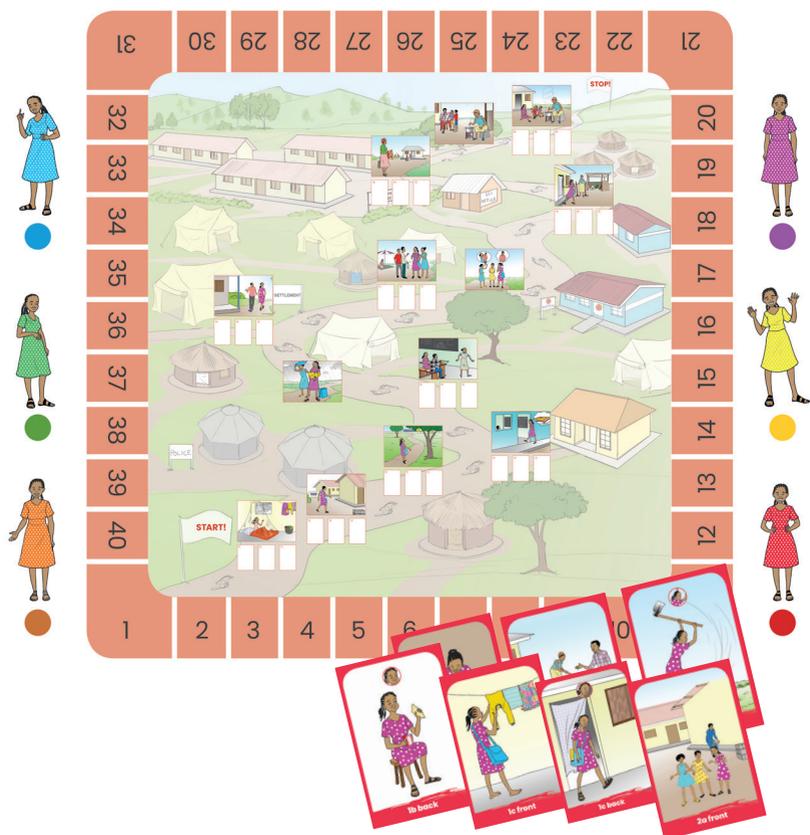


# A DAY IN A LIFE

## FACILITATOR'S GUIDE



A day in the life of Maria, a board game for girls and women to experience decision-making power and autonomy.



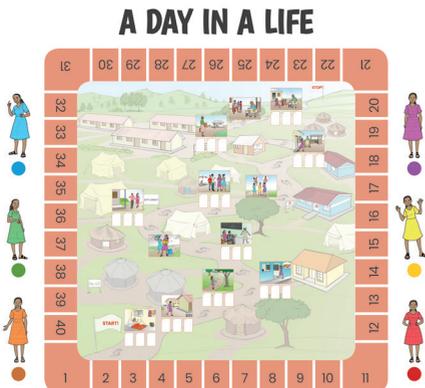
## Introduction

This storytelling boardgame is for girls and women, to experience decision-making power and autonomy. There are multiple scenarios in which the main character, Maria, has to decide between various options. The options are not distinct from each other by good or bad choices, not at all. The decision-making options are there for the players to think and reflect on what type of decisions there are: Do I make this decision for me or for someone else? Is this a decision that has a short-term or a long-term effect?

A facilitator reads out the scenarios and presents the decision-making options. Once everyone has decided, and has put their token next to one of the three decision-making cards, the cards are turned around. The facilitator reads what the effect of that decision is on Maria. For each decision that has made Maria happy, players get happy points. The one who gets the most happy points wins!

It is important for girls and women to know that they have the power to make decisions. Let's play the game!

