



Implementation of effective practices for the development of students' emotional intelligence with particular emphasis on anti-discrimination activities at European universities

IMPROVING  
EMOTIONAL  
INTELLIGENCE



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# Step-by-Step Game Instructions

## Elements of the Game

- Game Board with University Plan
- White and Black Pawns
- 16 Avatars
- Discrimination Dice
- 50 EQUINI Tokens (Hearts)
- EQUINI First Aid Kit
- 3 Piles of Cards

1. Draw your avatar and place it in a stand, positioning it in a visible spot.
2. Divide into two teams, ideally of equal size, represented by either the black or white pawn. (The pawns serve solely to indicate each team's location on the board).
3. Pick up the starter pack — the “EQUINI First Aid Kit” and 10 EQUINI tokens.
4. Place cards on designated spots on the game board, marked in pink, red, and yellow, and place 30 tokens on the monster.
5. Select a starting location on the board and place your pawns there.
6. Read the introduction aloud.



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- 7.** Jointly decide on the available time (45-60 minutes), set a timer and designate a timekeeper.
- 8.** The white team starts and moves the pawn forward or backward, based on their choice.
- 9.** A player from the black team rolls the dice. If there are members of the opposing team with features subject to discrimination, indicated by the dice, they are excluded from the game for one turn (e.g., if 'pale skin' is rolled, all participants in the team performing the task whose avatars have this feature cannot assist their team in answering the question or completing the task). Discriminated players are not allowed to prompt or support their team in any way. If a discriminated team member breaks this rule, their team returns the tokens to the monster in the number indicated on the drawn card. If all team members have the rolled feature, the entire team loses the opportunity to complete the task and earn points.
- 10.** The black team draws the question/task card associated with the location of the white pawn (the top card from the pile should be drawn), reads it aloud, and asks the white team to respond.
- 11.** If the answer is correct (as shown on the card) or the task is performed, the black team assigns them the specified number of credits. Tokens are taken from the monster on the board. If answered incorrectly (or the task is not performed), the white team returns the number of tokens indicated on the card to the monster.
- 12.** Change turns and now the black team moves the pawn forward or backward and performs the task associated with their pawn's location. Steps 9 - 11 are repeated.
- 13.** Repeat steps 8-12 until the time specified at the beginning of the game runs out.
- 14.** Reflect on the game, e.g.: What is your general reflection on discrimination? What actions can you take to confront/fight discrimination? What was the most challenging moment of the game, and why? What emotions did you experience during the game? Etc.



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