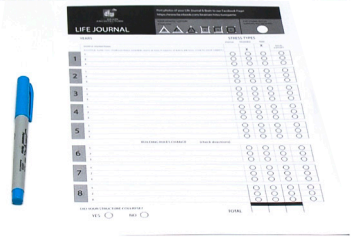
GAME RULE BOOK

The goal of the game is to build a brain that is tall, which represents functional brain ability, but is also as strong as possible so that it won't collapse in later years under the burdens of stress.

For background on how life experiences affect brain development and to get an overview of how to play the game, start by watching the video **The Science of Early Childhood & The Brain Architecture Game,** available free on our website: http://www.thebrainarchitecturegame.com

Before you start, here is a quick overview of the game materials:



LIFE EXPERIENCE CARDS and THE LIFE JOURNAL

Before playing the game, organize Life Experience Cards by year (years 1-8).

***DO NOT MIX UP THE CARDS - THEY ARE ALREADY ORGANIZED BY YEAR.**

Life experiences can be **positive**, **tolerable**, or **toxic** to developing brains.

Record your life experiences and stress type in the **Life Journal.**

Tolerable stresses are marked "tolerable" and then you figure out building materials, BUT do not move the mark on the Life Journal!

Designate a person in the team to perform this task before you begin.

PIPE CLEANERS

Connect pipe cleaners at the ends to make closed spaces, for example: triangles and squares.

STRAWS

These are your support materials. You will slip straws over pipe cleaners to make the structure stronger.

DIE

Roll the die in the beginning of the game to determine your **genetic lottery** and **social support lottery**.

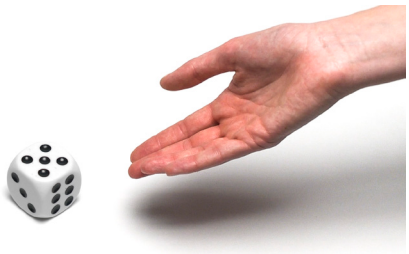
WEIGHTS

You will have to hang weights in years 6-8 from the tallest point of your brain.

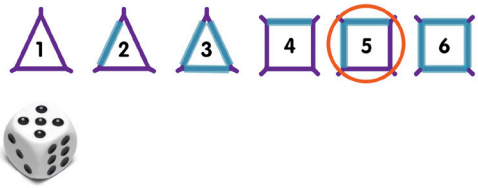
BUILD YOUR FOUNDATION

Build a foundation for your brain using pipe cleaners and straws.

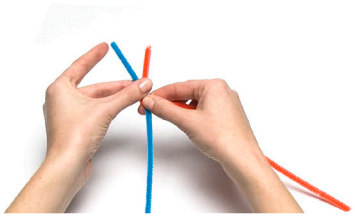
Before you start building, you need to determine what your base will be -- this is your **genetic lottery**.



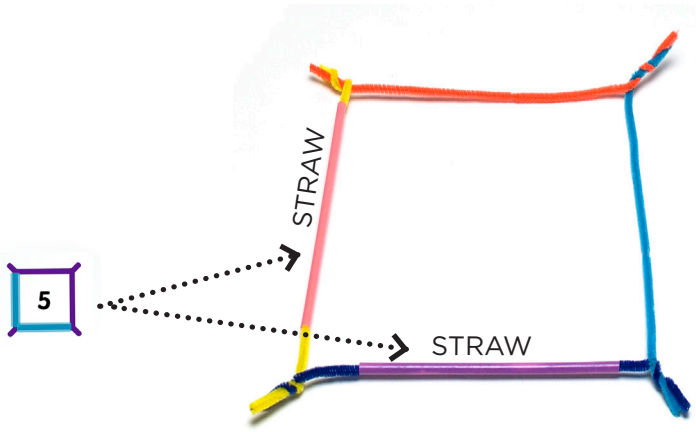
1 Roll the die to determine your base. This is your **genetic lottery**.



2 Circle the corresponding base drawing on your **Life Journal.**



3 Construct the shape that corresponds to the number you rolled.



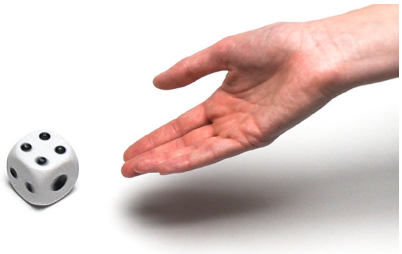
HINT: Put a pipe cleaner through a straw as you see it pictured.

SOCIAL SUPPORT

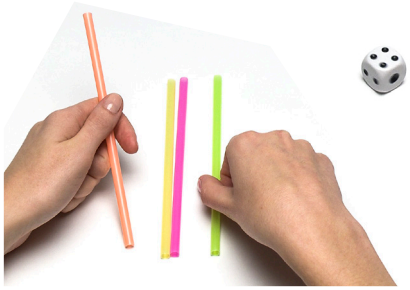
Pipe cleaners are a weak building material when used on their own. Straws are used to make them stronger.

Straws you receive now represent the **social supports** available to your brain at the time of birth.

These straws can be used any time during the game.



1. Roll the die to determine the number of straws you receive from the **social support lottery**.



2. Take as many straws as the number on your die.

3. Record the number of social supports you received in the **Life Journal**.

YOUR FIRST LIFE EXPERIENCE

The deck of **Life Experience Cards** contains seven (7) cards for each year of life.

