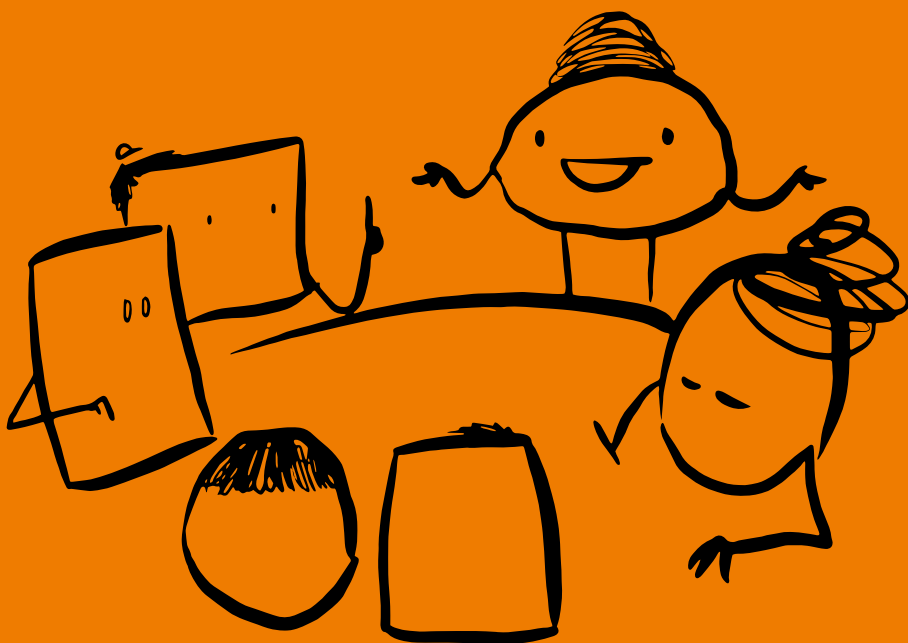


One hour. Many voices.

The Discussion Game



GAME GUIDE

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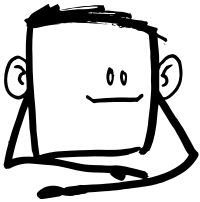
.....

- 4 to 6 players per table
- 1 moderator
- Duration: 60 minutes of speaking time plus introduction and conclusion

The concept

“One Hour, Many Voices” fosters discussion in a safe space and playful manner, including on controversial topics.

The game revolves around listening and understanding different points of view. It is not about convincing others that you are right. The rules and materials give the discussion structure and ensure it remains constructive.



“One Hour, Many Voices” lets everyone feel heard, uncovers common ground and fosters constructive conversation despite differing opinions. The game can be played in many different settings and can cover many different topics.

The role of the moderator

The moderator leads the group through the game from start to finish. They:

- Make sure the atmosphere is open and welcoming.
- Explain the rules of the game and make sure they are followed.
- Distribute speaking time fairly so that every player has a chance to share their perspective.
- Remain impartial – that is, support all players equally.
- Listen actively, summarize what they hear and make sure every voice is heard.

GAME MATERIALS



1 MICROPHONE

is placed in front of the player whose turn it is to speak. It is passed along to the next player after a maximum of three minutes.



2 HOURGLASSES

keep track of speaking time. If a player does not use the whole three minutes, then the second hourglass is started.



18 MOOD STONES (3 per player)

show the mood of the players using traffic light colors.

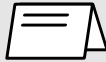


Green circle: "Very good"

Orange square: "Okay"



Red hexagon: "Not so good"



1 TOPIC CARD (4 copies provided)

stands in the center of the table and shows the topic of discussion.



2 ROLE CARDS AND 6 JOKER CARDS

The holder of the moderator card leads the discussion.

The holder of the timekeeper card keeps track of speaking time. A joker card grants a player an additional three minutes of speaking time.



6 QUESTION CARDS

are used to give the discussion structure. After the opening question, the follow-up questions may be played in any order.



10 THANK-YOU CARDS

are played at the end of the game to highlight what went particularly well during the discussion.



1 GAME OVERVIEW (on the back of this booklet)

provides the moderator with a quick overview of how to play.

