

CHECK-IN CARDS

A tool for better gaming by Gil Hova

Check-In Cards is not a game. It is a tool to help your game group communicate better and enjoy your gaming experience.

HOW TO USE



- 1** Give each player 4 cards of the same color. All players should rotate their cards so they can see the “Energy” side.
- 2** Each player plays a card face-down indicating their energy level. Then everyone simultaneously reveals their cards.
- 3** If someone plays a card showing “low” or “empty” energy, talk to them. They might need a break from playing games.

4 Then, all players should rotate their cards so they can see the “Intensity” side.

5 Each player plays a card face-down indicating how intensely they want to play the next game. Everyone reveals their cards simultaneously.



For a board game, a “1” indicates you don’t care who wins, and a “4” indicates that winning is everything.

For an RPG, a “1” indicates you want to play a lighter, less serious game, and a “4” indicates that you want to play an emotionally deep and heavy game.

6 If there are players who played numbers that are different by 2 or more, take this time to agree to a level that everyone is comfortable playing with.

**YOU CAN NOW
ENJOY YOUR GAME!**

TIPS

The best time to use *Check-In Cards* is just before you play a game, especially if you are playing with strangers.

You can always play two cards to indicate you are between the two values.

Check-In Cards is designed to surface differences in your game group but it alone will not solve them. There are times it will provoke conversations, sometimes heated or even difficult ones.

There are no defined ways to resolve differences. It will all depend on your group. Try to compromise when you can.

Remember that as long as people are choosing cards honestly, they are not playing “wrong.” No cards are better or worse, as long as they’re accurately describing how a player feels.

It's possible that, when you start the game you play after *Check-In Cards*, that you chose the wrong energy or intensity level. That's okay; if you're not used to checking in with yourself, it may take some time to realize what the right card to choose is.

It's also possible that you may realize that your desired energy or intensity level has changed during the game. You can always pick up the appropriate card during the game and update your group.



CREDITS

Design: Gil Hova

Illustrations: Rachel Kremer
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Graphic Design: Scott Hartman

Check-In Cards was inspired by Nicole Hoye, Erin LaFlamme, Adrienne Ciskey, and Bebo.



The illustrations on these cards were made by the wonderfully talented Rachel Kremer.

Check out her webcomic, *Semi-Coop!*



Find more information about *Check-In Cards* and other Formal Ferret products at [formalferretgames.com!](http://formalferretgames.com)

CHECK-IN CARDS

Check-In Cards is not a game! It is a tool.



You'll use *Check-In Cards* before you choose a game to play with your group. It won't just help you choose a game; it will help everyone communicate how they feel, and prevent misunderstandings at the game table if you're not all on the same page.

CHECK IN WITH YOUR FRIENDS TODAY!

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WARNING. Not suitable for children under 36 months. Small parts.