

# TAKAPA

These instructions are a quick-start guide that will soon have you ready to play!

TAKAPA is both a simple game and much, much more. It's a powerful tool designed to help young people take action in the difficult situations they might face in their daily lives, including teasing, bullying, rejection, or physical violence, whether at school, during extra-curricular activities, or with their families. Through the game, kids will explore different responses to these situations.

TAKAPA can be played in the classroom (in small groups), at home, or in a session with a specialist. It encourages young people to take the initiative, to avoid being passive, and to nip bullying in the bud. You can tailor the rules to the age(s) of the children or young people playing.

For more information, concrete examples, and testimonials:

[www.takapa.eu](http://www.takapa.eu)



## Role of Bao

TAKAPA requires an activity leader to supervise the game. They will take on the name Bao (which means "precious" in Vietnamese) for the duration of the game.

Bao must read over these instructions, watch the 3 GET-UP-AND-GO dance videos, and read or listen to The Tale of TAKAPA Forest before the start of the game.

- o Bao's role is to guide the children through the game without judgment, encourage them to participate actively, and create a space where they feel safe. Bao will make sure that each child is comfortable and supported throughout the game.

- o The kids will share their interpretations of the situation cards and act out the different roles in the scenarios shown, express their emotions, and choose different reaction strategies with the help of the animal cards. Bao will encourage them to freely express their feelings and ideas.

## How to play : 5 steps

### Setup

The backs of the cards are numbered 1 to 5. Put them in the center of your play area as follows:

Place the 1s (GET-UP-AND-GO dances), 3s (emotions), 4s (animals), and 5s (green-light) face up.



Shuffle the 2s (situations) into a face-down deck.



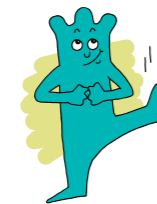
Once you've laid out the cards, make sure that everyone understands the rules. Now introduce The Tale of TAKAPA Forest ([www.takapa.eu](http://www.takapa.eu) or Qr code).

Bao can read the story to the children, or you can watch the video together.

## 1. Choose a GET-UP-AND-GO dance

Start a game of TAKAPA with a warm-up: a GET-UP-AND-GO dance that will have you all feeling strong and energized!

Scan the QR code to watch the 3 dances, then get dancing!



Bao chooses 1 of the 3 GET-UP-AND-GO dances:

- o The TAKAPA Haka
- o The Tree Dance
- o The Punch Dance

→ You can repeat the GET-UP-AND-GO dance at any time to give the players some zing!

## 2. Draw a situation card

Bao chooses one of the kids to go first. They draw a card from the deck of situation cards and look at it carefully. These cards show scenarios that the children could encounter in real life. Bao asks, "What do you see on the card?" Leave the interpretation of the situation on the card completely up to the child who drew it.

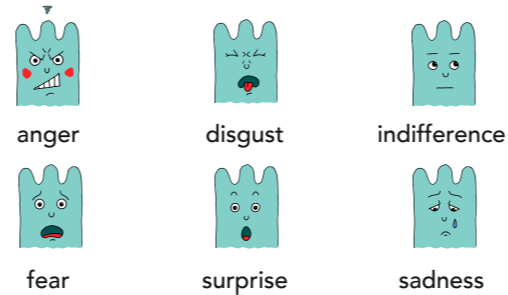
## 3. Name 1 or more emotion(s)

Now the child puts themselves in the shoes of the character shown on the card. You won't normally have to specify that they're supposed to identify with the character being picked on. However, Bao can clarify this if necessary.

Bao asks, "How would you feel if you were in this situation?"

The child points to 1 or more emotion card(s) matching their feelings. **There are no right or wrong answers: whatever the child is feeling is valid! They can select as many cards as they like.**

They can choose from the following emotions:



## 4. Choose 1 or more animal(s)

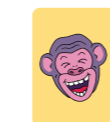
It's time to take action!

The animal cards suggest different ways to react to the situation, described below. Bao must make sure that the kids have fully understood each animal's characteristics and the kind of responses each suggests.

The child who selected the situation and emotion(s) chooses 1 or more of the 6 animal cards. There is no "correct" card.



The bird embodies evasive action. When it's faced with a situation involving conflict, the bird rises above it and distances itself from the hostility. This approach involves ignoring any provocation and avoiding escalation by removing yourself from the situation so nothing can affect you.



The monkey uses humor and mockery. It laughs at the situation, often by making fun of it. This approach aims to throw the bully off balance by not taking them seriously. This can diffuse an attack by reducing its emotional impact.



The rhinoceros symbolizes taking a physical and mental stand. It faces up to hostility with strength and determination, standing tall, striking a confident pose, and looking the bully in the eye. This approach shows that you're not going to let yourself be intimidated and you're ready to defend yourself.



The cat makes it clear it's not going to take this lying down. It yowls angrily, arches its back, and hisses to show it's unimpressed and plans to make the bully keep their distance. This approach demonstrates clearly and straightforwardly what you'll do to defend yourself, warning the bully that they should back off.



The fox is cunning and strategic. It tricks or sidesteps its way out of the situation; for example, by distracting the bully. This approach relies on intelligence and creativity to escape from a difficult situation, often through taking the bully by surprise.



The bear is a symbol of wisdom and support from others. It represents the strength you can draw from those around you, or a trusted friend/family member you can ask for help. The bear is there to help if you can't find another solution.

TAKAPA encourages kids to take action on their own first. The bear is helpful in cases of physical violence or when the child needs additional support.

Which animal(s) will help you put together the best response?

Bao sensitively guides the child to come up with their own response to the situation.

The child chooses how to share their solution, using the animal card(s) they've selected. They can describe or act out their response. The most effective (and funniest) method is to act out the scene. The kid who drew the card plays the person being picked on, and a volunteer takes on the role of the bully.

Example: a bully is making fun of my clothes.

- o I'm sad.
- o I choose the fox and the monkey: I join in the laughter, then I tell the bully they're behind on the latest trends.

See [www.takapa.eu](http://www.takapa.eu) for more examples.

## 5. Green-light the solution... or try again!

Once the child has suggested a possible response to the situation, it's time to discuss it together: did it work? And will it put a stop to the bullying?

The rest of the group can share their opinions.

If the kid is happy with their idea, they take the card:

If they're not sure, they take the card:

and keep looking for new ideas using the other animal cards.

Note: ignoring a bully (taking the bird's approach) might work sometimes, but it's not the best strategy when dealing with teasing or violence. Always look for the best possible response.

Everyone takes part in the discussion until you've found a good solution.

Now the next kid draws a new situation card from the deck, and play continues!

## End of the game

It's up to you!

Decide how many turns you'll play depending on the number of children, how much time you have, and the attention spans of the youngest...

Each suggested response to a situation scores 1 point.

How many points did we score today?

Can we score more next time?

## Contents

48 cards:

- o 3 GET-UP-AND-GO dance cards (numbered 1)
- o 30 situation cards (numbered 2)
- o 6 emotion cards (numbered 3)
- o 6 animal cards (numbered 4)
- o 2 green-light cards (numbered 5)
- o 1 presentation card

En ligne :

- o videos of the 3 GET-UP-AND-GO dances
- o a story introducing the strategies of the various animals that live in the Takapa forest
- o concrete examples
- o instructions in various languages