






U SHAPE US QUICK START GUIDE

Overview

-  Duration: Approx. 15 - 45 minutes, depending on group size (2–6 players)
-  Group Size: 2 - 4 players per deck is ideal to keep things flowing. Can play with up to 6, though younger players may find it harder to wait their turn.
-  Focus: Creativity, connection, imagination, listening, intra and interpersonal skills,
-  What You Need: Paper/whiteboard, pens/pencils, erasable markers, 1 deck per up to 6 players (or extend to 20–30 players with printable extras — see note below)
- ✓ Accessibility: All-ages friendly, opt-in participation, adaptable setup
-  Best For: Building belonging, idea generation, and self-expression

Aim of the Game

- **U Shape Us** is a creative game about inventing and sharing connection ideas.
- It's designed to increase people's sense of belonging — in the game, and beyond.
- Players draw four cards — **Invent, Person, Place, and Thing** — and use them as inspiration to come up with an idea that could help people feel more connected.
- Each person shares their idea. Others listen and talk about what they liked, how it could be even better, or how it could actually happen.
- Players are encouraged to create their idea in real life if they choose.
- We provide optional resources to help bring these ideas to life.

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Set up your space

Play in pairs or small groups. Make sure everyone can hear each other.

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Gather materials

Each player needs blank paper or a whiteboard, and something to draw with.

Each group needs one U Shape Us deck.

Give each player a how to play card.

3 Lay out the cards

Place the 4 card piles (face down) in the centre: Invent, Person, Place, Thing.

Each round uses one card from each pile



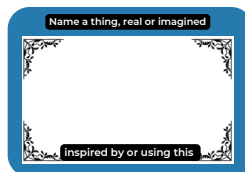
4 Read the welcome card



This creates a safe space where everyone's ideas are welcome

5 Use the optional conversational warm up

The conversation card invites players to share their interests and strengths — their gifts of the head, heart, and hands.



They can write or draw their response on a blank THING card and use it in the game if they wish.

6 Flip the cards

Each group flips over one card from each pile

VARIATION : each player can flip their own card from each pile

This is your idea challenge. You can use all 4 cards or just 1, 2 or 3 if that feels easier.



This challenge reads as Invent a way to have fun without speaking involving this person, at this place, inspired by or using chalk.

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Draw or write your connection idea

Each person draws a quick sketch or writes a few words on their idea. No need to be good at drawing - just scribble the first thing that comes to mind

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Share and explain

Each person explains their idea to the other players and asks these 3 questions:

1. What do you like about my idea?
2. How could we make it better?
3. How could we bring it to life?



The other players respond to each question.

9 Reflect, celebrate or turn ideas into reality

What did you learn from the ideas you heard or shared?

Celebrate the creativity — or use the Idea Planning Template in this guide to explore how ideas can easily come to life.



These ideas were turned into reality in under 15 minutes. Find out how by watching this 3 minute video:

