



# YIELDS

Youth Innovative GBL  
Emotional Intelligence  
for Development of  
Sustainability Skills

## Board Game Manual

Project Number:  
2023-1-EL02-KA220-YOU-000160949



Co-funded by  
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# The Manual:

Board Game on Sustainability Skills Development through Emotional Intelligence

## GreenQuest: The Emotion Mission

### About

This board game is one of the key educational tools developed under the Erasmus+ KA220-YOU Project "YIELDS" — Youth Empowerment for the Integration of Emotional Intelligence and Sustainability Skills through Game-Based Learning. The project promotes innovative, engaging, and youth-friendly methods for equipping youth workers with the tools to foster sustainability thinking and emotional development in young people.

GreenQuest: The Emotion Mission supports this mission by making abstract concepts like environmental awareness, cooperation, empathy, and decision-making more accessible and fun — through structured play.

This game represents Activity A3.1: Board Game on Sustainability Skills Development through Emotional Intelligence Practices. It includes both a cooperative game and a detailed guidebook, serving as an educational tool that encourages youth to explore sustainable habits and build emotional skills.



# Game Overview

GreenQuest is a dynamic and meaningful board game that helps players develop sustainability skills through emotional intelligence. With two gameplay modes — Cooperative and Competitive Team Play, the game encourages reflection, collaboration, and action. It is especially designed for youth workers and educators working with young people in non-formal learning environments.

## Requirements

- 1 Printed Game Board (A4/A3 format)
- 1 Standard 6-sided Dice
- 2–5 Pawns (1 per team or player)
- 20 Emotion Cards ♥
- 20 Challenge Cards ⚡
- 5 Eco Star Tokens ★ (printable)

## Number of Players

- Cooperative Mode: 2–5 individual players
- Competitive Team Mode: 4–10 players divided into 2 or 3 teams (2–4 players per team)
- Recommended age: 12+

## Game Objective

- ♥ In Cooperative Mode, players work together to collect all 5 Eco Stars and reach the FINAL space.
- 🏆 In Competitive Mode, the team that:
  - a. Reaches the FINAL space
  - b. With the most Eco Stars collected wins the game.



# GreenQuest: The Emotion Mission

## Setup

1. Place the board on a table.
2. Shuffle and place Emotion and Challenge Cards in two separate decks.
3. Place all pawns on the START space.
4. Assign each team a pawn color (Red, Green, Blue, Yellow).
5. Place Eco Star tokens near the board.
6. Choose which mode to play: Cooperative or Competitive.

## How to Play

### On Your Turn:

- a. Roll the dice and move your pawn forward.
- b. Land on a space and follow its instruction:

Color/Icon	Space Type	Action
♥ Green	Emotion Space	Draw an Emotion Card. Reflect and answer as a team or player.
🔧 Orange	Challenge Space	Draw a Challenge Card. Complete it together (or as a team).
□ White/Blank	Wait Space	Lose your turn. No action this round.
✓ FINAL	End Space	Reach this to complete your quest!



Use a phone or timer device to limit challenge attempts to 30 seconds if desired.

### **Emotion Cards (Examples)**

- “What makes you feel hopeful about the future of the planet?”
- “Describe a moment when helping someone felt powerful. How does that relate to protecting nature?”