## Materials



The game board



66 tokens;  
11 of each colour



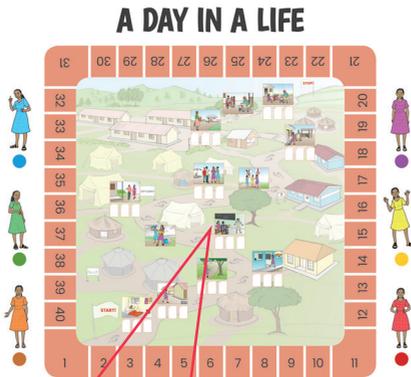
30 decision-  
making cards

## Let's start!

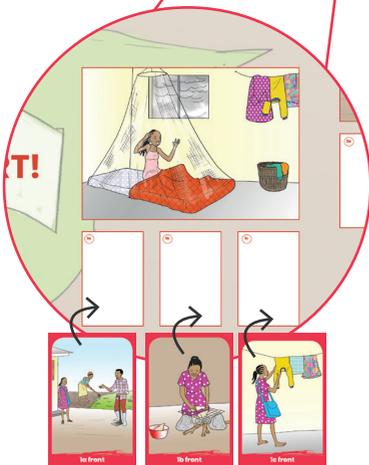
As a facilitator you will guide the players through the game. We will play a day out of Maria's life through various scenarios where the players will have to decide what happens! You will be the storyteller of Maria's life.

### Before starting the game, for the following:

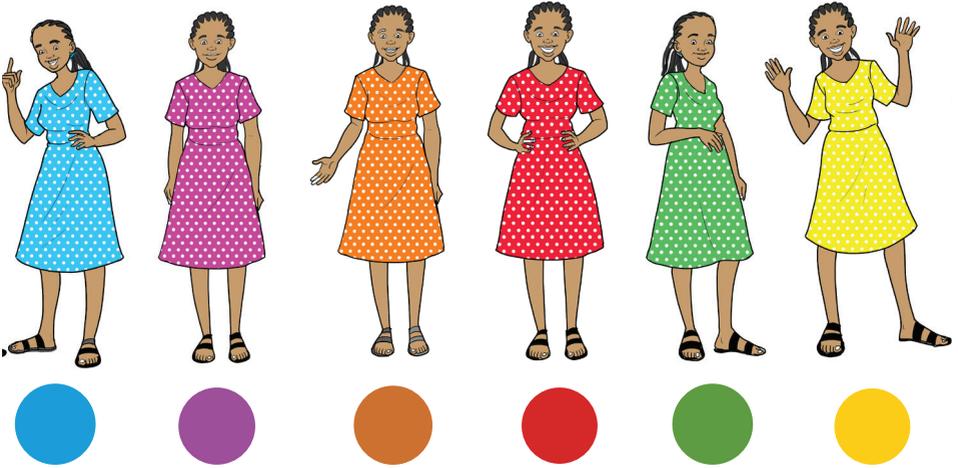
Read this instructor's guide carefully to make sure you are equipped to facilitate the game.



Lay the game board on the ground.



Put the decision-making cards next to the right scenarios. As an example, lay decision-making card 1a on the decision-making envelope next to the first scenario that has the same marking.



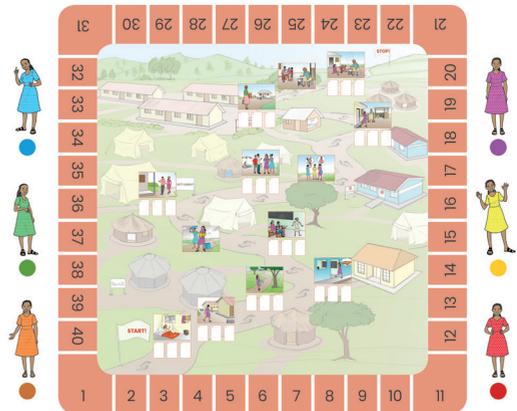
**Have the players pick a colour;** there is a blue Maria, a green Maria, an orange Maria, a purple Maria, a yellow Maria and a red Maria.

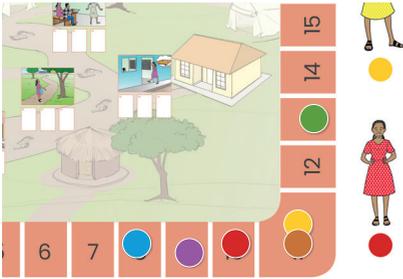
**Tell the players:**  
*"Today we will be Maria and experience a day in her life!"*

**Then, inform them on the rules:**  
 "The aim of this game is to win as many happy points as possible!"

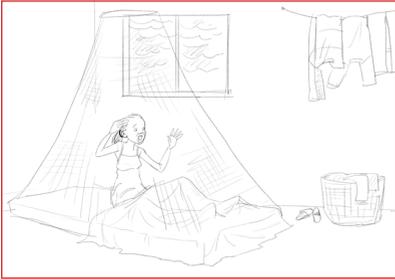
"Put your **token** at **1** on the **ladder**. Everytime when you get happy points, you can move your token forward."

