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ABOUT THE GAME

POLYCLE ORBIT is a creative communication tool that can be used in multiple different ways, depending on how you want to connect as a group, but can also be played in Solo Mode to gain deeper insight and clarity on a specific topic! Mix and match Facilitation Decks to explore and cultivate: Playfulness, Empathy, Boosting Creativity, Somatic Awareness, Effective Scheduling, and more! This game can be used as a simple ice breaker, a journey into the depths of connection, and even as a gentle (and efficient!) guide through conflict resolution.

SETUP

For self-print: You should have 10 double-sided pages TOTAL: 4 instruction manual pages, 3 pages of cards (which are to be cut into 18 cards), and 3 pages of Facilitation Sheets (with Somatic, Relational, Collaboration, Infinite Possibilities, and Deeper Understanding prompts).

Arrange the 6 Inner Orbit (yellow and hot pink) cards in a circle. Arrange the 12 Outer Orbit (green and blue) cards in a larger circle surrounding the inner circle. Select 2 Facilitation Sheets (You will need ONE Base Sheet and ONE Building Sheet per game. Have pens/pencils and paper ready, as some of the cards have invitations to stream-of-consciousness write or draw!

Long Distance and Digital: On phone/video chat, show/tell each other which cards you are using as you go. Instead of printing cards, you can also just use this doc and reference Section 3 for Outer Orbit and Inner Focus card descriptions during play.

Recommended beginner combo: **Deeper Understanding + **Relational***
(All these Facilitation Sheets with explanations are at the back of this doc)

BASE FACILITATION SHEETS:



DEEPER UNDERSTANDING

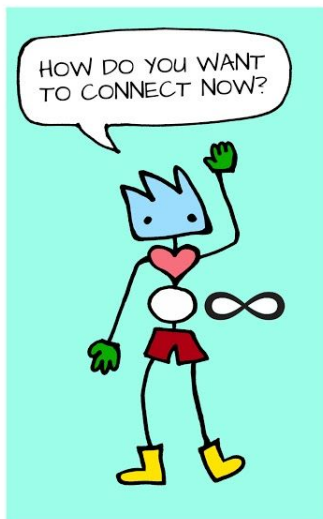
This BASE DECK facilitates insight and clarity, bringing awareness to what might be hidden.



INFINITE POSSIBILITIES

This BASE DECK facilitates getting in touch with thinking outside the box for creative brainstorming and bringing play into every aspect of life.

BUILDING FACILITATION SHEETS:



RELATIONAL

For getting to know the real you, whether you've just met or have known each other for years.



SOMATIC

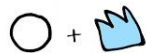
For touching your visceral experience, and connecting in a different way.



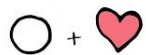
COLLABORATION

For planning, momentum, and movement in any sort of structural connection (cohabitation, coparenting, coworking, etc).

SUGGESTED COMBOS:



For ice breakers or party game use.



For processing grief or conflict resolution.



For writer's block or creativity in projects.

Mix & match other combos for more possibilities!

In the future version of this game, the Facilitation Sheets will be decks of cards you can actually shuffle, with many additional types of Facilitation AND many more prompts in each deck.

HOW TO PLAY!

1. Select a type of Orbit:



- SOLO PLAY



- FIXED POINT FOCUS



- ROTATING ORBIT

Solo Play is playing by yourself.

Fixed Point Focus is focusing all the attention on one person the entire game.

Rotating Orbit is taking turns to Orbit each person (*Recommended for beginners!*).

2. Make Game Agreements:

SUGGESTED TYPES OF AGREEMENTS:

- Game duration (total time). **Recommended:** 5-10min per person playing.
Example: If 3 people are playing and you all want to have time to be Orbited, you would agree to play for a total of 15min for 5min rounds, or 30min for 10min rounds.
- Share time (for multiple shares): **Recommended beginner timing agreements:** 5-10 minutes for each round.
- Topic: set a topic for the entire game, or allow for individual shares to shift the topic.
- Touch Agreements. What kind of touch (if any) is OK?
- Confidentiality.
- "Make it Awkward" agreements can be a fun way to keep yourselves from getting too serious.

TIPS FOR MAKING AGREEMENTS:

- An important part of the game is owning your own experiences, and noticing the difference between emotions, body sensations, thoughts, and stories.
- Notice what your needs and boundaries are in this moment, and voice those.
- Be respectful of each others' needs and boundaries.
- Consider using a timer or having a time-keeper for each round.

