



Stillness Game

1: Introduction:

Thanks to over stimulation of our brains in society from every side, staying still to think and process information is becoming a lost art. The Stillness Game is the most *simple* and *effective* way to maintain control of a game explanation or announcement time. (An option for scorekeepers)

2: Effective time management:

This game helps scorekeeper *streamline* what they say and players be *still* and listen.

3: Simple implementation:

A: Simply and *calmly* say: “Anyone who wants to gain up to **50** points for winning the Stillness Game needs to be in my camera view in the next 10 seconds.” (Count down from 10 with enthusiasm)

B: Push record on phone camera and *while filming* for evidence of “stillness” for each player *make* the announcements or explanations you need to make for **30 to 45 seconds**.

- 1) Be consistent and finish speaking *right at the time* promised.
- 2) Repeat *as needed* throughout your game time. *Multiple* ‘stillness games’ will each be averaged along with “Good Sport Game” and all other games played.
- 3) *After* game time watch video(s) and count *movements* of all players filmed. Allow some time for replaying the video(s). (As players get better ranking gets *harder*)
 - a) If outside to not count movements caused by wind.
 - b) Use *size* of movements as a differentiator. Big movements worse than small.
 - c) The more that players play “Stillness Game” the pickier you will have to be.
- 4) On score sheet write “Stillness Game” and ranking of players from *most still* to *least still*. GGG will assign points and average with all other game(s) results listed.
- 5) **DO NOT** share videos with **anyone**. **Delete** all video(s) *only* when done ranking and entire completed score sheet has been submitted to dblcookies@gmail.com.

4: Be objective:

A: *No favorites*: Regardless of who is at your game time and your relationship to them, focus only on lack of movement.

B: Remember this game is *optional* for scorekeepers to use as a tool for enhancing fun and maintaining order without having to resort to *constant* reminders to “be quiet and listen”.

5: Conclusion:

Consider “Stillness Game” as a well oiled machine. It is only as effective as its maintenance and execution. The scorekeeper will find that keeping their comments inside the time of stillness for players provides all persons with a greater game meeting experience. The awareness of the *benefits* of the time in *stillness* is written clearly on the faces of the players in the learning *while* playing experience called a GOOD GOOD GAME.

As always forward any *feedback* about ways to improve any game to: **dblcookies@gmail.com**