## A DAY IN A LIFE



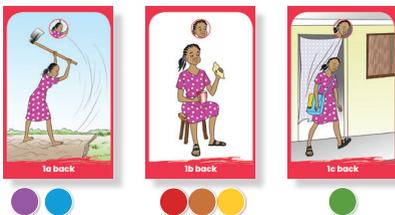
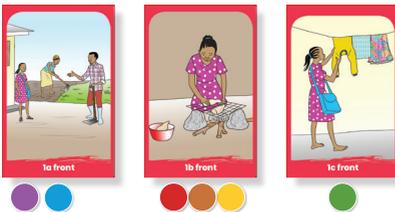


“You can win happy points by making decisions that make Maria happy.”



“I will take you through Maria’s day and in each scenario there are three decisions for you to choose from.”

“After I have read out the scenario and the various decision-making options, you can put your token next to the decision-making option you think makes Maria happy.”



“Once everyone has put their token on the decision you think is good for Maria, I will turn the decision-making cards around and tell you the consequences of each decision option.”

“We will then have (short) discussions on the decision-making options and why some decisions get happy points and others don’t.”

**“Let’s start!”**

## Instruction

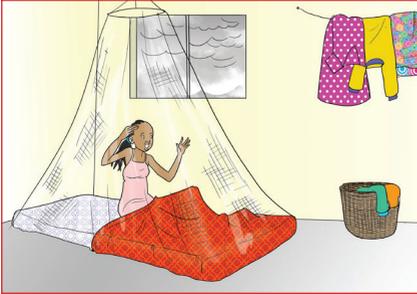
1. Read out the scenario's & decision-making options
2. Participants put their token on 1 of the three 3 decision-making options
3. Turn around the decision-making cards to see which decision is an autonomous decision. We see this by the happy facial expression of Maria on the backside of the decision-making cards.



4. Ask the reflection questions as presented in the scenario's explanations below. Facilitate the discussion.
5. There are three moments where players do not have to make decisions; circumstances have decided for them! Read these moments out loud and see who has made decisions earlier in the game to gain happy points in that unexpected moment.
6. After the last scenario, we can see which colour of Maria has the highest amounts of points. She wins! Let's celebrate!

# A day in a life - game scenarios & decision-making options

## Scenario 1



Maria wakes up a bit later than normal! Oh-oh, she realizes she has not so much time left. She needs to go to her bricklaying course at the vocational institute! Maria quickly puts on her dress when she realizes that there are still some other tasks to do.

**You have to choose 1 task, what will you choose?**



1a front

Your father asks you to help out in the garden. There is a lot of work to do. You decide to help with weeding.



1b front

You are hungry and you decide to make breakfast before you have to go to class.



1c front

You quickly get a sweater from the line where your clothes are hanging as you think it might be cold today.



Put your tokens on your decision.

## Turn the decision-making cards around.



You are helping your father and mother in the garden but you are getting stressed. You are going to be late for your bricklaying class. You will need to skip breakfast, meaning you will go to your class hungry.

**You do not get any happy points as we see an unhappy you, an unhappy Maria.**



Oh you were so hungry and now you are all happy to eat something for breakfast.

**You get 3 happy points as you are happy.**



You quickly put the sweater in your bag and are ready to go to school!

**You get 1 happy point. Who knows, maybe you might need the sweater later that day.**

### Reflections questions

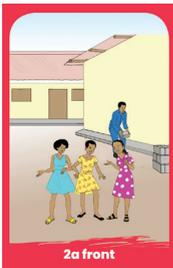
- Why does Maria get happy points for eating breakfast? You have listened to what you needed and made a decision based on that. It is good to not go to class while being hungry.
- It is not always easy to choose for yourself when others ask for your help. Do you think that is difficult or not? Why?

## Scenario 2

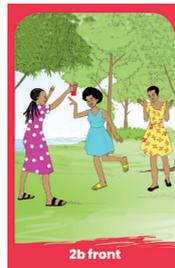


After the chaotic morning, Maria is walking to the vocational institute where she will have classes. She is excited for the day! While she is walking, she sees some of her classmates and she greets them. The classmates suggest going for a picnic instead of going to class.