BEFORE PLAY BEGINS

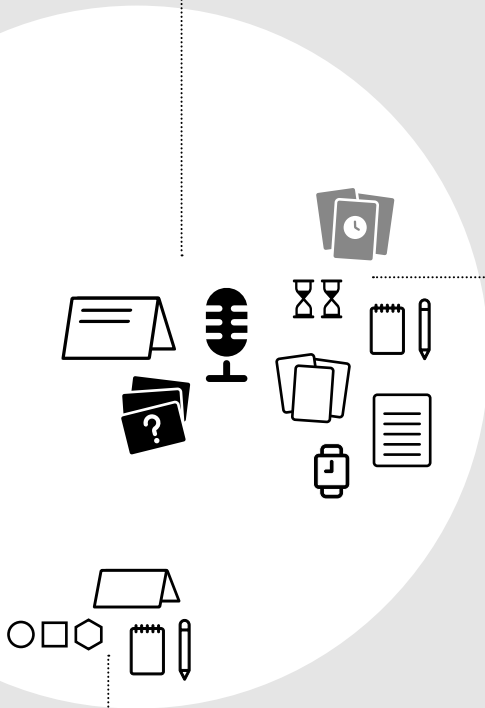
CHOOSE A TOPIC

Before play begins, choose the topic to be discussed at the table.
“One Hour, Many Voices” works well for nearly any topic.

TABLE SETUP

Write down the topic on both sides of the topic card.
Stand the card in the center of the table.

Lay the six question cards out face down on the table,
with the opening question on top.

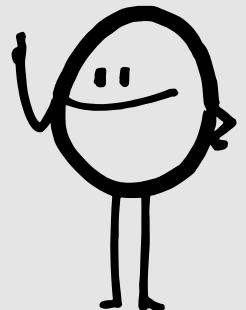


Place the following materials on the
table where the **MODERATOR** will sit:

- Microphone
- Role and joker cards (orange)
- Hourglasses
- Thank-you cards (white)
- Game overview
- Pen
- Notepad
- Timekeeping device for the overall time

Place the following materials on the table
in front of where **EACH PLAYER** will sit:

- Three mood stones
- Name card (optional)
- Pen
- Notepad or piece of paper



PLAYING THE GAME

Introduction

Welcome the players. Create a comfortable and respectful atmosphere and introduce the format and topic.

NAMES

If the players do not already all know each other, invite them to write down their names on name cards that they can place in front of them.

RULES OF THE GAME

Explain how the microphone, hourglasses, joker cards and question cards are used. State clearly that in “One Hour, Many Voices,” the following discussion rules apply:

- Listen attentively.
- Let others finish talking; do not interrupt.
- Be respectful at all times.

ASSIGN THE ROLES

MODERATOR: This is your role.

TIMEKEEPER: Ask who would like to volunteer to be the timekeeper and keep track of time. Give this person the timekeeper card and both hourglasses.

JOKER: Give each player one joker card. A player can play this card once in the game to speak for an additional three minutes, regardless of speaking order.

MOOD SNAPSHOT

Prompt the players to evaluate their mood by asking them to place a mood stone in front of them that corresponds to how they feel.

The mood stones use a traffic light color scheme.

GREEN: *“I am in a very good mood.”*

ORANGE: *“I am in an okay mood.”*

RED: *“I am in a not so good mood.”*

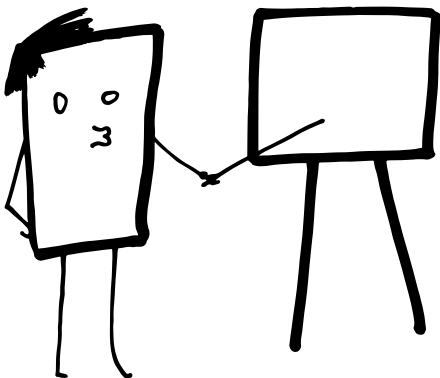
First round

Ask a player to turn over the opening question and read it aloud. It says: "What is your view on this topic?" This question will now be answered by every player, one by one.

Pass the microphone to the player on your left and invite them to share their view on the topic. The timekeeper turns an hourglass upside down, starting the three minutes of speaking time. Everyone else at the table should listen attentively. The timekeeper gives a sign when the speaking time has run out.

The microphone is then passed along to the next person at the table, who now shares their view on the topic. If the previous player did not use all three minutes, the second hourglass is turned over. The moderator takes charge of the hourglasses when it is the timekeeper's turn to speak. This sequence continues until every player has shared their view, playing their joker as desired.

Once the round is complete, ask the players if they would like to note down any ideas or important thoughts. Depending on the context in which the game is played, these notes can be collected and evaluated after play ends.



Additional rounds

Ask a player to pick up one of the remaining question cards from the table and read it aloud.

