



REMEMBRANCE INSTRUCTIONS – Two to ten players

Confidentiality and Respect: Some of the questions and interactions in *Remembrance* are intimate and personal, which is what builds strong bonds and strong families. It is important that everyone agrees there will be no repercussions when one speaks their truth, and that what is said during the time *Remembrance* is engaged in will remain confidential.

Remembrance has three (3) QUESTION Categories:

Gentle Rivers	Gentle, tender questions – great for all ages, even young children!
Turquoise Waters	More exploratory and deeper questions.
Deep Blue Eternal Ocean	For help with processing and healing.

Remembrance has one (1) SOUL EXPRESSIONS / INTERACTIONS Category:

Soul Expressions	Drawings and Interactions. Words aren't always available to describe our feelings and experiences. Drawing helps us to find, examine and to express what we are feeling inside. No art experience needed!
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INSTRUCTIONS

1. Lay the cards out into their four Categories; three Question Categories, and one Soul Expression Category.
2. Take the APPRECIATION heart jewels out of the bag, and place in the center of the group. When you feel moved to show your appreciation for someone's words or expression, please take a heart jewel and give it to that person.
3. Please choose who is to go first. When it is your turn, you are the Leader of that turn!
4. When you are the Leader, choose whichever category you feel drawn to in that moment. In the question categories, you will see two questions, and one quote on each card. If you have chosen a question category, please choose **ONE** of the two questions you would like the group to engage in. When you have chosen, read the question out loud, answer first, and then all players, in turn will answer the **SAME** question, until everyone feels complete. Speak to your comfort level, saying as much or as little as you feel comfortable with.
5. Once everyone is complete, the Leader is to read the quote at the bottom of the card to close the conversation, before moving to the next player, who will then take over the Leader position.
6. If you choose the Soul Expressions category, you will see two interactions / expressions on each card. Please choose the **ONE** interaction / expression you would like the group to engage in. Then, read your choice out loud, ask everyone to engage in your choice, and guide the interaction!
7. Each player, in turn, follow the same instructions above.

Engage, Express, Elevate, be Empathetic, Enjoy 🧡