

ZEN tiles



INSTRUCTIONS (ver1.1) 2020.July

WHAT KIND OF GAME IS THIS?

ZENTiles Basic is a board game which can help you look at your emotions objectively.

There are two game types:

Multiplayer: In multiplayer mode, you engage in guessing each other's emotions

Solo-play: In solo-play mode, you can understand and organise your own emotions quietly

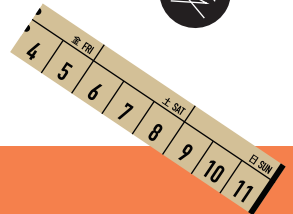
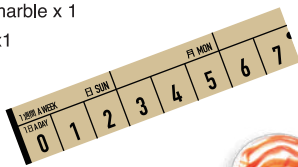
Through playing, you might be surprised to learn about your hidden emotions or sympathise with how the other players feel. 'Knowing yourself' is one of the most important practices to make our lives calmer and improve our well-being. Through this, we might allow ourselves to become relaxed, peaceful, and therefore more ZEN.

RECOMMENDATION

For first time players, it is encouraged to try playing solo-play mode first so you can get used to the rules. It's also recommended to add the Additional Rule: Story (see page 8) when you play with people you have just met or don't know well.

CONTENTS

- Japanese traditional towel with ZEN garden print x1
- Emotion stones (made of black glass) x 20
- Reward stones (made of white glass) x 12
- You might use the number side when you play "Deeper meditative practice [3]".
- Time boards (made of bamboo) x 3
- A beautiful glass marble x 1
- Instruction sheet x1



Solo-play rules

GAME OBJECTIVES

The purpose of the game is to organise your emotions by placing Emotion stones along the Time boards.

GETTING STARTED

1. Find a quiet place to give yourself space to meditate.
2. Place the Japanese traditional towel on a flat surface and place the Time boards horizontally on top of it. Time boards express one day (24 hours) starting from midnight. They're used to represent the feelings you experienced yesterday.

Note: You can place the Time boards to reflect your lifestyle. Place the board which reflects your waking time to the left, and your bedtime to the right.
3. Keep all the Emotion stones face down to the left of the Time boards. This is your Emotion stone draw pile.
4. Keep the beautiful glass marble next to your hand.

1:00 AM WED 10:00 PM	日 SUN			月 MON			火 TUE			水 WED			木 THU		金 FRI			土 SAT		日 SUN			
0	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11



Emotion stone draw pile



A beautiful glass marble

[pic1] How to start a game

[1] Place the Emotion stones

1. Pick an Emotion stone from the draw pile.
2. Read the emotion on the stone and consider when you might have experienced this emotion yesterday.
3. Place the Emotion stone alongside the Time board at the time you felt this emotion. Place the stone above the Time boards if you experienced this emotion positively or underneath if you experienced it negatively.
4. Continue until you place ten Emotion stones on the board.

Note: If you experienced multiple emotions at the same time of day, place them vertically next to each other.

If you didn't experience (don't remember experiencing) this emotion, place it face up in the Discard pile. Acknowledging you didn't experience a particular emotion is also a valuable part of reflection.

Discard pile

Emotion stone draw pile

[POSITIVE EMOTIONS] SIDE

[NEGATIVE EMOTIONS] SIDE

STRONG

WEAK

WEAK

STRONG

[pic2] Example of placing the Emotion stones

Deeper meditative practice

[1] Recall how strongly you felt these emotions at that time. Place the stone far from the board if you felt the emotion strongly and close to the board if you felt it somewhat.

[2] Reflect a little deeper and attempt to place all 20 Emotion stones. You can score yourself one point per stone placed. By performing this task, you can explore the full spectrum of emotions you might feel in a day. At first, it might be challenging to remember all the emotions you experienced. By playing ZENTiles every day and engaging in reflection, you will become more perceptive and be able to detect the smallest of passing emotions. Over time, you may find it easier to place all the Emotion stones on the Time boards.

Understanding ourselves better is a crucial step to improving our well-being and become more relaxed, peaceful and ZEN.

[2] Treat yourself to something nice... like this beautiful marble

After placing all the Emotion stones, place the beautiful glass marble next to the emotion you did a good job on, and praise yourself for completing your meditation. Be proud of yourself for how you lived yesterday.

Note that it doesn't have to be a positive emotion. It can be an emotion you understand better, or an emotion you accept within yourself.



