

MASTER OF GAMER BALANCE

Discover, understand and navigate towards a healthy balance with video games

This game is designed to teach key concepts about managing digital addictions, exploring their positive and negative effects. It promotes reflection and the development of practical skills for a conscious and balanced use of technology.

Instructions



- Place the game board in the center of the table. Each player chooses a token and places it on the start space. Shuffle the Event, Challenge, Bonus, and Action cards and place them in their respective piles next to the board.
- Players take turns rolling the die to advance the corresponding number of spaces, taking a card from the appropriate category.
- Other players can offer suggestions or reflections on the participant's response, helping to explore the topic of gaming from different perspectives.
- The first player to reach the finish square must wait for the others to finish their turns. Once everyone has arrived, a group reflection takes place.

EVENT

"You found a new educational game. Move forward 2 spaces."



EVENT

"A friend invited you to play online. Switch places with the nearest player."



EVENT

"Your gaming team won a prize. Roll the dice again."



EVENT

"You've figured out how to limit screen time. Switch places with another player."



EVENT

"You participated in a workshop on balanced gaming. Roll the dice again."



EVENT

"You have lost several games in a row and you are feeling frustrated. Describe a strategy to calm down before playing again."



EVENT

"You discover an educational video game that you love. How could you integrate it into your routine without affecting your responsibilities?"



EVENT

"A friend criticizes your gaming hobby and says it's a waste of time. How would you respond to defend your hobby in a balanced way?"



CHALLENGE

Answer: How much time do experts recommend spending on gaming every day?



CHALLENGE

"Complete a quick challenge: Name two video games that teach practical skills."



CHALLENGE

"You have to convince the group why a video game is useful in education."



CHALLENGE

"Come up with a slogan about responsible gaming."



CHALLENGE

"Explains an advantage and a risk of competitive gaming."



CHALLENGE

"Think of 3 activities outside of gaming that you enjoy or would like to try. You have 30 seconds to name them."



CHALLENGE

"Make up an argument to convince a friend to play for just 30 minutes a day."



CHALLENGE

"Mimicking the dynamics of video games, describe a 'level' that represents a balanced day in your life."



BONUS

"You won a local tournament. Advance to the next Event space and stay there."



BONUS

"You helped a friend pass a level. Move forward 2 spaces."



BONUS

"You've set up a healthy schedule for gaming. Skip to square 19 (if you want)."



BONUS

"You created content about educational games. Move forward 3 spaces."



BONUS

"You organized a family activity to balance gaming. Move to space 23."



BONUS

"Explain in 30 seconds how a video game can teach positive values, such as teamwork or creativity. If the group agrees, move forward 1 space."



BONUS

"Propose an alternative activity to gaming that you could do with your family. If everyone thinks it is feasible, move up 1 space."



BONUS

"Give a helpful tip for managing the amount of time you spend playing video games. If the group finds it helpful, move up 1 space."



ACTION

"You forgot to eat while playing. You lose a turn."



ACTION

"You wasted a whole day playing. Go back 2 spaces."



ACTION

"You stayed up all night playing. You lose your next turn."



ACTION

"You bought a console instead of studying. Go back to the nearest 'Action' box."



ACTION

"Your connection failed during an important match. Please move back 2 spaces."



ACTION

"A power outage interrupts your favorite game. Go back 2 spaces and share how you would use that free time without video games."



ACTION

"You realize you have neglected an important task in favor of playing. You lose your next turn."



ACTION

"Share with the group a healthy limit you could implement on your gaming time. If the group approves, you advance 1 extra space on your next turn."