Each card determines what type of building materials you will take to attach to your brain.

1 To begin, draw one card at random from YEAR 1 and read the card.

2 Record the **Life Experience Card** and the stress type on your **Life Journal**.

WHAT DOES THIS ALL MEAN?

this experience was **positive** for development

WHAT DO I BUILD WITH?

take one pipe cleaner and thread it through one straw

this experience has resulted in **toxic** stress

take one pipe cleaner

this experience has resulted in **tolerable** stress

If this is your first card in the first year, roll the die.

What did you get?
2,4,6 = pipe cleaner + straw
1,3,5 = pipe cleaner only

VERY IMPORTANT!

Rolling the die for **tolerable** stress applies ONLY if:
a) this is your first card
OR
b) if you have received an equal number of positive and toxic stress cards in later years.

Pay close attention to this rule!

BUILDING YEARS 1-5

Continue building years 1-5 and record progress in the **Life Journal.**

Draw 2 more cards from Year 1, one at a time. Attach all the building materials from Year 1 before going to Year 2.

For each year that follows, draw a total of 3 cards at random within the year, one card at a time.

At no point should you detach pipe cleaners and remodel your brain...

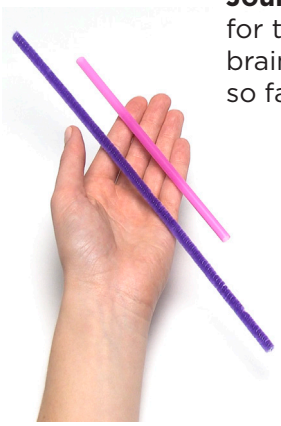
Building rules for life experiences:

POSITIVE

Take one pipe cleaner and take one straw; insert pipe cleaner in straw. Attach to your brain.

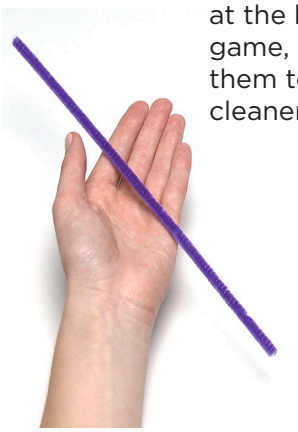
TOLERABLE

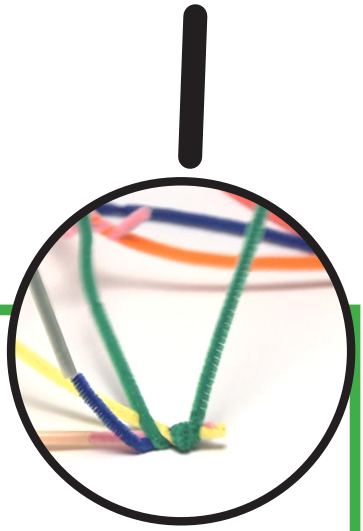
Count the number of positive and toxic stress events in your **Life Journal.** Take building materials for the type of experience your brain has experienced the most so far. Attach to your brain.



TOXIC

Take only a pipe cleaner and attach to your brain. If you received straws at the beginning of the game, you may use them to reinforce a pipe cleaner at any time.





HINT: All pipe cleaners must be attached at both ends at the end of each year before drawing cards from the next year. They must form closed spaces.

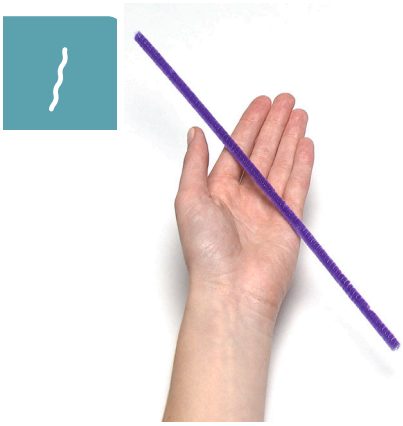
BUILDING YEARS 6-8

RULES CHANGE!

No more straws can be earned in this phase of the game and you may get weights that could collapse your structure.

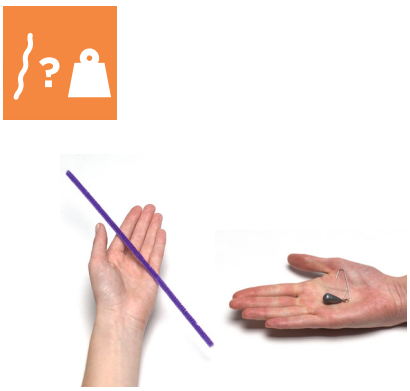
Record progress in the **Life Journal.**

Building rules for life experiences:



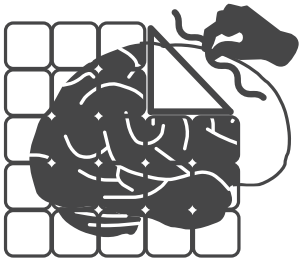
POSITIVE
Take one pipe cleaner and attach it anywhere, still making closed spaces.

TOXIC
Hang a weight from the tallest part of your structure.



TOLERABLE
Count the number of positive and toxic stress events in your **Life Journal**. Take building materials for the type of experience your brain has experienced the most so far. Attach to your brain.

The game is finished at the end of year 8, or when your structure collapses, whichever comes first...



THE BRAIN ARCHITECTURE GAME

For more science and to get your own copy of the game, visit our website:
www.thebrainarchitecturegame.com

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