, 1 (or more) jackal and giraffes.
2. Narrator will tell you a critical common situation.
3. Give an answer to the situation using your “natural” language (giraffe or jackal language, according to your given role).
4. After listening to all the group members, think about who can be the jackal. Vote according to who you think jackal is. Move the picture (below) so that the head of jackal is turned to the suspect person.
5. Have people voted for you? You have an opportunity to publicly defend yourself.

If you are a giraffe try to use non-violent communication. Beware! If you are not doing well, others will think you are the jackal and you will lose the game.

If you are a jackal try to use subtle jackal language or they will uncover you and you will lose the game.

Roles & rules

1. If you are a giraffe and the majority of people vote for you as a jackal, you are out of the game. Before that, you will have one opportunity to defend yourself.
2. If you are a jackal and the majority of the group vote for you, the game is finished. You also have the right to defend yourself.

According to the number of group members there will be one, two or three jackals (it is your choice). There must be a narrator: he/she will tell you which character you are and will tell you what are the conflictive situations you have to confront. We recommend you to improvise situations according to your daily life (workplace, school, university, etc.).

You should change roles, also narrator role, every time you start a new game. GOOD LUCK

An example...

Narrator: (After distributing roles) Imagine you are at school, and a child answers you that he wouldn't do the task because "it has no sense". How would you respond?

Giraffe 1: I would say that I feel worried because it will be content included in the final task.

Giraffe 2: I would say that it will be great if he respects the learning and teaching process.

Jackal 1: I would say I feel sad because he is not wondering about the task.

Narrator: Okay, so now point to who you think the jackal is. (Every one points to Giraffe 2).

So giraffe 2, now you have the chance to publicly defend yourself.

Giraffe 2: So I want to correct myself because I was not too concrete and focused on who and not on what.

Narrator: Thank you. So, are you sure you want to point to giraffe 2? (If yes, she is out of the game, if not, she will continue playing and narrator will tell you another common critical situation)





It is a card game with two decks of cards: one is a deck of normal French cards while another one consists of special JARAFFE cards.

The game starts with the French cards.

All “10” cards of four suits are on the table and other cards are divided between the players. The players cannot see their cards. Every player simultaneously takes and opens one card from his deck. The player with the smallest card should play first: she/he should put her/his card to one of four lines choosing the same suit (hearts, diamonds, clubs or pikes) in the order of increasing numbers (so from 6 to ace). If the card the player has is smaller than 10, she/he should put his/her card on the table instead of 10 and take 10 as a bribe. These bribe cards lie on the table until the end of the round, the players are not allowed to take cards from her/his bribe.

If the players have a card of the same value, they can play at the same time. If the player makes a mistake, she/he is fined and has minus one point.

After all cards have been played, the players should count their bribes: every heart card is a giraffe card and is counted as one point, while every picked card is minus one point, diamonds and clubs cards are not counted.

The player with the lowest result is the loser of the round. In order to continue playing she/he should take one card from another – Jaraffe – deck of cards and rephrase a phrase in Jackal language into a Giraffe language. For this task she/he has only one minute. Other players control the timer and decide if the loser has succeeded to rephrase the sentence. If she/he succeeds, she/he remains in the game and the game repeats. If the loser does not succeed, she/he should leave the game and the game repeats without her/him.

Phrases:

1. Go Out
2. Shut up
3. You are stupid
4. Leave me alone
5. Do not come in my office
6. Come here
7. Close the door
8. Stop Talking
9. You will not talk what you want
10. Be on time!
11. It is your fault
12. I am always so tired