

# Rule Book

# Spoonies

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Spoonies is a last-one-standing card game where you play the role of someone with a chronic condition. Players pay spoons to complete tasks, and try to be the last to run out of spoons.

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## What to know:

**Spoons** are an imaginary unit that represents the limited time and energy someone has in a day. Whenever someone does something, they could be said to have spent some amount of spoons to do it. Players will use Spoon Tokens and can track spent spoons by **flipping over** the tokens.

The Spoonie cards in the game are ADHD, Anxiety, Chronic Fatigue Syndrome and Depression.

**Spoonie** is a slang term that's sometimes used by people with disabilities or chronic conditions to refer to themselves. It means that their condition causes them to run out of time or energy more quickly than someone with typical health and ability. The Spoonie cards will represent the condition you'll be given in the game, and will determine how difficult certain tasks will be. Your Spoonie card will also give you a way to **recharge** one spoon by using a coping mechanism.

**Task cards** represent things you need to spend at least one spoon to do, and fit into one or more task types. Each task has a base cost that represents the spoons needed to complete it. Below are the types and an explanation about what those tasks are like and who might struggle with them.



**A physical task** requires physical exertion to complete. This might involve lifting something heavy, but also moving around frequently or traveling a large distance. Fatigue, pain, coordination issues and movement restrictions all cause physical tasks to take a great deal more time and energy to complete.

**A mental task** is not only a task that requires complex logic or calculations, but also a task that requires focus, undivided attention, or prior knowledge to complete. Sometimes, mental tasks require mustering up enough motivation. Memory problems, recollection issues, trouble prioritizing, poor focus, low motivation, struggle with time management or perception of time and disordered



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**A social task** involves interacting with another person. It typically involves paying attention to people and how they react, and using your own actions to communicate. Anxiety, low self esteem, fear of judgement, fear of rejection, paranoia, embarrassment and having an unconventional appearance all cause social tasks to take a great deal more time and energy to complete.

**Penalties** are additional spoons that a spoonie has to use to complete a task type that's especially affected by their condition. To get the total cost, add your penalties to the base cost.

## How to Play:

Shuffle the card decks separately. Then, each player gets a random spoonie card, 8 spoon tokens, and 4 task cards. Players will take turns completing task cards. After each player has gone, a **round** has been completed. **Three rounds** make up **one day** in the game. After the first day, players will recharge up to 8 spoons, flipping them back to face up, and draw three task cards at the beginning of each new day. Each round, a spoonie must complete a task or use their coping mechanism, which can only be used once per day.

If a Spoonie uses up all 8 of today's spoons, they can **borrow** some of tomorrow's spoons. But, since they gain back only 8 spoons the next morning, they'll start tomorrow off with a deficit. This can be tracked by **tapping** (rotating) a spent spoon. When recharging spoons, count one spoon each to untap and then flip as usual.

Once per day, you can **lend a hand** to another player and reduce the number of spoons they would have to pay. This must be on a task that does not have a type that gives you a two spoon penalty, If it has no task types that you have a penalty for, the player you're helping can pay two less spoons. Otherwise, they pay one less spoon. A player can only receive help once per day.



### How to win:

You lose if you have **more than 8 task cards** in your hand at a time, or if you've **spent all of tomorrow's spoons**. The winner is the last player standing. Ties can be broken by tallying the base cost for the tasks each player has completed.