Understanding How to use each Deck

FACILITATION SHEETS

The Facilitation Sheets are designed to facilitate the game, so that role is not left up to any one particular person in the group. Remember that you are all equally holding the container for the game, not directing each other to have a particular experience. It's all fun and games until we forget it's all fun and games, and the game is over the moment anyone WANTS it to be!

INNER FOCUS DECK

The Focus Person's job is to share as authentically as possible, using the Facilitation prompts and the Inner Focus deck to guide them. You don't need to be profound. If your most authentic answer is "I don't know" or "I feel shy", say that! If you want to be silly THAT IS OK. It is your turn to express whatever you most want to be expressing right now, and everyone else's job to try to hear and understand you. Keep in mind that if what you're expressing is anger, it will be easier for everyone to empathize with you if you stick to "I" statements rather than blaming statements. Example: "I felt angry when this thing happened" vs "this is all your fault, jerks!!".

OUTER ORBIT DECK

The Outer Orbit's job is to try to understand the Focus Person as best they can, as if they are incredibly interested in solving a fascinating riddle or trying to get to the bottom of a deep mystery! Instead of trying to fix, change, or lead the Focus Person, merely ask them follow up questions using the Outer Orbit cards (remember that your goal is to understand a little better than you did before, so be open to discovering what you don't know that you don't know!).

**IMPORTANT NOTE ON PAUSING AND POWER DYNAMICS*

I'll say it again: It's all fun and games until we forget it's all fun and games! If something feels wrong, even if you don't quite understand why, PAUSE the game and focus on coming back to yourself. But notice your motivations in doing this, and notice how often you are doing it. If you find yourself interrupting someone else's sharing multiple times, notice if your motivation is actually to bring the attention of the room back to YOU. Notice what underlying systemic oppression and power dynamics might be at play here, if so. Who are the people pausing the game the most, and when, and why? It is not necessarily wrong to pause the game a lot, but it's good to notice what your true motivations are. If something in the dynamic feels really off, it's always OK to walk away from the game entirely and come back when you have a strong sense of your own needs and boundaries!

3. Time to ORBIT!

If you are doing a **Rotating Orbit**, decide who goes first as the **Focus Person**, or *whoever has cried most recently goes first*. Everyone else is Orbiting them this round. Then go clockwise to select the next Focus Person. Each round consists of 1 Focus Person being Orbitated in 3 stages as follows:

1. The Focus Person selecting the Facilitation prompt.
2. The Focus Person responding to the prompt using the Inner Focus Deck.
3. The Outer Orbit (everyone who isn't the Focus Person this round) responding to the Focus Person using the Outer Orbit Deck.

STAGE 1:

The Focus Person selects one prompt from a **Base Sheet** and one prompt from a **Building Sheet**, to create a full sentence prompt. If you are a D&D nerd, you probably already have a d20. In which case, roll that to randomly determine which Facilitation Deck prompt to respond to on your turn (one roll for the base deck, and one roll for the building deck). If you are not a D&D nerd, you can use online dice simulations such as rolladie.net (select 20 sided die) or just randomly point to one.

STAGE 2:

The Focus Person answers the **Facilitation Prompt** using the **Inner Focus** Deck, keeping the **Topic** in mind (if you selected a specific topic to focus on during the agreements phase).

Example:

The group has decided on the topic of "deciding our next vacation together", using the *Infinite Possibilities* Base Sheet and the *Collaboration* Building Sheet. The Focus Person randomly selects the prompts "What excites you about" and "Your role in a/this project". The Focus Person will now use the Inner Focus Deck to respond to the full prompt of: *"What excites you about your role in the project of planning our next vacation together?"*

STAGE 3:

The Outer Orbit uses the Outer Orbit Deck to ask follow up questions or make offerings of engagement. Most of what you're doing in the Outer Orbit is listening, but a deeper sort of listening than most people are used to. You are listening without waiting for your turn to speak or trying to change someone's mind. Listen as if you are being given secret and important info that you deeply want to understand better. Ask questions from a place of curiosity rather than trying to direct the Focus Person's experience or understanding in some way. Do not presume you know better.

When a round is complete (based on timing or wanting to move on) switch to the next Focus Person and repeat.

