

About the Game

This game was developed as part of the Erasmus+ training course **“Shift Happens: From Comfort Zone to Competence”**, organised with the aim of supporting youth workers and young people in developing skills, knowledge and competences through non-formal education.

Project: Shift Happens: From Comfort Zone to Competence

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The game was **created and tested** by participants during the project and is **designed as a practical tool** for youth work, educational activities and other non-formal learning settings.

This project was **co-funded by the European Union** through the Erasmus+ Programme.

The game may be freely used, adapted and shared for educational and **non-formal learning purposes**.

Enjoy using the game in your own activities!

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ORGANISED BY BRNO FOR YOU.



GO WITH THE FLOW **DON'T BE AFRAID**



GO WITH THE FLOW – CARD GAME

Game Theme

- Go With The Flow is a card game about handling uncomfortable situations, leaving your comfort zone, adapting to change, and protecting your values and boundaries.
- Players have 1 minute to answer, act, negotiate, improvise, or make a decision.
- The game master gives points using the scoring cheat sheet.



GAME MASTER SCORING CHEAT SHEET

Use this cheat sheet to make scoring less subjective.

- **Level 1** – Max 3 Points
 - Give 1 point for each:
 - The player understands the situation.
 - The player gives a clear response or action.
 - The player respects the value or boundary on the card.
 - Bonus: +1 if they complete the extra challenge.



GAME MASTER SCORING CHEAT SHEET

Use this cheat sheet to make scoring less subjective.

- **Level 2** – Max 4 Points
 - Give 1 point for each:
 - The player understands the situation.
 - The player gives a clear response or action.
 - The player shows adaptability.
 - The player respects the value and boundary on the card.
 - Bonus: +1 if they complete the extra challenge.



GAME MASTER SCORING CHEAT SHEET

Level 3 – Max 5 Points

- Give 1 point for each:
- The player understands the situation.
- The player gives a clear response or action.
- The player shows adaptability under pressure.
- The player protects values and boundaries.
- The player communicates with confidence and respect.
- Bonus: +1 if they complete the extra challenge.



GAME MASTER SCORING CHEAT SHEET

SAFETY RULE

- A player may skip one card per game if the situation feels too uncomfortable.
- They receive 0 points for that card, but they do not need to explain why.
- The goal is to go out of the comfort zone, not to embarrass or pressure anyone.

Situation: Your group has chosen a plan, but you notice a serious problem with it right before the activity starts.

Task: Act out how you stop the group, explain the issue, and suggest a better direction.

Value: Responsibility

Boundary: Speaking up under pressure

Extra Challenge: Do it without sounding negative or controlling.

Situation: Another player keeps making decisions for you, even after you already said what you prefer.

Task: Act out how you clearly restate your boundary.

Value: Self-respect

Boundary: Saying no clearly

Extra Challenge: Use a calm but firm tone twice.

Situation: During a team challenge, two people start talking over each other and the group is losing time.

Task: Act out how you step in and organize the conversation.

Value: Leadership

Boundary: Respectful communication

Extra Challenge: Give each person a clear speaking turn.

Situation: You realize you agreed to something only because the group expected it, not because you truly wanted to.

Task: Explain how you would correct the situation honestly.

Value: Honesty

Boundary: Changing your answer

Extra Challenge: Say it in a way that keeps trust with the group.

Situation: Your team is depending on you, but you know someone else is better suited for the task.

Task: Explain whether you keep the role, share it, or give it to someone else.

Value: Responsibility

Boundary: Admitting limits

Extra Challenge: Explain how this helps the team, not just you.

Situation: A group member gives you feedback in front of everyone, and you feel embarrassed.

Task: Explain how you would respond without becoming defensive.

Value: Self-control

Boundary: Receiving feedback respectfully

Extra Challenge: Turn the feedback into one concrete improvement.

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Situation: The group wants to take a risky creative approach, but you believe it may fail. They think you are blocking the fun.

Task: Negotiate a compromise between creativity and safety.

Value: Courage

Boundary: Expressing concern

Extra Challenge: Keep one creative part of the plan.

Situation: You are asked to help two different players at the same time, but you only have time for one.

Task: Negotiate how you will divide your attention fairly.

