

smôl tôk

LESSON & SESSION PLANS

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WHY SMOL TOK?

The search for meaning is fundamental to what it means to be human.

We struggle with the pressure to succeed at school or at work. At the same time, we're also seeking to find meaning in our experiences. However, surrounded by distractions and overloaded with information, our search for meaning is often short-circuited or interrupted.

In this context, playing smol tok is a means of facilitating the personal search for meaning - through questions and conversations that trigger introspection and reflection.



HOUSE RULES

Before any lesson or session involving smol tok, create a safe space for play by stating the house rules clearly:

1. Be open-minded, open-hearted, and open-handed
2. Respect everyone as you would like to be respected
3. Maintain confidentiality between players
4. Follow up questions from everyone are encouraged

If necessary, take the time to address any questions about these house rules.



1. ICE-BREAKER (for 10-100 players)

DESCRIPTION: Ideal in situations where participants do not know each other but are entering in small numbers before an event. Can be scaled up for larger numbers of players.

PURPOSE: Start conversations and build relationships.

RECOMMENDED:

- A room big enough to accommodate moving people
- smol tok and dun tok cok decks
- 15-30 minutes

INSTRUCTIONS:

1. As people enter the space, assign each player 1 random card
2. Instruct players to pair up with someone and ask each other the questions on their cards; pairs can spend as much time as they like conversing with each other
3. When conversations come to a close, players exchange cards and move on to form other pairs
4. Rinse and repeat until the time limit is reached



2. GROUP SHARING (for groups of 4-6 players)

DESCRIPTION: A more intimate and personal setting where players broken into smaller groups can choose to explore broadly or dive deeply into questions. Preferably led by a facilitator.

PURPOSE: Deepen relationships and build communities.

RECOMMENDED:

- smol tok and dun tok cok decks
- 90-120 minutes

INSTRUCTIONS:

1. Pre-select 24-36 cards that would serve the situation/players
2. Shuffle and distribute 2 cards to each player, with leftover cards placed in the centre of the table as the draw pile
3. Youngest player starts by asking a question from his/her hand
4. All players take turns to answer whenever they're ready
5. Everyone can ask anyone follow-up questions at any time; there's no time limit
6. Discard used cards into a separate pile and draw a new card



3. ASK ANYTHING (for groups of 4-6 players)

DESCRIPTION: This gives players the option of choosing questions that speak to them and eases them into asking questions of their own.

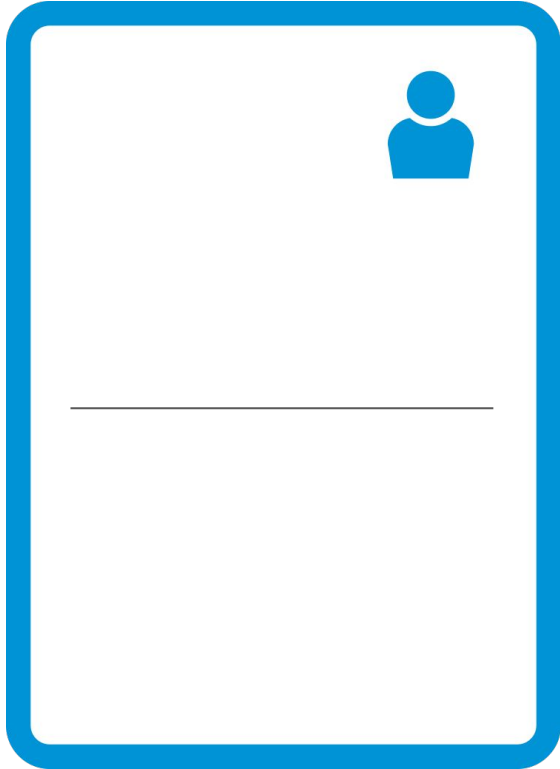
PURPOSE: Encourage players to articulate burning questions

RECOMMENDED:

- smol tok and dun tok cok decks
- Pen and blank cards
- 90-120 minutes

INSTRUCTIONS:

1. Instruct players to spend 5 minutes writing down a question that they're concerned about in their own lives on a blank card and placing these face down in front of them (see page 8 for criteria)
2. Lay out smol tok and dun tok cok cards on a big table with questions facing up; instruct players to pick any 2 cards that speak to them
3. Divide players into groups of 4 to 6, preferably with facilitators in each group; the youngest player starts by asking a question
4. Players take turns to answer whenever they're ready; everyone can ask anyone follow-up questions at any time; there's no time limit
5. After everyone has had a chance to use at least one of their cards, gently invite players to ask the questions they had written down



Criteria for a Meaningful Question

1. **not hypothetical**
(no “what if” questions, eg. “if I had a dragon, what would I call it?”)
2. **current**
(a question that you're asking yourself now, not a question that you've already found an answer for)
3. **important**
(something that has a real impact on you)



4. JOURNALING (for individuals)

DESCRIPTION: This is an activity for any number of individuals. Use smol tok as a tool for debriefing or for [personal journaling](#).

RECOMMENDED:

- Writing material
- Pre-selected cards from smol tok and dun tok cok

INSTRUCTIONS:

1. Pre-select a sufficient number of cards for those participating
2. You may choose to distribute one card to every participant or to use a single card for everyone
3. Participants journal their thoughts and feelings over 15-20 minutes of silence, in whichever form they're comfortable with
4. This can be done on a daily or a weekly basis for at least a month, with the possibility of extending it further
5. The journal entries can either be personally/privately shared or compiled for posterity
6. Get participants to return to what was journaled after a few months to track their journey towards greater meaning in life

The left side of the page features a red background with a repeating pattern of white icons. These icons include the text 'smol tok' in a speech bubble, a rooster, and a person's head and shoulders. The icons are arranged in a grid-like pattern, with some overlapping.

DEBRIEFING

It's a good idea to conduct a quick 10-20 minute debriefing after each lesson/session to help players process their thoughts, feelings, and experiences. Here are some questions to get you started:

- How did your conversations go?
- Describe your experience of playing smol tok. What did/do you think/feel?
- Which question(s) impacted you the most?
- Whose answer(s) impacted you the most?
- Is anyone open to sharing about some of the questions that you wrote and asked?
- How has this experience impacted you?



SUGGESTIONS

Good conversations go with good food and drink.

Don't churn through all the cards at one go. Be selective. It may be meaningful to spend more time on a handful of questions instead of cycling through a large number of cards.

Set a time/point limit before starting.

Every experience of playing smol tok will be unique. The answers that players give will change over time as their priorities and preferences evolve.

Consider what follow-ups may be required after the game to address players' needs.



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