USING THE **INNER FOCUS** DECK (6 yellow & pink cards)

This deck can only be used by the Focus Person

- **NOTICE**
Name something you notice. A thought, emotion, sensation, or something in the room catching your attention.
- **BE AN ANIMAL**
Respond with an animal version of yourself.
- **MAKE A REQUEST**
Ask for something specific, and respect if the answer is no.
- **BAGGAGE CLAIM**
Name the habitual pattern you're doing now.
- **MOVE ENERGY**
Respond by moving your body! Express yourself with your movement.
- **TELL A STORY**
What happened? Describe what you want the Orbit to understand.

FOR SOLO PLAY

The "Focus Person" can be a part of you that you want to get more in touch with (such as your inner child, wise self, etc). When asking yourself Outer Orbit questions and holding space for yourself, you might find it easier if you use the **Ask Inner Child** Outer Orbit Card and let your "Focus Person" self answer with your non-dominant hand in the ways suggested on the card.

It might feel silly to ask yourself questions and respond to them (especially out loud!), but it can also be very profound to hold space for yourself in this way. If you are more of a visual person, perhaps focus on answering using pictures or written words. If you are more auditory, perhaps focus more on verbalizing out loud. If you are more kinesthetic, perhaps let yourself explore the answers that come to you with freeform movement.

Particularly helpful cards to use while playing solo might be "Roleplay Emotion", "Ask Inner Child", "Go Deeper", "Offering" and "Mirror".

USING THE **OUTER ORBIT** DECK (12 blue & green cards)

The MAIN CARDS of this deck can only be used by the Outer Orbit players. The 3 META CARDS can be invoked by ANY player at any time, including the Focus Person:

- **OFFERING**

Ask the Focus Person: "May I share an appreciation, gratitude, hug, or offer you love in the following way?"

- **QUESTION**

Ask the Focus Person a follow up or clarifying question.

- **ROLEPLAY EMOTION**

Ask the Focus Person: "If the emotion you're experiencing right now was it's own creature, what would it do or say?"

- **MIRROR**

Lovingly mirror what you see: "Is it like when...?", "You seem to want... Is that right?", "Do you feel like...?"

- **GO DEEPER**

Ask the Focus Person: "What's underneath that?", "And what's underneath THAT?"

- **MIX IT UP!**

Invite the Focus Person to switch seats with you! OR OUTFITS! Or something else to change the energy!

- **GROUP CONNECT**

Ask the Focus Person (and rest of the group) if you can share a moment such as: "Can we all hold hands, hum together, or flap our arms and be dinosaurs?"

- **GOT AN IDEA!**

Ask the Focus Person: "Would you like to try..." (something that can happen here, right now, and respect if the answer is no).

- **ASK INNER CHILD**

Invite the Focus Person to let their inner child speak through drawing, writing, or using their non-dominant hand as a puppet. All 3 options are for using their non-dominant hand, and to be done in a "stream of consciousness" freeform way.

META CARDS (can be invoked by ANY player at any time, including the Focus Person):

- **PAUSE BUTTON**

Let's pause for a moment to take in what was just shared, get some water, or re-center ourselves.

- **ZOOM OUT**

"What time is it?", "What's the topic, again?", "Should we adjust our agreements in some way?"

- **NEW FOCUS?**

Ask the Focus Person: "Do you feel complete with being focused on? Are you ready to focus on someone else?"

Closing the Game

When anyone in the group wants the game to be over, that's when the game ends! You can always play in solo mode if you want to keep going on your own!

It's nice to take a moment to intentionally come to a close when you're ready to end the game. You can take turns sharing a moment that stood out to you, that you were surprised by, or that moved you. You may decide to close the game in whatever way feels right: verbally, or adding creative elements of movement, touch, song or sound. Or shouting DONE and flipping the table. You know, whatever works for you! Thanks for playing my game!

CREDITS

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Special thanks to Playtesters: *Amanzi Umoya, Hany Nagib, Keli Bryan, Julia Taylor, Joel W., Stephanie S., Peekabookitty, The Game Designers of NC Club, and various lams!*

1-12 Players (suggested)

Time: 20-60min

NAME SOMETHING YOU NOTICE.

A THOUGHT, EMOTION, SENSATION,
OR SOMETHING IN THE ROOM
CATCHING YOUR ATTENTION.

WHAT HAPPENED?

DESCRIBE WHAT YOU WANT
THE ORBIT TO UNDERSTAND.

NAME THE

HABITUAL PATTERN

YOU'RE DOING NOW.

RESPOND WITH AN

ANIMAL VERSION

OF YOURSELF.

RESPOND BY

MOVING YOUR BODY!

EXPRESS YOURSELF WITH
YOUR MOVEMENT.

ASK FOR SOMETHING

SPECIFIC, AND RESPECT

IF THE ANSWER IS NO.



TELL A
STORY



NOTICE



BE AN
ANIMAL



BAGGAGE
CLAIM



MAKE A
REQUEST



MOVE
ENERGY



INVITE THE FOCUS PERSON TO LET
THEIR INNER CHILD SPEAK THROUGH
DRAWING, WRITING, OR USING THEIR
NON-DOMINANT HAND AS A PUPPET.



INVITE THE FOCUS PERSON TO
SWITCH SEATS WITH YOU!
OR OUTFITS! OR SOMETHING ELSE
TO CHANGE THE ENERGY!



"WHAT TIME IS IT?"

"WHAT'S THE TOPIC, AGAIN?"

"SHOULD WE ADJUST OUR

AGREEMENTS IN SOME WAY?"



ASK THE FOCUS PERSON:

"DO YOU FEEL COMPLETE WITH BEING

FOCUSED ON? ARE YOU READY

TO FOCUS ON SOMEONE ELSE?"



ASK THE FOCUS PERSON:

"WHAT'S UNDERNEATH THAT?"

"AND WHAT'S UNDERNEATH

THAT?"



LOVINGLY MIRROR WHAT YOU SEE:

"IS IT LIKE WHEN?"

"YOU SEEM TO WANT ... IS THAT RIGHT?"

"DO YOU FEEL LIKE...?"

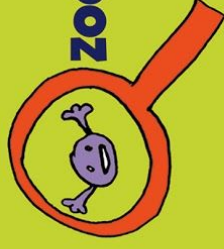
MIX IT UP!



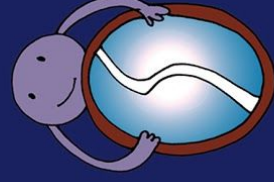
**ASK
INNER
CHILD**



NEW FOCUS?

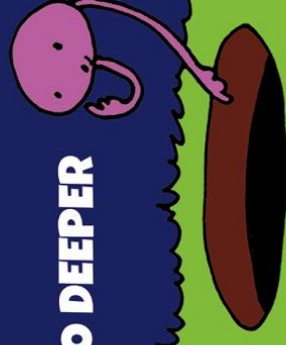


ZOOM OUT!



MIRROR

GO DEEPER





LET'S PAUSE FOR A MOMENT
TO TAKE IN WHAT WAS JUST
SHARED, GET SOME WATER,
OR RE-CENTER OURSELVES.



ASK THE FOCUS PERSON:
"IF THE EMOTION YOU'RE EXPERIENCING
RIGHT NOW WAS IT'S OWN CREATURE,
WHAT WOULD IT DO OR SAY?"



ASK THE FOCUS PERSON:
"CAN WE ALL HOLD HANDS,
HUM TOGETHER, OR FLAP OUR
ARMS AND BE DINOSAURS?"



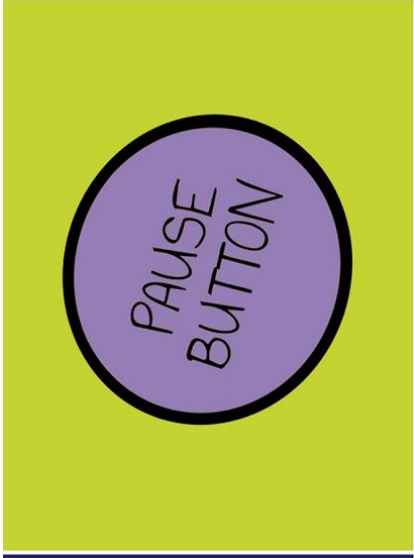
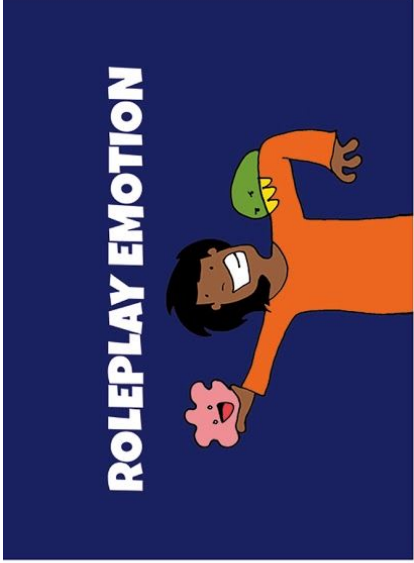
ASK THE FOCUS PERSON:
"MAY I SHARE AN APPRECIATION,
GRATITUDE, HUG, OR OFFER YOU
LOVE IN THE FOLLOWING WAY?"



ASK THE FOCUS PERSON:
"WOULD YOU LIKE TO TRY...?"
(SOMETHING THAT CAN HAPPEN HERE,
AND RESPECT IF THE ANSWER IS NO)



ASK THE FOCUS PERSON
A FOLLOW UP OR
CLARIFYING QUESTION.





DEEPER UNDERSTANDING (BASE SHEET)

BASE - "Deeper Understanding" - Facilitates insight and clarity, revealing what is hidden.

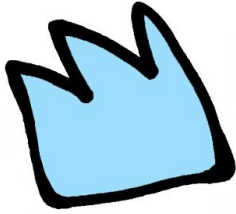
1. WHAT'S UNDERNEATH...	11. ARE YOU ATTACHED TO A SPECIFIC OUTCOME IN...
2. WHAT DOES YOUR GUT SAY ABOUT...	12. WHAT IS YOUR STRENGTH IN...
3. WHAT DO YOU CHERISH ABOUT...	13. HOW DO YOU NEED MORE SUPPORT WITH...
4. WHAT DOES YOUR BODY LANGUAGE SAY ABOUT...	14. WHAT ARE YOU ENJOYING ABOUT...
5. WHAT ARE YOUR SECRETS ABOUT...	15. WHAT DO YOU FEEL MOST VULNERABLE ABOUT WITH...
6. WHAT DO YOU NOT WANT TO SAY ABOUT...	16. WHAT DO YOU USUALLY THINK ABOUT...
7. WHAT IS SOMETHING YOU WANT MORE FROM...	17. HOW DO YOU USUALLY TALK ABOUT...
8. WHAT DOES YOUR WISE SELF WANT TO TELL YOU ABOUT...	18. WHEN WAS THE LAST TIME YOU REALLY NOTICED...
9. WHAT'S A RECURRING THOUGHT YOU HAVE ABOUT...	19. WHAT IS IMPORTANT ABOUT...
10. WHAT FEELING IS IN YOUR CHEST WHEN YOU THINK ABOUT...	20. HOW DO YOU SEEK SAFETY WITH...



INFINITE POSSIBILITIES (BASE SHEET)

BASE - "Infinite Possibilities" - Facilitates thinking outside the box, creative brainstorming, play.

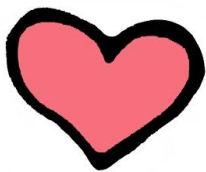
1. WHERE DO YOU FEEL THE MOST MOMENTUM IN...	11. WHAT ARE YOUR INTENTIONS WITH...
2. WHAT EXCITES YOU ABOUT...	12. WHAT DOES YOUR INNER CHILD WANT WITH...
3. WHAT ARE YOU MOST CURIOUS ABOUT...	13. HOW DO YOU WANT TO PLAY WITH...
4. DESCRIBE AN INTERPRETIVE DANCE PERFORMANCE ABOUT...	14. HOW DOES SYSTEMIC OPPRESSION IMPACT THE WAYS YOU INTERACT WITH...
5. DESCRIBE (OR CREATE) AN ABSTRACT DRAWING ABOUT...	15. WHAT IS YOUR FAVORITE PART ABOUT...
6. HOW DO YOU FOLLOW YOUR DREAMS WITH...	16. WHAT INSPIRES WHEN YOU THINK ABOUT...
7. WHAT ARE YOU GRATEFUL FOR IN...	17. WHAT OFTEN GOES UNNOTICED ABOUT...
8. HOW DOES YOUR EXPERIENCE OF GENDER IMPACT...	18. WHAT GETS IN THE WAY WITH...
9. WHAT WOULD SURPRISE YOU ABOUT...	19. WHAT WOULD BE ANOTHER OPTION WITH...
10. WHAT IS SOMETHING SUBTLE AND PRECIOUS ABOUT...	20. HOW CAN YOU GET MORE CREATIVE WITH...



