

Love & Laughter

The Game of Smiles

An innovative idea
to meet and to communicate
as friends

For 2-6 players, families and friends
from 9-99 and for younger children with a little help.

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INTRODUCTION

We all have gained personal opinions through life so far and therefore everybody is able to join in with Love & Laughter. This is a totally new and unique experience, it is about life and how we see it. Playfully, we may learn more by listening carefully, identifying and laughing with each other. This way we develop a new interest in each other and a new understanding about ourselves. This Game has nothing at all to do with winning or who gets there first, so everyone can relax, and share in a joyful experience.

Love & Laughter is created to build bridges, together with people all over the world. Therefore it offers different languages, addressing everyday life and helps to learn languages in an easy and relaxed way.

There are two steps within Love & Laughter: playing the game and then the communication with your own personal ColourChild.

I. Playing Love & Laughter

Journey around the board and meet the "Little Angels" and the "Little Devils", who may be within each of us! By sharing our little secrets, joys and sorrows, we learn to look at ourselves and others, with new eyes.

Our "Children of the World" invite us to discuss many different subjects of our lives.

Whilst playing Love & Laughter we can choose different Colour-Cards, which reflect our mood at this time. These Colour Cards are placed at random into the elements of the pale yellow ColourChild-Card. So, at the end of the game in Step I, everybody is looking into a colourful mirror and seeing their own personal ColourChild.

II. The ColourChild Its Elements and the Language of Colours

Step II of Love & Laughter is for those who want to find out more about themselves. In this book we offer you encouraging and inspiring suggestions for the interpretations of the colours within your ColourChild, and of its elements.

The Contents of the Game

1	Game-Board
55	"Little Angel Cards"
55	"Little Devil Cards"
55	"Comment Cards", our "Children of the World"
2	Racks to hold 14 different colours (20 cards of each)
6	ColourChild-Cards
2	Dice
6	Playing Kids
1	Booklet

For colour identification see the Colour Wheel on the back page of this booklet and refer to the explanations of the colours on page 10.

PLAYING LOVE & LAUGHTER

Preparations

Each player chooses a Playing Kid and receives a ColourChild-Card.

The Little Angel Cards, Little Devil Cards and the Comment Cards are placed upside down in the respective fields on the board.

The fourteen Colour Cards are placed randomly on the seven fields at either end of the board.

For the interpretation of the ColourChild after playing the game, we recommend to have paper and pencil ready.

Explanation of the Game Board

When landing on:

Start-Field Passing the start-field after completion of a full circle, select any one of the 14 different Colour-Cards, and place it inside your ColourChild-Card.

Colour Station Freely select any of the 14 different Colour-Cards and place it inside your ColourChild-Card. A small cut-out will help you to keep the cards on the chosen element.
e.g. F 2

Dice Have an other go.

Move Squares Move to the square shown within the circle.
e.g. F 5 (from F 5 to F 27)

Directions Squares (Fields 10 or 30) Move by following the arrows, clockwise into the inner circles, or out of them.

Crossings (2 fields) Change of positions. Move to any other field with the same symbol.
e.g. F 16

Inner Crossings (2 fields) Change of direction. These fields allow you to choose your direction.

Little Angel Field Choose any Little Angel Card.
e.g. F 3

Little Devil Field Choose any Little Devil Card.
e.g. F 1

Comment Field Choose any Comment Card with our "Children of the World".
e.g. F 4

Explanations of the Playing Cards

Little Angel/Devil-Card Choose any card from the pile. Read the question to all other players and answer as you wish. After your answer the other players may add their thoughts. If you wish to consider your question before answering, keep your card. If others wish to share their ideas to this card, maybe the question is answered that way. Then the card can simply be put back into the pile.

Comment Card Choose any card from the pile and read it to the other players. Then invite everybody to share their understanding. The card is then returned to the pack.

Colour-Cards and the ColourChild-Card Please create your own personal ColourChild by choosing any six Colour-Cards for the elements of your ColourChild-Card. You may chose one colour more than once. The **R** and **L** refer to the Right and Left side of the ColourChild, please read page 15.

How to play Love & Laughter

There are many situations which offer freedom of choice, so why not be "cre-active" whilst your journey around the board.

At the beginning, and to start the game, one player after the other may choose their first Colour-Card. This is placed onto one of the six elements inside their ColourChild-Card. So everybody immediately begins to create their own personal ColourChild.

Who wishes, rolls the dice first and starts the journey around the board, beginning on the Start-Field in the outer circle and following the numbers. After completing the task the dice are passed on, in an anticlockwise direction, to the next player.