Value: Responsibility

Boundary: Time limits

Extra Challenge: Offer a solution where nobody is completely ignored.

Situation: Another player wants to use the Joker to help you, but you want to solve the card alone to prove yourself.

Task: Negotiate whether you accept help or continue alone.

Value: Courage

Boundary: Accepting or refusing help

Extra Challenge: Explain when help is useful and when independence is useful.

Situation: You start answering confidently, but the game master says: "New rule – you must now answer from the opposite point of view."

Task: Improvise the opposite perspective while staying respectful.

Value: Adaptability

Boundary: Flexibility under pressure

Extra Challenge: Mention one strength and one weakness of that perspective.

Situation: You are solving a problem, but another player suddenly disagrees with your first sentence.

Task: Improvise a response that includes their disagreement without losing your direction.

Value: Respect

Boundary: Handling interruption

Extra Challenge: Use their point to improve your answer.

Situation: The solution you planned is no longer allowed. You must find a new one immediately.

Task: Improvise a completely different solution.

Value: Adaptability

Boundary: Accepting sudden change

Extra Challenge: Explain why the new solution still respects the group.

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Situation: Your team has one minute left and two unfinished tasks.

Task: Decide what to prioritize and explain why.

Value: Responsibility

Boundary: Accepting limits

Extra Challenge: Delegate one task to another player

Situation: You have 10 seconds to choose: protect your own boundary or keep the group moving faster.

Task: Decide what you do and defend your choice.

Value: Self-respect

Boundary: Personal limits

Extra Challenge: Find a way to do both.

Situation: You can either choose the safe option or try a creative but uncertain option.

Task: Decide and explain your reasoning.

Value: Courage

Boundary: Managing risk

Extra Challenge: Choose the option you would normally avoid

Situation: Your group is close to winning, but the strategy being used is making one player feel excluded.

Task: Decide whether to continue, pause, or change the strategy.

Value: Respect

Boundary: Inclusion

Extra Challenge: Keep the team competitive while including the player.

Situation: A player asks for help, but helping them may reduce your own chance of winning.

Task: Decide what you do.

Value: Empathy

Boundary: Balancing self and others

Extra Challenge: Find a solution that helps both sides.

Situation: You must choose between doing what is easiest for you and doing what is more responsible for the group.

Task: Decide and explain your reasoning.

Value: Responsibility

Boundary: Balancing comfort and duty

Extra Challenge: Choose the harder option and explain how you would handle it.

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Situation: A group member keeps interrupting you while you speak.

Task: Act out how you would respond respectfully.

Value: Courage

Boundary: Protecting your voice

Extra Challenge: Do it calmly, without blaming them.

Situation: You are chosen to lead a task, but you did not expect it.

Task: Act out how you accept the role and organize the first step.

Value: Responsibility

Boundary: Managing pressure

Extra Challenge: Include everyone in your plan.

Situation: Someone asks you to share something personal that you do not want to share.

Task: Act out how you set a boundary politely.

Value: Self-respect

Boundary: Privacy

Extra Challenge: Give a friendly alternative topic.

Situation: You disagree with the group's idea, but everyone else seems excited.

Task: Explain how you would share your opinion respectfully.

Value: Honesty

Boundary: Disagreeing respectfully

Extra Challenge: Start with something positive.

Situation: You made a small mistake that affected the group. Nobody noticed yet.

Task: Explain what you would do.

Value: Honesty

Boundary: Taking responsibility

Extra Challenge: Include how you would fix it.

Situation: A teammate is doing most of the work, and you notice it is unfair.

Task: Explain how you would react.

Value: Responsibility

Boundary: Fairness

Extra Challenge: Suggest a better division of tasks.

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Situation: Your group has two different plans, and both could work.

Task: Negotiate a final plan with another player.

Value: Teamwork

Boundary: Respecting different ideas

Extra Challenge: Use one idea from each plan.

Situation: Another player wants you to take a role you really dislike.

Task: Negotiate another role or a compromise.

Value: Honesty

Boundary: Saying no

Extra Challenge: Offer a useful alternative.

Situation: Your teammate wants to rush, but you think the group needs better quality.