RELATIONAL (BUILDING SHEET)

BUILDING - "Relational" - Facilitates getting to know the real you.

1. A RECURRING THEME IN YOUR RELATIONSHIPS?	11. THE MASK/ARMOR YOU WEAR IN THE WORLD?
2. HOW YOU'D LIKE TO ENGAGE THE GROUP NOW?	12. HOW YOU DESCRIBE YOURSELF?
3. YOUR IDEAL PARTNER?	13. YOUR MEMORY OF SOMEONE HERE?
4. HOW POWER DYNAMICS APPEAR IN YOUR LIFE?	14. HOW YOU'RE DRAWN TO OTHERS?
5. HOW YOU ENGAGE WITH OTHERS?	15. SOMETHING THAT CAN HAPPEN IN THIS ROOM?
6. SOMETHING YOU KEEP SECRET?	16. WHAT YOU WANT OTHERS TO KNOW ABOUT YOU?
7. AN OBJECT YOU CHERISH?	17. WHAT FAMILY MEANS TO YOU?
8. YOUR FIRST MEMORY?	18. HOW YOU SHARE YOURSELF WITH OTHERS?
9. SOMETHING YOU LOVE ABOUT YOURSELF?	19. A TREASURED MEMORY?
10. SOMETHING YOU LOVE ABOUT YOUR LIFE?	20. SOMETHING YOU'D LIKE TO RECEIVE RIGHT NOW?



SOMATIC EXPERIENCE (BUILDING SHEET)

BUILDING - "Somatic" - Facilitates getting in touch with your visceral experience.

1. HOW YOU FEEL MOST DEEPLY LOVED?	11. SHARING QUALITY TIME?
2. WHAT YOU FEEL IN YOUR STOMACH RIGHT NOW?	12. HOW YOU CULTIVATE CONNECTION?
3. YOUR DESIRE IN CONNECTION?	13. FREEDOM AND AUTONOMY?
4. YOUR BODY SENSATIONS IN THIS MOMENT?	14. FEELING RESPECTED?
5. A HIDDEN DESIRE?	15. THE WAY YOU'RE HOLDING YOUR BODY RIGHT NOW?
6. WHERE YOUR BODY FEELS TENSE RIGHT NOW?	16. SOMETHING YOU NEED RIGHT NOW?
7. HOW YOUR BODY WANTS TO BE MOVING RIGHT NOW?	17. SOMETHING YOU FEEL SENSITIVE ABOUT?
8. HOW YOU TREAT YOUR BODY?	18. SOMETHING YOU WANT RIGHT NOW?
9. FEELING LOVED?	19. WHERE YOU FEEL THE MOST ALIVENESS IN YOUR BODY?
10. FEELING SUPPORTED?	20. AN EMOTION YOU SEEK OR REJECT?



COLLABORATION (BUILDING SHEET)

BUILDING - "Collaborating" - Facilitates momentum and movement in structural connections.

1. YOUR PERSONAL RESPONSIBILITIES?	11. FORMING COMMITMENTS AND MAKING AGREEMENTS?
2. YOUR ROLE IN A / THIS PROJECT?	12. YOUR WORKLOAD?
3. YOUR IDEALS IN COHABITATION OR SHARING A PROJECT?	13. SHARING OUR LIVES TOGETHER IN THIS WAY?
4. HOW YOU LIKE TO ORGANIZE THINGS?	14. HOW YOU LEAD, FOLLOW, OR COMPETE?
5. WHAT'S IMPORTANT TO YOU IN COLLABORATION?	15. MISUNDERSTANDINGS?
6. TROUBLESHOOTING?	16. WHAT YOU HAVE TO OFFER?
7. LEADERSHIP?	17. COMMITMENTS?
8. FINISHING A TASK?	18. WHAT CHALLENGES YOU?
9. KNOWING WHAT'S IMPORTANT?	19. YOUR IDEAL CO-PARENT OR CO-WORKER?
10. YOUR IDEAL ROLE AS A PARENT (TO A HUMAN OR PROJECT)?	20. BEING IN THE ZONE?