When players meet together on a field, they welcome each other with Love & Laughter. To find out what discovery this field offers, the person who arrived first, chooses anyone of the Question- or Comment-Cards and reads it out. All persons on this field can then share their thoughts.

How playing Love & Laughter ends

Step I: As soon as the first person has completed their own personal ColourChild, all others may complete theirs during the final round.

Step II: Those who wish to understand their ColourChild, are invited to investigate their selection and to read the following pages, after completion of Step I.

For your additional information

- ❑ To make the game quicker or shortening the time to complete your ColourChild, a Colour-Card may be chosen after every roll of the dice.
- ❑ To play Step I of Love & Laughter, it is not necessary to know the following explanations referred to in Step II.
- ❑ Each set of the Playing Cards includes 5 plain cards. You may invite the younger kids to design their own questions.

THE COMMUNICATION WITH THE COLOURCHILD.

Preparation

The turquoise back of the game board creates a nice atmosphere for the communication with your ColourChild. After playing the game and if you wish, turn the board over and find out for yourself.

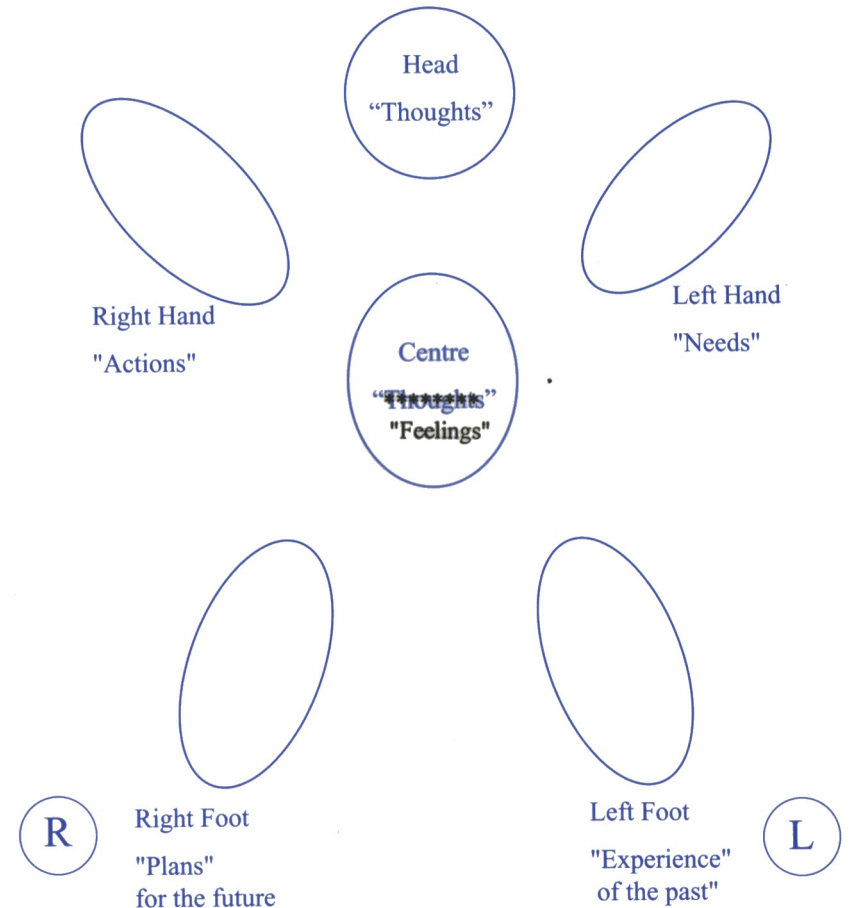
Journeying around the board, Colour Cards have been collected for the six elements of the ColourChild-Cards. Each player now is looking at their own completed ColourChild.

Every time Love & Laughter is played, a unique situation develops and the combination of the colours selected create individual patterns. Like a colourful carpet, the colours chosen are a reflection of the stories and memories which have been shared. Each player has experienced this differently according to their own thoughts and feelings. Therefore each ColourChild mirrors these individual experiences and offers a personal understanding.

The six Elements of the ColourChild

You may wish to draw a ColourChild on a separate piece of paper. Then add the key words for each element, following the drawing below.

For example: Head = Thoughts.



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How to communicate with your ColourChild through the Elements and the Colours

All players may share their first colour choice with each other and then decide how they wish to continue in discovering and learning more about the language of the ColourChild.