Task: Negotiate a balance between speed and quality.

Value: Responsibility

Boundary: Explaining concerns

Extra Challenge: Agree on one concrete next step.

Situation: Your group loses an important game item or resource.

Task: Improvise a new strategy.

Value: Adaptability

Boundary: Staying calm

Extra Challenge: Involve another player in the solution.

Situation: You have to explain an idea, but you cannot use the three most obvious words.

Task: Improvise your explanation.

Value: Creativity

Boundary: Handling limits

Extra Challenge: Make it understandable in 30 seconds.

Situation: The person you expected to help you is not available.

Task: Improvise how you continue, either alone or with someone else.

Value: Independence

Boundary: Asking for support

Extra Challenge: Mention two possible solutions.

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Situation: A confident player takes control of the whole group and ignores quieter people.

Task: Act out how you would bring balance back to the group.

Value: Respect

Boundary: Protecting group fairness

Extra Challenge: Invite a quiet player to speak.

Situation: Someone pressures you to agree with an idea you do not support.

Task: Act out how you say no clearly and respectfully.

Value: Honesty

Boundary: Saying no

Extra Challenge: Repeat your boundary twice without becoming aggressive.

Situation: You are suddenly asked to speak for your team, but you are not fully prepared.

Task: Act out a short response that shows confidence and honesty.

Value: Courage

Boundary: Admitting limits

Extra Challenge: Say what you know and what you still need to check

Situation: You realize your team's strategy is not working, but changing it may annoy the group.

Task: Explain how you would suggest a change.

Value: Adaptability

Boundary: Disagreeing respectfully

Extra Challenge: Propose a new strategy in one sentence.

Situation: You feel uncomfortable with the way a group task is being done, but nobody else says anything.

Task: Explain how you would speak up.

Value: Courage

Boundary: Explaining discomfort

Extra Challenge: Use "I feel..." without blaming anyone.

Situation: You promised to help with a task, but now you realize you cannot do it well in time.

Task: Explain what you would say to the group.

Value: Responsibility

Boundary: Being honest about limits

Extra Challenge: Offer a realistic replacement solution.

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Situation: Two players strongly disagree, and the group cannot continue.

Task: Negotiate a compromise between them.

Value: Patience

Boundary: Respectful disagreement

Extra Challenge: Summarize both sides fairly before suggesting a solution.

Situation: You are given too many responsibilities in the group.

Task: Negotiate a fairer division of tasks.

Value: Self-respect

Boundary: Saying no

Extra Challenge: Ask one specific person to take one specific task.

Situation: Your idea is rejected quickly, but you believe it could help the team.

Task: Negotiate for your idea to be reconsidered.

Value: Courage

Boundary: Defending your opinion respectfully

Extra Challenge: Ask for 20 seconds to explain it.

Situation: Halfway through your turn, the game master changes your goal.

Task: Improvise how you adapt your answer.

Value: Adaptability

Boundary: Staying calm during change

Extra Challenge: Keep your original value while changing your strategy.

Situation: You must solve a problem, but one important piece of information is missing.

Task: Improvise a solution and explain what you would ask next.

Value: Responsibility

Boundary: Asking for clarity

Extra Challenge: Give two possible solutions depending on the missing information.

Situation: Another player gives you unexpected criticism during your answer.

Task: Improvise a respectful response and continue.

Value: Self-control

Boundary: Receiving feedback

Extra Challenge: Thank them and improve your answer.

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Situation: Your team must choose between a fast solution that is less fair and a slower solution that includes everyone.

Task: Decide and defend your choice.

Value: Respect

Boundary: Fairness

Extra Challenge: Choose a solution that keeps both speed and fairness.

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Situation: Your group wants to continue with a decision that feels unfair to one player, but changing the plan could slow everyone down.

Task: Negotiate a solution that respects the player without stopping the group completely.

Value: Respect

Boundary: Fairness and inclusion

Extra Challenge: Propose a compromise that keeps the group moving.

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Situation: The group wants you to continue an activity, but you clearly want to stop.

Task: Decide how you communicate your limit.

Value: Self-respect

Boundary: Saying no clearly

Extra Challenge: Say no and suggest another way to stay involved.

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