



TÓTKA
WELL - BALANCED
A GAME OF FUN, SKILL AND COMMUNICATION



OBJECT OF GAME

Players build self-esteem while trying to keep the stack from falling over!

CONTENTS

48 colored blocks and 48 question cards.

SET UP

Placing three blocks on each level, build the beginning stack with all 48 blocks. Shuffle question cards and place them in a draw pile.

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GAME PLAY

Choose a player to start the first round of play. A player's turn consist of the following steps:

1. Player gently removes one block from the stack. The block must come from any level underneath the highest level of three blocks.
2. After a block is successfully removed, player takes the top question card from draw pile.
3. Player reads out loud the question that is the same color as the block which was removed. If the card indicates, "Make up a question," the player gets to make up any question.
4. Player chooses another player to answer the question out loud.
5. After the question is answered, player gently replaces the block on the top of the stack. The top level must have three blocks before beginning another level.
6. Each player's turn ends when either the next player makes any contact with the stack OR the stack falls over before the next player makes contact with it.
7. Play continues until the stack falls over. The player whose turn it is when the stack collapses has lost the round of play. The losing player must reassemble the stack for the next round to begin.

HOW TO WIN

Everyone wins by playing Totika since the purpose is to improve self-esteem! However, in the spirit of competition, players may choose a way to determine a specific game winner. For example:

- Play five rounds and the winner is the player with the least number of losing rounds.
- If played in a group, players are eliminated when they lose a predetermined number of rounds. Eliminated players can still be chosen to answer questions.
The last player left in the game is the winner.
- Have fun and make up your own rules! Totika is intended to improve self-esteem in a fun atmosphere.

TOTIKA SELF-ESTEEM GAME

The self-esteem game set of Totika encourages young people to explore emerging stories regarding self-confidence, healthy growth and development, setting and achieving goals, valuing self, and overcoming life challenges. When used in a group setting, Totika offers young people a place to connect with one another, share their strengths and achievements, and reinforce each other's efforts to succeed in the future.

NOTES ON GAME PLAY

Open Spaces offers a variety of QUESTION DECKS for use with **Totika** and **Level Minded**. Check us out at **www.therapygames.net** to view all our products.