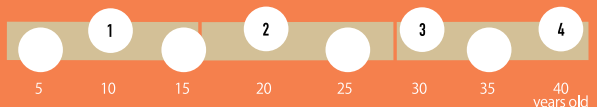
[3] Take a close look at your board

- Through daily practice, you may be able to identify a range of emotions even in what might be considered an ordinary day.
- Accept negative emotions as you would positive ones.
- Your ZENTiles board can act as a daily diary. Consider taking a photo of your board to map your emotions. Over time you may be able to notice changes in your emotional state.
- Share it with your friends on social media with hashtag #ZENTiles
- Encourage others to play ZENTiles and reflect on their emotions. It may be useful to play with children or people who find it difficult to express their feelings

[3] The smaller numbers on the top of the Time boards signify a week you spent. If you flip the Time boards to use the backside (solid), and the numbers on the white stones, ZENTiles can also be played to reflect upon your life's memories.

life's memories

e.g. (from 0-40 years old) →



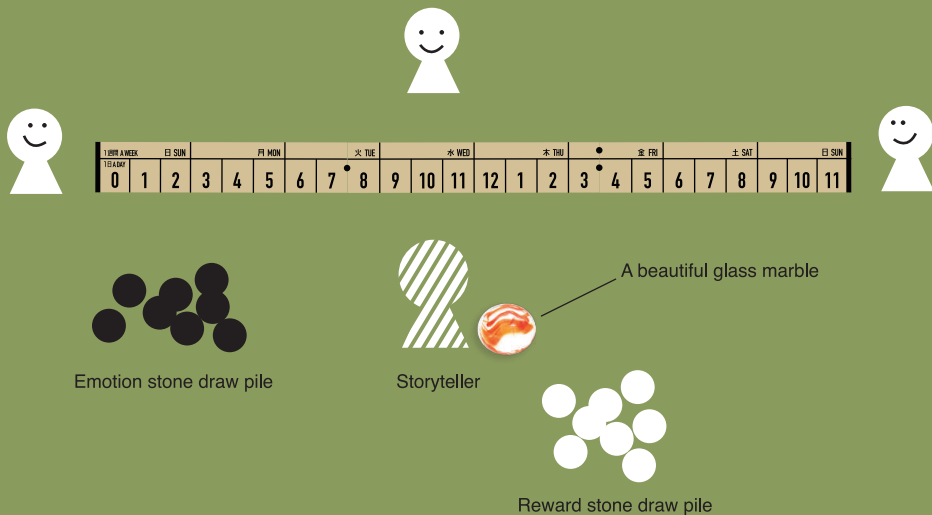
Multiplayer rules (2-4 players)

GAME OBJECTIVES

The purpose of multiplayer mode is to consider the feelings of other players and correctly guess how they were feeling yesterday. The player who guesses correctly receives one of the white Reward stones. The person who has the most stones wins and is recognised as the most empathetic player.

GETTING STARTED

1. Place the Japanese traditional towel on a flat surface and place the Time boards horizontally on top of it. Time boards express one day (24 hours) starting from midnight.
Note: You can place the Time boards to reflect your lifestyle. Place the board which reflects your waking time to the left, and your bedtime to the right.
2. Keep all the Emotion stones face down to the left of the Time boards. This is your Emotion stone draw pile.
3. Put all the Reward stones in one place. This is your Reward stone draw pile.
4. Choose one player to be the Storyteller. They hold the beautiful glass marble.
The rest of the players will play the game.



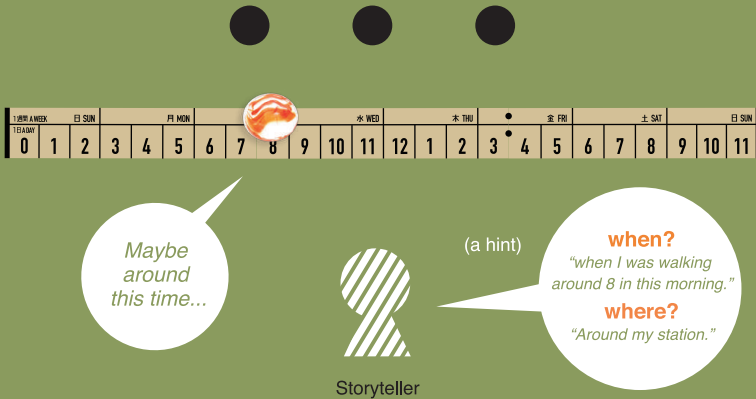
[pic3] How to start a game (When playing with four people)

HOW TO PLAY (Multiplayer rules)

[1] Place the Emotion stones

1. The Storyteller picks one of the Emotion stones at random and looks at them secretly. They must choose one stone and think of when they experienced this emotion yesterday.
2. The Storyteller places the beautiful glass marble at the time they had that emotion yesterday.
3. The Storyteller picks two more Emotion stones additionally, and mix with the first one, then place the three Emotion stones face down above the Time boards.

Note: Stones can be returned to the Emotion stone draw pile face down and swapped for new ones if the Storyteller cannot recall having this emotion yesterday.



[pic4] How to place the glass marble and the Emotion stones facing down

[2] Give hints

1. The Storyteller gives hints to the other players about when and where it happened at that specific time of day.

Things you can say as hints

The Storyteller can only say facts about what happened and should avoid talking about their feelings.

For example: *"It was annoying that we had rain in the morning."* (Bad hint)

"It rained in the morning." (Good hint)

Using the third person

When the Storyteller tells the other players hints, try to use the third-person like "A" or the player's name, etc. By doing so it makes it easier to distinguish between objective facts and subjective interpretations.

For example: *"It was raining when I woke up in the morning."* (Using first-person perspective)

"It was raining when Mr.Smith woke up in the morning." (Using third-person perspective)

[3] Ask questions

The other players now ask the Storyteller questions. They can ask as many questions as they want, but the Storyteller chooses whether to answer. The Storyteller must continue to avoid referring to their emotions. The other players must try to imagine what the Storyteller's feelings were.



