

KORU

THE GAME OF STRUGGLES

YOU WILL NEED

2–6 Players
180 Cards
Permanent Marker
Sticky Notes

Koru is a fun, interactive card game that promotes the discussion of mental health in a light-hearted, non-judgmental environment. The card prompts lead players through the stressors and hassles of everyday life, taking everyone through phases of self analysis, reflection, empathy, connection, support, and—of course—struggles!

Koru is all about storytelling. It's crazy how much you can get to know the people around you—the best and worst of them—through sharing stories. This is how we bond as human beings: we admit and we relate.

The goal of the game is for each player to achieve a new sense of self; to come together and grow stronger as a community by admitting our personal stories and struggling together.

KORU IS MADE UP OF 5 CATEGORIES

ANIMA deals with self analysis.

These cards allow players to explore and share various aspects of their personality while getting to know each other in a similar fashion.

SENSUM deals with feelings and perspective.

How do you view or handle certain situations? These cards trigger feelings and allow players to admit what makes them vulnerable.

EMPATHIA deals with empathy and relatability.

We all experience anger, nostalgia, and excitement—it's what makes us human! These cards push our ability to relate to one another.

NEXUS deals with connectivity.

Through group questions and challenges, these cards allow for players to work together and form a durable bond.

CERTO deals with daily strife.

Relive your most embarrassing moments, walk everyone through your most stressful experiences, and discover just how often we all struggle.

HOW TO PLAY

Each player should start by separating the **white deck** of prompt cards with the **black deck** of action cards. Shuffle both decks and place each in the center of your group. Flip over the first prompt card: Whoever can come up with the best story to accompany the selected prompt gets to go first. From there, each player will take turns in a clockwise fashion, selecting the top card from the deck, reading the prompt aloud and deciding how to answer. After each turn, players should place the cards in a new pile with the prompts facing down.








ANIMA, SENSUM, EMPATHIA & NEXUS CARDS

When a player draws an Anima, Sensus, Empathia or Nexus card, they will read the prompt aloud, then have the option of simply answering the question or sharing a story that relates to the prompt. Regardless of whether the prompt is a group question or not, players are encouraged to chime in whenever they can in order to maintain continuous discussion.

CERTO CARDS

When a player draws a Certo card from the white deck, they will read the prompt aloud and decide if they can relate to it or not. If they can, the player will draw an action card from the black deck and **read the instructions to themselves first**. After checking the icon to see which players should or should not view the card, the player should follow the instructions for the duration specified.

ICONS

- | | | | |
|---|----------------------------|---|--------------------------------------|
| ? | Answer the question |  | The player who drew the card sees it |
|  | Share a related story |  | Two players see the card |
|  | Can't relate to the prompt |  | All but one player sees the card |
|  | Draw an action card! |  | Everyone sees the card |