

Chicken Soup
for the Soul®

Count Your Blessings®

The Game... with an Attitude of Gratitude!



OBJECT OF THE GAME

To be the first player to flip their 4 tokens from “Stressed to Blessed”, “Tired to Inspired”, “Frazzled to Dazzled”, and “Mad to Glad” simply by looking on the positive side of life! Spin the spinner, find the silver lining, and collect cards to come out a winner.

GAME PREPARATION

- Start by installing the spinner on to the spinner board and freeing the tokens, coins and glasses.
- Place the SPINNER BOARD in the center of the playing surface.
- Place the 5 DECKS of GAME CARDS around the spinner board.
- EACH PLAYER places 1 Stressed, 1 Tired, 1 Frazzled and 1 Mad token in front of her/himself.
- EACH PLAYER takes 1 “Heads or Tails” COIN.

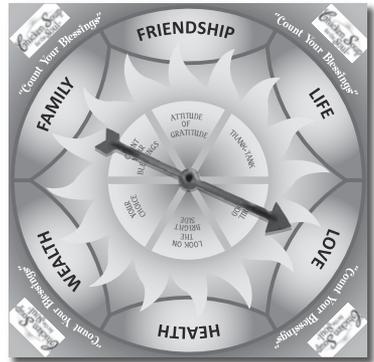
PLAYING THE GAME

- Count Your Blessings is all about finding the “bright side” to each scenario on the cards, no matter how big the challenge, and seeing that every situation in life is full of “blessings-in-disguise”.
- The YOUNGEST PLAYER goes first by spinning the SPINNER. The corresponding card is read, a silver lining response is given, and in some cases, voted on. See specific CARD INSTRUCTIONS below.
- The PLAYER with the winning response receives the card.
- For every TWO CARDS collected, a PLAYER must turn over any one of their 4 tokens, placing the token on top of the 2 cards.
- Play continues in a clockwise direction until one player wins the game by turning all 4 tokens over to the sunny yellow side!

GAME COMPONENTS

SUN SPINNER BOARD

- Six INNER areas on the Spinner represent the GAME CARDS: Attitude of Gratitude, Soul Food, Thank Tank, Count Your Blessings and Look on the Bright Side.
- Six OUTER areas; LIFE, LOVE, HEALTH, WEALTH, FAMILY, and FRIENDSHIP are used in connection to the cards. Keeping these areas in mind throughout the game may help players answer the questions!



GAME CARD INSTRUCTIONS

Once the spinner is spun, the corresponding card is read by the player. Follow the guidelines below on what to do for each card type. IF A CARD HAS TWO QUESTIONS, choose which question you prefer to ask. QUESTION #2 is geared more towards younger players. And remember, there are no wrong responses in this game (except in the trivia play of course!)



“ATTITUDE OF GRATITUDE”

- The **PLAYER** reads the card/scenario aloud.
 - **ALL PLAYERS** suggest a silver lining before **ALL PLAYERS VOTE** on which answer they like best. In the case of a tie, the player whose turn it is makes the final decision.
 - If a player cannot think of a silver lining, they may pass. The remaining players vote with the winning answer receiving the card.
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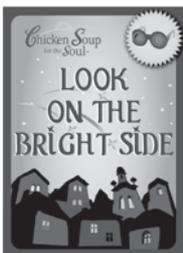
“COUNT YOUR BLESSINGS”

- Features questions that the player answers from their own life experiences.
 - Includes inspirational quotes from famous writers and celebrities.
 - A card is read aloud and is only answered by the player. The player automatically receives the card; if they do not wish to answer, they may pass, forfeiting the chance to win the card.
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“THANK TANK”

- **PLAYER** reads the card aloud and all the other players offer suggestions on how to find the blessings-in-disguise.
 - **PLAYER CHOOSES** one **RESPONSE THEY LIKE BEST** and **GIVES** the **CARD** to that player.
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“LOOK ON THE BRIGHT SIDE”

- **PLAYER PUTS ON THE BRIGHT SIDE GLASSES AND READS THE CARD ALOUD.**
- The **PLAYER** responds to the question, **COLLECTS THE CARD**, and wears the glasses until their next turn.
NOTE: THE PLAYER WEARING THE GLASSES IS ALLOWED TO COMMENT, MAKE POSITIVE SUGGESTIONS OR ASSIST WITH ANY OTHER PLAYERS' RESPONSE.
- If another player lands on Bright Side before the wearers turn has gone full circle, the glasses must be passed on.
- Again, if they do not wish to answer, they may pass, forfeiting the chance to win the card.



“SOUL FOOD”

- Features trivia questions about inspirational people who have overcome obstacles to achieve greatness.
- The **PLAYER TO THE LEFT** reads the card to the player whose turn it is.
- Player **COLLECTS** the **CARD** only if answered **CORRECTLY**.

“HEADS OR TAILS” COINS

The coins are used to **SLOW DOWN** another player. They may be used at any time during the game, but only once per player. **NOTE:** Check to see who is closest to winning before you make a challenge!

- Player chooses another player with whom to do a “coin toss.”
- Player tosses the **COIN** in the air - the challenged player calls “Heads” or “Tails”.
- If they are **WRONG**, they must **TURN BACK OVER** one of their **POSITIVE YELLOW TOKENS**. - If **CORRECT**, their **TOKENS** are safe.

WINNING THE GAME

The first player to turn all their tokens from the Red to the **YELLOW** (positive) side is declared the winner.

The winner must declare to the group why exactly they are “Blessed, Inspired, Dazzled and Glad!”

NOTE: For a **SHORTER GAME**, **EACH** player may play with their favorite **THREE TOKENS** or, simply play with the “**COUNT YOUR BLESSINGS**” **DECK**, focusing on the “here and now” time in your life.

TWO PLAYERS

Follow the normal rules with the exception of The Thank Tank Deck. Here, the player may decide if they like the other players’ answer better than their own and **GIVE THEM THE CARD**. If not, they **COLLECT THE CARD**.

A note from the inventors: There are no hard and fast rules – only fun. So use these rules to help guide the game, adapting them in whatever way helps you find as many silver linings as you can. And remember, everyone wins when we all remember to count our blessings! Enjoy.