One player after the other may follow these simple steps:

- First remember a funny moment during the game.
- Then choose the colour from your ColourChild that attracts you most at this moment.
- Find out from the diagram what the element of this colour refers to and then read out all explanations for this colour on the following pages.
- Choose one keyword or saying, which you like most, and bring both parts together. You may make an amazing discovery!

An example: Choosing Blue for the Head
The keyword for the Head is "Thoughts".
Your key word for Blue could be "Peace".

This may express:
In your head is peace
and you have peaceful thoughts.
This may also mean:
"You need peace (or a silent place)
to be able to think."

Share your understanding with the others! You may also write it down into your own diagram.

Then pass the booklet on to the next player. Alternatively continue with the next colours accordingly.

Explanation of the Colours and what the ColourChild says

- 1 White**
all colours of the spectrum
Light - clarity - water - snowdrops
Shine a light on all aspects of life to learn and understand all about it.
Clarity of thoughts, wishes and feelings; light and shadow; cleansing.
- 2 Pink**
Red + Light
Love without conditions - roses
"Love people and things the way they are and be gentle with yourself and others."
Caring for yourself and others; self esteem; creating some space for yourself and others; let go and trust: what belongs to you will return to you.
- 3 Red**
Earth - the drive to act - passion - fire
"Act consciously and take over responsibility for your actions."
Making your own decisions; putting ideas into practice; discovering your own creative power; being grounded; security; going outwards.
- 4 Orange**
Red + Yellow
Sunrise and sunset - joy of living - independence - oranges
"Decide spontaneously what you would like to do and do it."
Spontaneity; living the inner child; partnership; sense of community; harmonising the inner needs and the actions.
- 5 Gold**
Orange + Yellow
The inner sun - wisdom of the heart - treasure hunting - sunflowers
"Use your life experience and wisdom to decide if, when and how you wish to act."
Drawing from your own inner source; trusting your inner tuition; humour; kindness.

- 6 Yellow** Sun - joy - thinking - the thirst for knowledge - lemons
"Ask a question and you will always find an answer."
 Your own will and values; logical thinking; organisation; discovering the unknown; joy of passing on your knowledge to others; laughing.
- 7 Olive** Sun of the heart - thinking and feeling - humanness - olives
 Yellow + Emerald Green
"Act in harmony with yourself and others."
 Co-operation; growing slowly; flexibility; patience; trusting the future and yourself; living the female side; trusting your feelings.
- 8 Emerald Green** Nature - truth of the heart - adventure - feelings - harmony - meadows and trees
 Yellow + Blue
"Follow your heart and express your feelings; harmonise head and heart."
 Life; expanding horizons; versatility; making decisions; space and time; growing; freedom of the heart; choices; finding your centre; taking time for yourself and shared actions.
- 9 Turquoise** Ocean - creativity - inventiveness - dolphins
"Playfully share your ideas and feelings with others and creatively put them into practice."
 Finding your own identity; living and trusting your own truth; peace and freedom for all; global consciousness; taking over and sharing responsibility; communication with many.
- 10 Blue** Sky - heaven - peace - inspiration - forget-me-not
"Listen to your inner voice and communicate your inspirations."
 Stillness; breathing; peaceful communication; listening; understanding and being understood; creative thoughts; discovering your own authority; going within.

- 11 Royal Blue** The stars at night - philosophy - the sky at night - larkspur
 Blue + Violet
"Develop your own life philosophy and act accordingly."
 Inspiration and the drive to act; relating of insights; independent thinking; sense of responsibility; wishing to help; compassion.
- 12 Violet** Heaven on earth - spirituality - violets
 Red + Blue
"Act peacefully and according to your inner beliefs."
 Knowing your role; dedication; being prepared for changes; transformation; replacing the old with something new; healing; understanding for yourself and others.
- 13 Magenta** Spirit & material - living spirituality - dawn of the new day
 Red + Violet
"Meet your lessons in life courageously and follow your intuition."
 All embracing love; being one with all creation; love of the little things; modesty; caring in all you do; be in harmony with each step; trusting life.
- 14 Coral** Wisdom to love yourself - compassion - solidarity - independence - corals
 Gold + Pink
"Meet life with a smile. Try your best in each situation."
 Generosity; finding freedom within a community; connectedness; openness; wellbeing for all.

INTERESTING INFORMATION ABOUT THE COLOURCHILD

The Colours of your ColourChild

You may have experienced how the choice of your colours is related to your thoughts and feelings and to your moods.

We choose or like a colour because we feel the same "wavelength". This colour choice is a reflection of what is of interest to us and to how we respond, at this moment.

When we direct our attention to our feelings and to ourselves, the colour choice also offers the possibility to find out what we need.