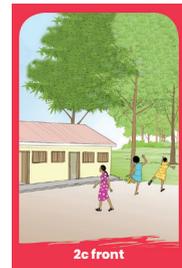
**What do you decide to do?**



2a front



2b front



2c front

You are doubting. You don't want to miss your class but you also want to spend time together with your friends. A classmate persuades you to join and you skip school.

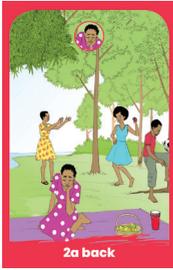
You decide to go to the picnic of course! Nothing better than a picnic with your friends.

You decide that although you would love to go for a picnic, it is important to follow your classes to be able to make money in the future.



Put your tokens on your decision.

## Turn the decision-making cards around.



While you are at the picnic you feel a bit upset to be persuaded by your classmates. You actually wanted to say no but didn't know how to.

**You don't get happy points as you are sad about missing your class.**



You are enjoying the picnic but then you realize that it was an important class today! You are upset that you haven't thought about that.

**You are also upset because now you will have more work to do with catching up. You do not get happy points.**



You are walking to school feeling content. You would have loved to go to the picnic but these classes are important!

**You get 3 happy points. Next time, you will suggest to your classmates to go for a picnic after class.**

### Reflections questions

- Is it difficult to make decisions that are right for you on the long-term but that you do not experience right away? Why?
- Do you have personal examples of decisions that you make for yourself because they are good for the future-you? Let's share!

## Scenario 3

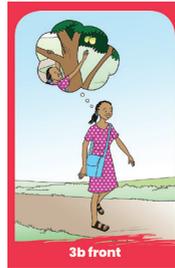


It is quite a long way to the vocational institute and Maria is still walking. On the way she sees a mango tree with ripe mangos. They look delicious!

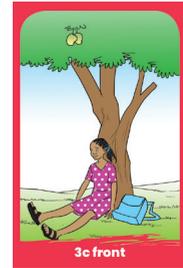
**You are wondering whether you should get one. What do you decide to do?**



You decide to climb in the tree to get one of the ripe mangos. They just look so delicious!



You really don't want to miss the class. You think that when you walk home after your classes, you can get a mango. You continue walking to the vocational institute.



While you are overthinking what to do, you realize how tired you are. It was a chaotic morning! You decide to have a little nap next to the tree.



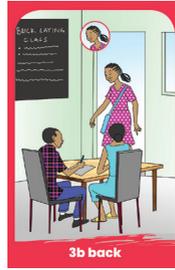
Put your tokens on your decision.

## Turn the decision-making cards around.



Oh no, getting that ripe mango took more time than you thought! You have to run to school.

**You do not get happy points, you are too much in a hurry and stressed. Will you make it on time?**



You did some smart thinking there!

**You get 3 happy points for deciding to get a mango when you walk home again. Indeed, then there will be more time to get a mango.**



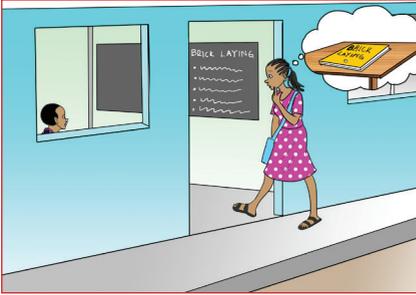
You get no happy points.

**You woke up all confused from that nap and there is only little time left to get to class on time. You have to run!**

### Reflections

- Making decisions for a happy Maria does not mean that we can do everything we want. Sometimes that is hard: we have to decide for something less fun, knowing that it is good for us.

## Scenario 4

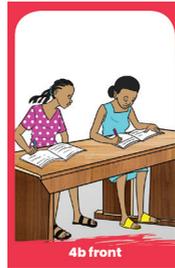


Maria has made it, she is on time for her class. While she enters the classroom she realizes that her homework is not in her school bag. Oh oh, she must have forgotten it at home while being in a hurry this morning.

**What do you do?**



4a front



4b front



4c front

You decide to tell your teacher that you have forgotten your homework. You tell him about how you woke up very late this morning and that while you were in a hurry, you must have forgotten to put the homework in your bag. The teacher listens to what you have to say.

