

THE SOCIAL BOARD GAME

ALEGORIA

Sparking Conversations



Rapids Inc.
2020



ABOUT ALEGORIA

Alegoria is the fun social board game that sparks conversation to open the space for connection. The element of play supports players while they experience presence, respect boundaries, explore the felt sense, and communicate freely. At the same time, Alegoria is an incredibly effective tool for nervous system regulation and the education of effective communication strategies.

The element of play and Alegoria's intuitive game design benefits each player's mental and emotional wellbeing. The experience of social connectedness and safety supports the nervous system to become more and more available. Players can then delve deeper while reflecting on experiences to make sense of personal narratives with curiosity, empathy, vulnerability, and resilience.



Our mission is to inspire human connection for a fulfilling and healthy life founded on compassion and resilience.

Face-to-face with rising loneliness and disconnect, we realized the influence of anxiety and isolation. Human beings are wired for connection. Our wellbeing greatly depends on the sense of belonging and sharing with others. Through conversation, we can spark trust, vulnerability, courage, and compassion.

Building from psychological principles and nervous system regulation processes, we created Alegoria.

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ORIGINS

Gestalt, Somatic Experiencing, and the Polyvagal Theory principles are integrated into Alegoria. Players use both sides of their brain, expand their Window of Tolerance, and engage in social connectedness while playing.

Question-led interactions guide each player to be a leader in their chair. The Alegoria experience is a fulfilling and refreshing meeting of hearts and minds.

Sharing and finding support with others establishes trust and brings forward feelings of vulnerability, which is the basis of human connection. In this moment, courage and authenticity are possible. Being present brings player clarity, calm, and awareness. Their heightened attention enhances their perception of what is. This process can nurture an increased capacity to hear, see, feel, smell, heal and even intuit.

HOW?

- Open-ended Questions and Player Cards spark conversation founded on curiosity, respect, and empathy. Interpreting questions and sharing answers inspires risk in the safe environment of the group.
- The Mandala Puzzle brings players to the present moment through the tactile pleasurable activity of completing the puzzle. This activity also provides pacing to the conversation.
- Peer dynamics strengthen the sense of belonging needed to connect and ground players.
- Play stimulates the nervous system and social engagement behaviours so that arising tensions can easily diffuse.

Presence

Eye Contact

Prosody

Body Awareness

Perception

Agency through Boundary

Management

Sensory Motor Coordination

Reciprocity

Memory

Closure or Meaning Making

Reflection

Insight

Pleasurable Connection with

Others

GIFTS OF CONVERSATION

SAFETY

Alegoria's rules set the perfect environment for players to be present, compassionate, and respectful. The lack of competition brings focus on safe social engagement. Simultaneously sensing belonging and the space to be true to one's self is the key to providing safety.

BOUNDARY MANAGEMENT

The ability to skip Question Cards, the questions asked by others, and the Time's Up Card allow players to sense and enforce external boundaries. Answering questions freely gives players agency to adhere to internal boundaries. Players are empowered to sense their limits, respect them, and observe others follow them as well.

REFLECTION

Answering questions or simply the experience of listening to questions read out loud inspires reflection in each player. Conversations provide the space to not only courageously discover others, but also one's inner world through social engagement.

CONNECTION

Conversation is the neural exercise through which Alegoria facilitates co-regulation and connection. This human need can be satisfied in the moments listening to others compassionately, being heard respectfully, and sharing vulnerably. In the space in between questions and answers, the Mandala Puzzle is completed and the dust settles. Silent intimacy is found in this moment of embodied presence.

AILEGORIA!

MEANING MAKING

Making meaning of the thoughts, stories, experiences, and sensations brought up in conversation is the ultimate stage. Each player has the chance to find the closure, awareness, or wisdom from the knowledge and insight of their experience. This process can naturally occur within the player as well as when the Alegoria Card is called to ask, "What does that tell you?"