"Colours are a visible reflection
of our heart and of our soul."

There are 14⁶ possibilities how we may create our ColourChild, possibilities to "grasp" and understand our feelings and thoughts in each moment of our life.

The Elements of the ColourChild

Today, the outer world catches our attention most of the time and we react to the challenges we are faced with. In general, we are not used to take time to consider our decisions or actions from our own point of view. The ColourChild, however, gives us the opportunity to gain a very personal perspective of our daily life and may help us to learn ...

to act consciously
instead of just reacting to situations.

The Head, the Hands and the Feet of the ColourChild symbolise the relationship to our personal environment and what is important for us at this moment.

The Centre of our ColourChild enables us to look within and to get in contact with our many feelings and intuitions. At this point it becomes obvious how we see ourselves and how we relate the outer experiences within ourselves. So we can become more aware and therefore make use of our life experiences.

"All elements of the ColourChild
express our relationship towards ourselves
and our personal environment."

Past - Present - Future

Whenever we address a subject, we concentrate, we bring our attention to something. Our "Thoughts" (Head) and our "Feelings" (Centre) are of the Present, and it is only possible to do something "here and now".

The images of the Past and for the Future are created in our imagination and in our fantasy, and we can change them as we wish. We can only act in the Present Moment and with the understanding which we have gained up to that very moment.

The Feet symbolise the "Life Path". The "Experiences of the Past" (Left Foot) influence our "Visions for the Future" (Right Foot).

The Hands show the result of these inner processes. The Left Hand symbolises what we believe are our "Needs", the Right Hand shows what "Actions" we would like to take. We can only make use of what we have gained before.

Depending from what angle we look at a situation (the six Elements), we change our view and therefore obtain a different understanding. Through the ColourChild we are able to gain a better overall view and have more choices, and therefore a greater freedom of action. The ColourChild also offers the choice for a life full of Love & Laughter.

"When we integrate
our information and understandings,
we can then fully make use
of what we are experiencing."

L and R - Left and Right

Throughout history, humans have developed many theories to be able to understand the workings of nature, Yin and Yang, east and west, left brain and right brain, intuition and rationality. Perhaps it is time we also recognise ourselves as a whole being which is much more than the sum of its parts, so we can enjoy the variety of colours that spring forth from inside of us.

Not only can we think of Yin and Yang as separate energies, we can also think of them as one holistic energy. Our brain can be divided into left and right hemispheres, but we can also talk about the whole brain. We do not have to choose between intuition and rationality; we can focus on the wisdom that arises when these are merged indivisibly.

We also tend to think of time flowing from past to future, from left to right. We receive information from the past and bring it forward into the future. But it is also possible to receive information from the future and make use of it in the present. Because we live in this world of matter, those who can work both ways can work most effectively.

Like us, the ColourChild has two arms and two legs. The left hand and left foot are connected to the Yin energy, to our use of intuition and the things we experience and learn. These enable us to decide and take what we need.

The right hand and right foot are connected to the Yang energy. Through our volition, we can become active, according to our needs and visions for the future.

Finally, we can look at the whole, and see the product of all the different parts that make up our being. Then we can enjoy each of those parts, and also our own ever-changing nature, as we make our journey through life.

"The colours we choose for our ColourChild offer a playful and relaxing way to use our full human potential."

More Communication with the ColourChild

Maybe you would like to explore more of what the ColourChild has to offer you. If so, here are some ideas for you. It may be helpful to take a sheet of paper and to write your findings down.

- Concentrate on a question and choose one colour only. Place this colour on one of the six elements of the ColourChild. Then proceed with the interpretation, as usual.
- Create a complete ColourChild. Then interpret the colours step by step in the different elements.

The ColourChild supports the process of finding an answer to a personal question. Looking at this question from different perspectives, the selection of key points - guided through the chosen colours - enables a better reflection of our own thoughts and feelings.

"Bringing the different perspectives together the answer looked for will be "cre-active" and our very personal decision."

Dear friends!

We wish that Love & Laughter and the ColourChild will encourage us all to

be one with ourselves;
meet each other with love and respect
as children of one family and of this one world;

playfully share our views for tomorrow and
how we can support each other today;

create a world with peace and happiness,
a world with love and laughter

INVITATION

Along the way in creating Love & Laughter, we have experienced many funny situations and no doubt, you have also discovered some for yourselves. If you would like to share some of these with us or ask any questions, we would be very happy to hear from you all and to give you more information about our plans for the future.

With lots of love and laughter

Frederike & Roy

and your PlayTime Activities Team

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