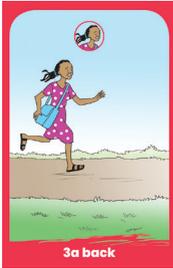
You decide not to tell your teacher but to copy it from your friend. You quickly enter the classroom, sit next to your friend and she shows you her homework so you can copy over her answers.

Out of shame you decide to not go to the class, you sneakily leave the vocational institute.



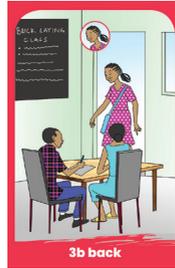
Put your tokens on your decision.

## Turn the decision-making cards around.



We see a happy you.

**You get three happy points! The teacher is glad that you told him. He tells you that it is good to be honest and that you together can think about a solution.**



Oh-oh, the teacher sees you copying the homework and is angry at you. Because you are sad about this.

**You do not get any happy points.**



Because you sneaked out of school, you have nothing to do. You are bored. You also realize that now you have to be caught up about this class you miss, meaning that there is more work to do.

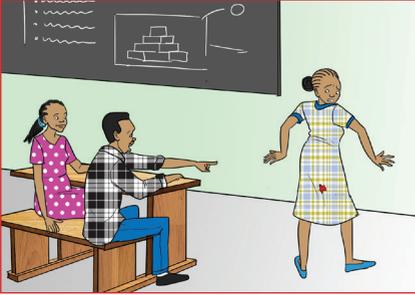
**You do not get any happy points.**

### Reflection questions

The teacher and Maria can come to a solution together as you have told him honestly about the missing homework.

- Have we experienced a situation like this? What have YOU done in that situation?
- Is it easy to be honest about these kinds of things? Why?
- Are there other situations where honesty is a good way to go?

## Scenario 5



Maria is in the bricklaying class when one of her friends gets her period. You see that there is blood on her dress when she gets up. Other classmates also see this stain of blood. Some of these classmates point their finger at her and are laughing.

**What do you do?**



5a front

You also point and laugh at your friend, just as the other students do. Although you don't think it is funny per se, you do not want to stand out and that is why you join.



5b front

You decide to help out your friend. You offer your sweater and you go to the toilet together to give her a sanitary pad.



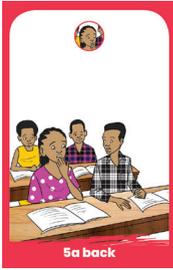
5c front

You are ashamed about what happens and you pretend not to have seen the blood stain.



Put your tokens on your decision.

## Turn the decision-making cards around.



You are ashamed. Because of you, your friend had to cry. You don't really understand why you did what you did but you are sad that it makes your friend cry. **You do not get happy points.**



You are in the bathroom with your friend and she is happy that you have helped her. You tell her that you know how it feels. You are happy that you were able to help her. **You get three happy points!**



You realize that having your period is actually nothing to be ashamed of. You are upset that you could not have helped your friend because of that. It is because you are sad about this, that **you do not get any happy points.**

### Reflections questions

- Do we recognize the first decision-making option? Have we, in some cases, made a decision that has hurt others because we were ashamed? How did that make you feel?
- It is not always easy to stand up against peer or group pressure. What is group or peer pressure?
- How does group and peer pressure influence your decision-making power?
- How can we have peer-pressure not influence our decisions?

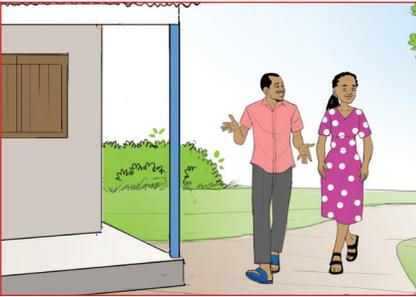
## Unexpected moment 1



The bricklaying classes for today are done and Maria is walking home from school. It starts to rain! Maria quickly gets the sweater from her school bag. She is happy.

**Everyone who decided to take the sweater in the morning gets 3 extra happy points!**

## Scenario 6

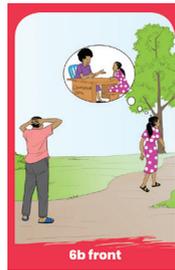


The journey from the vocational institute to home is long. Maria is still walking and meets her uncle. He makes a chat with her and is very friendly. He suggests that she comes home with him, to have some fun. He says that he can pay her some money for it.

