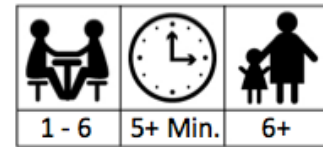


Cats' Expedition

a cognitive behavioral therapy based card game



Cats' expedition hunts for something exciting. Of course, each cat has its own taste. Expedition means planning and trying new things. What shall we try next?

■ Expedition Meeting (rule for 2+ people)

Today we have an expedition meeting. We report to each other what we have done. Watch out for exaggerations!

1. Briefly introduce yourself and talk about the cat you saw most recently. The one who saw a cat most recently becomes the leader for the first round. The leader chooses a theme card.
2. The leader introduces three experiences that fit the theme card most. One out of the three needs to be a fake (something the leader has actually never done before, or something they did but found out to be not attractive).
3. Other members discuss and choose the one they believe is a lie. They can talk to each other or even ask the leader some questions. The leader, however, does not need to answer all the questions.
4. If the one the other members chose was the lie, those members get one point each. If it was not the lie, the leader gets two points.
5. The one who sits on the left side of the leader becomes the leader for the next round. The game ends when each member played the leader's role. The one who scored the most wins!
6. Talk about the expedition that seemed most exciting. Why not try some before the next expedition meeting takes place?

■ Cat the Explorer (rule for 1)

Let's try something new!

1. Choose three theme cards you like. Pick up the one you have done least

these days. That is the theme for this game.

2. Brain storm activity ideas related to the theme. You can ask your friends for some new ideas.
3. Let's try out some of them. You do not need to do everything at once. You can try something that can be done less than five minutes.
4. You clear the game when you felt the feeling on the theme card. Single try might not be enough. Adventures require trial and error anyways! When you liked something, you can always try them again.

“Cats’ expedition” is a card game based on cognitive behavioral therapy. Cognitive therapy is an evidence- based psychotherapy for stress coping. This card game aims at enabling more people to experience the essence of the therapy.

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