Each card has one constructive question designed to spark discussion. The selected question will be answered in the coming round by the players. The question cards have no set order. The questions are:

- *What did you hear that got you thinking?*
- *What perspectives are missing from this table?*
- *Who or what could help take this topic to the next level?*
- *Imagine you wake up tomorrow and all your dreams on this topic have come true. What has changed?*
- *What do we have in common despite our different perspectives?*

The players can decide as a group to pick a different question card if the selected one does not seem appropriate. This may be done once.

As soon as the question has been agreed upon, a new round begins, following the same rules as in the first round (up to three minutes of speaking time per player, the chance to note down ideas at the end of the round, etc.) but with one key difference: In the second and all subsequent rounds there is no set speaking order. Whoever has something to say can receive the microphone next, regardless of who spoke before them. Players are also not obligated to answer the question. However, it is important to make sure speaking time remains fairly distributed.

Continue playing rounds with the remaining question cards until 60 minutes are up and the most recently selected question card has been played to the end.

In one hour of play, there is normally time for the opening question plus an additional two to three question cards.

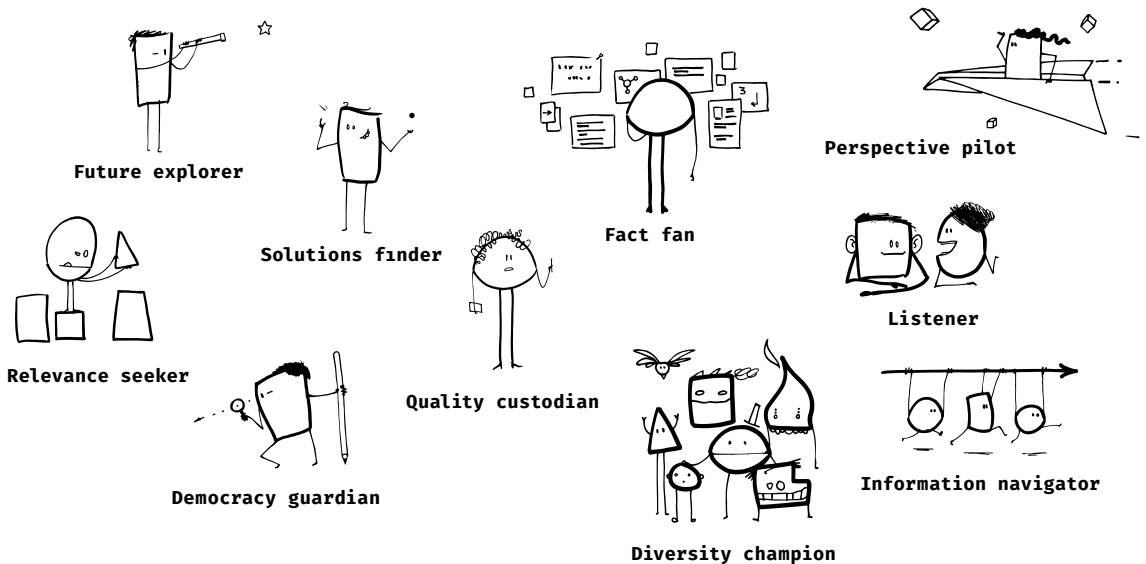
Conclusion

MOOD STONES: HOW AM I FEELING?

Prompt the players to evaluate their mood and whether it has changed by asking them to place a mood stone on the table in front of them that corresponds to how they feel.

THANK-YOU CARDS: WHAT WENT WELL?

Place the thank-you cards text-side down on the table. The cards illustrate different strengths that enrich a discussion.



Each player chooses a card that expresses something positive they noticed during the game, whether this is in respect to themselves or to someone else. Their choice should be made in free association with the images. Ask the players to briefly explain their choice. Each player should eventually receive a card; it is possible for two or more players to share the same one.

This reflective exercise concludes the game. You may now invite the group to continue talking freely about the topic or their experience playing the game.

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More information on the
discussion game “One Hour,
Many Voices” is available at
www.one-hour-many-voices.com

GAME OVERVIEW

1. Introduction

- Welcome and topic
- Name cards (optional)
- Explain materials and rules
- Distribute role and joker cards
- Ask about mood (red, orange, green)

2. Game (60 minutes)

ROUND ONE

- Turn over opening question
- Speaking in order, max. three minutes
- Note down ideas (optional)

ADDITIONAL ROUNDS

- Choose and turn over question card
- Max. three minutes speaking time, no set order
- Note down ideas (optional)

3. Conclusion

- Ask about mood (red, orange, green)
- Thank-you cards
- Invite players to continue talking