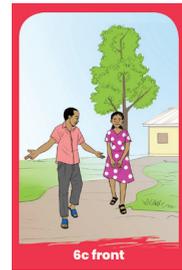
**What do you want to do?**



You walk away from your uncle. Your uncle is not happy with that but you do not want to go home with him and you continue to walk home.



You walk away from your uncle because you do not want to go home with him for some fun. You even think that what he is offering to you is inappropriate and you want to tell a counselor at the vocational institute about it.



You do not really want to go home with him but are afraid of what he might say or do when you say no. You decide to go with him.

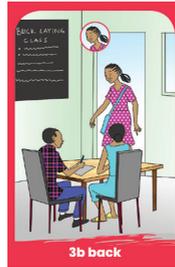


Put your tokens on your decision.

## Turn the decision-making cards around.



We see a happy Maria.  
You are also relieved.  
**You get 2 happy points for making this decision.**



You are relieved. You are also thinking about sharing it with the counselor at the vocational institute as well as to a friend. You want to talk about it with someone, about how it makes you feel.  
**You get 3 happy points for making this decision.**



You are upset, sad and scared about what is going to happen.

### Reflection questions

- Why do we see a relieved Maria on the first card?
- Why do you get more happy points for decision 2?
- What can you do when something like this happens to you?

## Scenario 7



On her way home, Maria meets some friends. They walk together. On the way they visit the local market and they see some other friends. They join them for a chat and some laughs. There is a boy who is interested in you and who holds a necklace.

**What do you do?**



7a front

The boy offers you the necklace. You like the necklace. You are happy.



7b front

The boy offers you the necklace and wants to put it around your neck. You say yes because you think the necklace is very pretty.



7c front

The boy offers you the necklace but you do not want it. You say no.



Put your tokens on your decision.

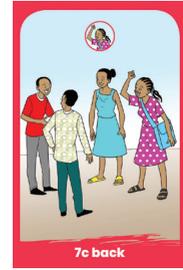
## Turn the decision-making cards around.



You are confused. You are confused because you do not know if it means something that he gives you the necklace. Is there something he expects you to do in return? **You are not so happy about that. You do not get happy points.**



You are confused and a bit upset. You do not like it that the boy has put his arm around you. **You do not get any happy points because you are not happy.**



You are proud of yourself! You said no to the necklace. All together you chat a bit more and converse like friends. **You get three happy points.**

### Reflections questions

- Why is Maria proud in the last decision-making option?
- Do we recognize these moments where you are not sure if the other person expects something in return? How does that make you feel?
- What more can we do to feel proud as Maria in decision-making option 3?

## Unexpected moment 2



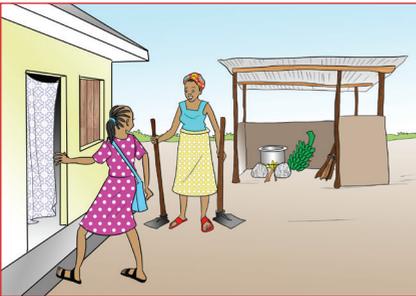
After the local market, all of you continue walking home. One of your friends tells you that there was a man who chatted with her the other day when she was walking home. Maria realizes it was her uncle. She realizes that it is important to talk about what has happened with the counselor as she is not the only one who had to make such a hard decision to say no.

Everyone who decided to go to the counselor at the vocational institute gets 2 extra happy points!

### Reflection questions

- Why do you get 2 extra happy points for talking to a counselor?
- Have you ever talked to a counselor? Why? Did it help? How?

## Scenario 8



Maria comes home from school and there are household chores to do.

**What will you do?**



8a front

You remember that in the morning your father asked you to help in the garden. You see that there is quite some stuff to do. Let's help him and do some weeding.



8b front

You want to make some breakfast, already for the next day in case you wake up late again.



8c front

You walk towards your bed. You are tired because of this eventful day. You need to sleep.



Put your tokens on your decision.

## Turn the decision-making cards around.



8a back

You are happy that you can do something for your parents.

