

## The Ungame Seniors Version Rules & Secrets of Success

### HOW?

- 1) Determine the length of playing time. For optimum results 45 minutes to 1 hour is suggested.
- 2) Players are encouraged to sit **close** together. The Ungame® works best with 2-8 people of any age.
- 3) Players agree to **remain silent** except on their turns.
- 4) Select the deck of cards to be used.
  - a. **Deck #1** contains lighthearted topics and should be used first.
  - b. **Deck #2** contains more serious topic and works best after a group has practiced **sharing, listening** and **interacting** with **Deck 1**.
- 5) Play begins when someone draws a card from the deck.

If a **Topic** card is drawn, a player should read it aloud and respond in 2 or 3 sentences.

**No other player can comment at this time!**

If a **Question-Comment** card is drawn, a player may:

- A.** Ask one question of another player which may be answered at this time,  
OR
  - B.** Make a comment on any subject.
- 6) Person to the left draws a card and game continues until time is up. Extra time may be desired at the conclusion for open sharing.

### WHY?

- Encourages people to spend quality time with each other.
- Improves **listening** as attention is focused on each player.
- Promotes **fairness** so that even the shy have a chance to speak.
- Gives permission to **express** feelings, ideas, and beliefs.
- Creates a **safe place** for honesty because players refrain from interrupting.
- Elicits **self-talk** rather than attacking or accusing others.

- Enhances **self-discovery** and raises **self-esteem**.
- Fosters **understanding** and **acceptance** of others.
- Introduces more than 140 topics unlikely to come up in ordinary conversation.
- Discourages **criticism, sarcasm, and judgements** that often thwart good communication.
- Eliminates **competition** so everyone feels like a **winner**.

## WHO?

**Families** – Brings members closer together by promoting open, honest communication.

**Parties** – Encourages participation, giving the shy, quiet person equal time with the extrovert.

**Classrooms** – Elicits favorable responses from kindergarten to college age as they share openly.

**Church Groups** – Invites people to share their faith, beliefs and needs in an atmosphere of love.

**Counseling Sessions** – Helps to gain information about behavior and attitude.

**Committees** – Involves sharing opinions and suggestions to assist in accomplishing goals.

**Youth Groups** – Develops empathy and understanding among those from different backgrounds.

**Inter-Generational Groups** – Bridges the communication gap that often occurs between young people and old.

**Single's Groups** – Provides an excellent way to go beyond superficial chit-chat to important issues.

## How the Ungame was born

Rhea Zakich thought she would never speak again following throat surgery. The California homemaker and mother of two was ordered by her doctor not to talk for several months.

The fear of never regaining her voice was a horrifying thought to Rhea who was involved in many volunteer projects such as teaching Sunday school, being a den mother, singing in a church choir, donating endless hour to PTA and school activities, and coaching her sons in music lessons, sports activities and homework assignments.

The experience, at first traumatic, became a challenge. She was forced to devise her own ways to communicate and found herself forced to listen to others. It was this dramatic experience that led to the development of a unique communication game – **The Ungame.**®

“Not being able to talk give one plenty of time to become more aware and to think. I began to realize that as a family, we had not shared our feeling on many subjects. I had not instilled in my children the things that were important to me. Even my husband didn’t really know me. I worried about the things I had neglected to say and regretted some of the things I had said.”

The more Rhea watched and listened to others, the more she realized that people – whether parents, children, husbands, wives or organization members – weren’t listening to what was being said to them. From her frustration at her inability to communicate verbally came the concept for the game. “I wrote down every question I wished people would ask me and all the questions I wanted to ask them and couldn’t.” These questions later became an integral part of her new communication concept.

The first time her family sat down to play her new creation, “we learned more about each other in 20 minutes than we had in 12 years,” Rhea said. She was able to express her feelings by writing them on paper and much to her surprise, no one walked away from her during the games as people did at other times.

Next, she shared the game with some friends who begged her to make a couple for them because their families had gotten out of the habit of talking to each other, also.

After making several hundred hand-made **Ungames**<sup>®</sup> and seeing the remarkable things that happened when family and friends opened up new channels of communication with one another, Rhea decided to find a way to get the **Ungame**<sup>®</sup> mass-produced commercially.

The rest is history. Rhea Zakich regained the use of her voice after she discovered a more effective way to communicate and the **Ungame**<sup>®</sup> has become the most popular communication game with sales of over one million units.

### **Often asked questions about the Ungame<sup>®</sup>**

#### **Why is it called the Un-Game?**

**Ungame**<sup>®</sup> is different from other games in that there is no *competition* and there are no losers or complicated strategies. Most games would have players *pretending* to be or do something. The **Ungame**<sup>®</sup> encourages players to be *real* and honest, whether lighthearted or serious. So it is not a game...it's an **Un-Game!**

#### **Why should players remain silent except on their turns?**

Silence encourages players to *listen* to each other and to develop *respect* and *acceptance*. Also, players are more apt to be open and honest if there is a guarantee that there will be no interruptions, challenges, criticisms or discussions about their answers. If players want to comment, they must wait until they draw a *Question • Comment* card.

#### **What is the purpose of the Question • Comment cards?**

These can really become the most *important* part of the **Ungame**<sup>®</sup>! Players have the opportunity to respond to one another by showing interest and concern. The *Question • Comment* cards give time to say "I understand," "I'm sorry," "Can I help you?" Or simply, "What's your favorite hobby?"

### **Can we mix the cards (Deck #1 and Deck #2) together?**

Deck #1 is designed to elicit quick, lighthearted responses. Often there will be laughter and joking which make this deck enjoyable for parties and pleasure time. Deck #2 contains questions dealing with *feelings, values, and memories* which may evoke emotional responses where laughter and joking might not be appropriate.

### **Can any number of people play?**

Yes, however, the **Ungame**<sup>®</sup> works best with a group of 2-8 people: the smaller the group...the more honest and intimate the responses will be; the larger the group...the more superficial the responses will be.

### **Will we get tired of the same questions?**

No, because the *answers* will change as people grow, learn, mature and make discoveries. Also, new players and different settings affect responses to the **Ungame**<sup>®</sup> questions.

### **What if someone can't (or choose not to) answer?**

It is acceptable to say "Pass" or "I'll have to think about this," or "I don't feel comfortable talking about this." Player on the left draws a card and the game goes on.

### **Teacher and Group Leaders Take Note!**

The **Ungame**<sup>®</sup> cards have many creative uses.

- Topics for writing assignments
- Impromptu speeches
- Reading motivation
- Role-playing
- Group discussions
- Speech therapy
- Insight into behavior or attitude problems.

The possibilities are as varied as the users' imaginations.