[4] Flip the Emotion stones

The Storyteller flips all three Emotion stones to show what is written on them.

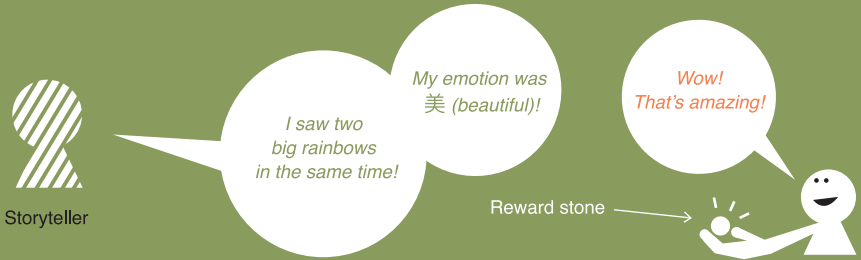
[5] Choose the emotion

The other players must decide which of the Emotion stones expresses the main player's feelings. Counting down from three, everyone must say "ZENtiles!" as they point at the stone they think is correct. Players explain in a sentence why they chose their stone.



[6] Check the answer

The Storyteller reveals which stone is the answer and gives any correct players a Reward stone. If they so wish, the Storyteller can tell the story of what happened and how they felt in the moment (but isn't required to).



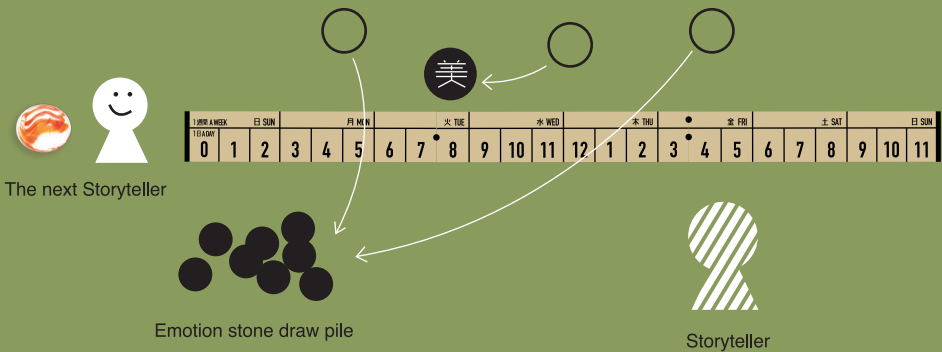
[7] Place the Emotion stone

1. The Storyteller places the Emotion stone on the Time boards around the time it was felt.

Note: Place the stone above the Time boards if it was experienced positively and place it under the Time boards if it was experienced negatively.

2. Return the two unused stones to the Emotion stones draw pile face down.

3. Pass the beautiful glass marble to the player to the left, who becomes the new Storyteller.



[8] End of the game

1. The game ends when all players have played as the Storyteller the specified number of times.

2. The player who has the most Reward stones at the end of the game is the winner and the most empathetic player.

2 players → Each player acts as the Storyteller **three times**

3 players → Each player acts as the Storyteller **two times**.

4 players → Each player acts as the Storyteller **once**.

[9] After playing ZEN tiles

- Increased awareness that each person experiences various feelings on any given day.

- Can engage in further conversation if someone has interesting stories to share behind the emotion.

Additional rule 1: "STORY"

This is a recommended additional rule for multiplayer mode when you are going to play this game with people you have just met or don't know well.

Pick a character from a fairytale, book or movie and try to imagine their emotions rather than personal experiences.

Before starting, pick a character who will be the subject of the game. (e.g. *Little Red Riding Hood*)

The Storyteller picks one of the Emotion stones from the draw pile and reflects upon if the character felt this emotion during the story.

The Storyteller places the beautiful glass marble on the Timeboards to reflect when the emotion was felt strongest. (e.g.) "*When Little Red Riding Hood just arrived at Grandmother's house and saw her lying on the bed.*"

Note: The Time boards act as the timeline for the story, which runs left to right.

Use the backside of the Time boards (solid) and the numbers on the white stones.

Pick two more additional Emotion stones, then place the three Emotion stones face down above the Time boards, and gives hints to the other players.

The rest of the multiplayer rules apply.

You can learn more about this character by playing the game until all the Emotion stones are used.



Warning

This product contains small pieces. Not suitable for small children due to choking hazard.

Stones are made of glass. Rough treatment may cause chips or cracks to appear.

Due to the manufacturing method, stone printing may come off when rubbed violently. If a fault is found, please contact customer support through the official website.

Parts replacement service is offered through the official website for pieces damaged during play.

PRODUCTION TEAM

Produced by **Chagachaga games**

Game design by **Yoichiro Kawaguchi**

Graphic design by **aiMIKI** (aimiki.com)

Photograph by **Norihisa Enomoto**

✉ chaga2games@gmail.com

🐦 @guchi_fukui

📷 @chagachagagames

🏠 chaga2.jimdo.com