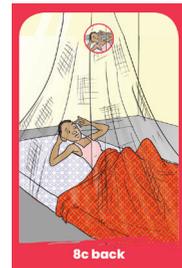
**You are happy and you get 3 happy points!**



8b back

You did some smart thinking here! Already thinking ahead.

**You get 2 happy points.**



8c back

There is so much to do and you cannot rest properly with that thought in your head. **You do not get any happy points as you are lying in bed restless.**

## Reflection questions

In this scenario, Maria is happy by deciding to do something for someone else. It can be nice to make such a type of decision!

- When have you made a decision to help someone?
- How did that make you feel?

## Scenario 9



After Maria has done some of the household chores, there is a tailor coming to the house. You are excited! He is bringing different fabrics and you can choose a fabric for a dress.

**Which one do you choose?**



The tailor shows you a fabric you like a lot! You will choose this one.



The tailor shows you a fabric that your mother likes. She tells you that that is exactly the colours and pattern that suits you. You choose this fabric.



The tailor shows you a fabric that you are not so sure about. You are not so sure if you like the colour. Then you remember that a friend of you has a dress in that specific fabric! You decide for this one.

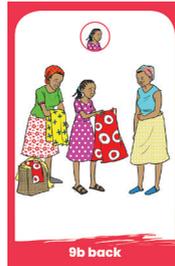


Put your tokens on your decision.

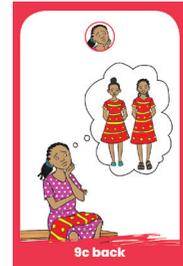
## Turn the decision-making cards around.



You are so excited for your dream dress to come true! **You are happy and therefore you get 3 happy points.**



You are not so sure about the colour and pattern of the fabric that your mother chose. It makes you a bit sad that you have gone for this option. **You get no happy points.**



You have this vision where you see you and your friend next to each other, wearing the same dress. That does not make you happy and so **you don't get happy points.**

### Reflections questions

You get happy points because Maria is happy with her dream dress! But it is not always easy in these situations to choose what you want, whether that is a dress or something else. Decisions you make will always be influenced.

- Do you have such an experience, that your decision was influenced by an opinion of someone else? Let's share!
- What was difficult in that situation?

### Unexpected moment 3



Because you helped your parents in the garden, your mother can already start cooking.

**Everyone who chooses to do some weeding gets 2 extra happy points!**

### Scenario 10



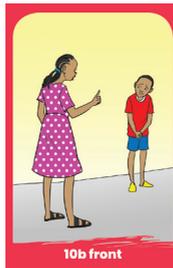
It is early evening and while Maria's mother is cooking, Maria sits next to the fire together with her brothers. One of you brothers is telling you a joke. They are laughing super hard but Maria doesn't think the joke is funny.

**What do you do?**



10a front

You walk to your bedroom to be alone.



10b front

You tell your brother that you do not like the joke. It makes your brother a bit shameful.



10c front

You slap your brother. He deserves it!



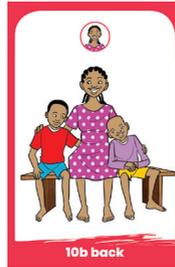
Put your tokens on your decision.

## Turn the decision-making cards around.



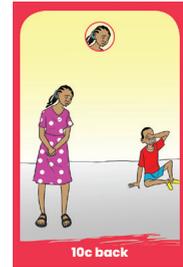
10a back

You are sad about the joke. You are also sad that your brother won't understand why the joke wasn't funny if you do not tell him.



10b back

Your brother understands it now and you sit happily together again. **You are happy and therefore get 3 happy points!**



10c back

Your brother is crying and very upset. **You have to hand in 3 happy points.**

### Reflection questions

- You have to hand in 3 happy points if you made Maria's brother cry. Why is that? Why is this a decision that is not good for Maria?
- What would you do in such a situation? Why?

**Cordaid** is based in the Netherlands and has country offices in 11 countries. In Uganda our programs focus on health & education system strengthening through Result Based Financing, supporting sustainable livelihoods, climate resilience and stimulating private sector development to advance economic perspectives and entrepreneurship.

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Cordaid

Plot 12B Faraday Road, Bugolobi

Nakawa Division

Email: [petra.haren@cordaid.org](mailto:petra.haren@cordaid.org)



Restoring Hope,  
Transforming Lives