### **Challenge Cards (Examples)**

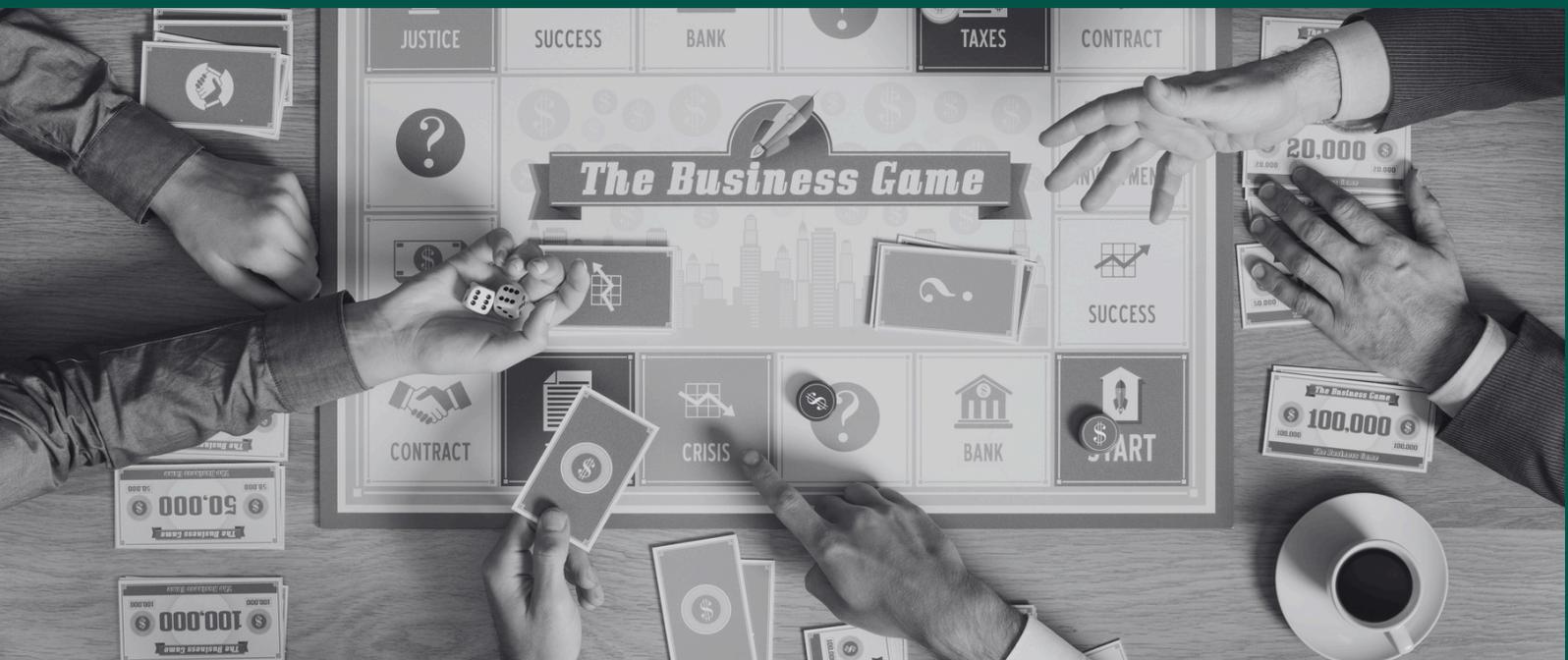
- “Name 5 items you can recycle — together, in 30 seconds!”
- “Design an eco-campaign slogan as a team!”

## **Cooperative Mode**

- All players share the same pawn or each use one.
- Complete tasks together.
- Discuss all cards openly.
- Game ends when you have 5 Eco Stars and reach FINAL space as a group.

## **Competitive Team Mode**

- Each team has a pawn.
- Teams take alternating turns.
- When a team lands on a card space, only that team draws and completes it.
- ★ Teams collect stars for completed challenges.
- ⌚ Use a phone timer to enforce a 30-second limit for challenge tasks.
- The team that reaches the FINAL space with the most Eco Stars wins. In the case of a tie, the first to reach FINAL wins.



Color	Meaning
♥ Green	Emotion Card Space
🔧 Orange	Challenge Card Space
■ White	Wait/Lose Turn Space
♦ Blue	Board background / calm theme
★ Star	Goal token to win the game
✅ FINAL	Winning end space on the board

### 🖨️ Printing Tips

- Board: A4 or A3 high-resolution
- Cards: Print double-sided on cardstock or use sleeves
- Stars: Cut tokens or use beads/buttons
- Dice: Standard 6-sided

### End of Game Reflection

Whether in teams or together, discuss:

- What did we learn?
- What new green habits can we try?
- How did emotional reflection help us understand sustainability better?
- How can we apply emotional intelligence and sustainability in our communities?





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