

I Got You™! — Quick Start Guide

The Goal Work together to build a supportive space, turning daily stresses into moments of community, laughter, and hope.

Setup

- **The Board:** Place the Sanctuary Board in the center of the table. Place the Sunlight, Group Huddle, and Dream Star Tokens off to the side.
- **Shuffle the Affirmation Deck**  and deal them all out to the players. *(It is okay if some players have more than others!).*
- **The Draw Deck:** Shuffle the remaining cards (Challenge, Group Huddle, Dream Big, Pause, and Compliment) together into a single deck. Place this in the Card Deck Holder or in the middle of the table.
- Choose a player to go first!

On Your Turn

1. **Draw:** Take a card from the deck holder, read it aloud, and announce what type of card it is.
2. **Resolve:** Follow the instructions for that card type (see below). Let natural conversation flow!
3. **Pass:** Pass the turn to the player on your left.

Action Card Reference

-  **Challenge:** Read the card and its number aloud, then pause. The player holding the matching numbered Affirmation card calls out "I got you™!" and reads their card to the group. Discard both cards and place **1 Sunlight Token** anywhere on the board. **NOTE:** Should the active player have their own Affirmation Card, this becomes a timely opportunity for positive self-talk as a reminder to also rely on ourselves.
-  **Group Huddle:** Read the prompt aloud. Starting with you and moving clockwise, every player participates in the activity. Place **1 Group Token** anywhere on the board.
-  **Dream Space:** Read the card and share your answer. Other players can comment or ask questions. Place **1 Dream Star Token** anywhere on the board.
-  **Compliment:** Give a warm, genuine compliment to the player on your right. *(The recipient should simply say "Thank you!" to avoid negative self-talk).*
-  **Pause:** Everyone takes a moment to relax, take a gentle deep breath, and enjoy the scenery.

How the Game Ends

The game is completely cooperative and concludes in one of two ways:

1. **The Timer:** A pre-set time limit has been reached.
2. **The Tokens:** The final Token is placed, and the entire board is illuminated—symbolizing that no matter what cards we are dealt in life, no one walks through tough times alone. Together, we've got each other!