

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

Project No.: 2025-1-CZ01-KA151-YOU-000300700

Accreditation No.: 2022-1-CZ01-KA150-YOU-000111402

Dates: 21–28 June 2026

Venue: Moravec, Czech Republic

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!

Brno.
For you.



Co-funded by the
Erasmus+ Programme
of the European Union

Name: Take on evolution

Description:

Dear amoebas, get ready to face change and evolve through the paths of life. As such take on this opportunity and appreciate the process whilst reaching the final version of YOU, aim to appreciate every species level, and embrace the nature within.

To be able to do so you must first learn how to evolve. Initially, each one of you is an amoeba, to be able to progress you must find a partner to battle in an intense game of rock, paper, scissors. Moreover, the winner of the battle would be able to evolve onto the next species, whereas the other player remains the same. In the following rounds participants can only battle with other players of the same species. While engaging in this exhausting battling, do not forget to set a timer, as every minute you are required to draw an opportunity card from the deck, and face your destiny.

To be able to recognize your levels, act according to the following diagram with suggested movements, and voice out your level to other participants.

Opportunity cards:

Individual Challenges:

1. Try to name everyone's name from the group
2. You have now become the game master for 2 rounds, you are allowed to control the game.
3. You have earned a Joker card
4. You are now able to progress for two levels
5. You have regressed 2 levels

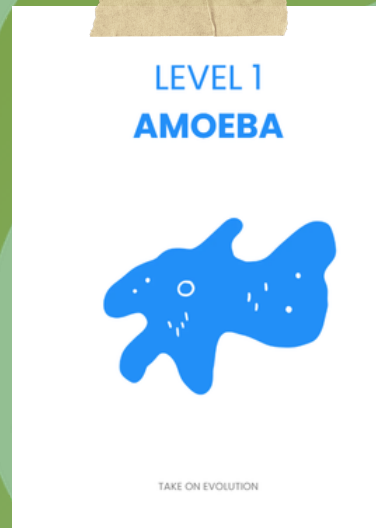
Group Challenges (6 are ready in the canva):

1. All participants should play the next 3 rounds standing on one leg
2. All participants should play one round while holding a plank
3. All participants regress by one level
4. All participants should only use sound to find their partner
5. All participants can find their partner by only using movement
6. All participants should spin 7 times before playing rock paper scissors
7. All participants that are chicken have been eaten by the snakes and have now regressed back to amoebas
8. All participants should play the next round in slow motion
9. All participants should play the next round as if they were senior grandparents
10. All participants should play the next round while jumping
11. All participants should play the next round while running
12. All participants should play the next round while crawling
13. All participants should play the next round while singing opera
14. All participants should play the next round as if they were drunk
15. All participants should play the next round only speaking in gibberish
16. All participants should start the next round with a handshake
17. All participants should partner up with a player from a lower level

Canva link <https://canva.link/fd8hkgte65q50a2>

WHAT TO DO WITH THE PACK:

CUT THE SQUARE CARDS
PLACE THE EVOLUTION IN ORDER ON A WALL FOR EASIER
ORIENTATION THROUGHOUT THE GAME



PUT THEM IN ONE PACK AND
USE ONE PER MINUTE OF
PLAYING IN RANDOM ORDER

TAKE ON EVOLUTION

ENJOY EVOLVING!

MIGHT BE AN ENERIZER
MIGHT BE AN ADAPTABILITY ACTIVITY FOR 10-35 PEOPLE
UNDER 15 MINUTES

HOW TO PLAY:

Dear amoebas,
get ready to face change and evolve through the paths of life. As such take on this opportunity and appreciate the process whilst reaching the final version of YOU, aim to appreciate every species level, and embrace the nature within.

To be able to do so you must first learn how to evolve. Initially, each one of you is an AMOEBA, to be able to progress you must find a partner to battle in an intense game of rock, paper, scissors.

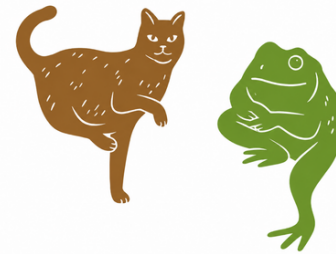


Moreover, the winner of the battle would be able to evolve onto the next species, whereas the other player remains the same. In the following rounds participants can only battle with other players of the same species. While engaging in this exhausting battling, do not forget to set a timer, as every minute you are required to draw an opportunity card from the deck, and face your destiny.

To be able to recognize your levels, act according to the following diagram with suggested movements, and voice out your level to other participants.



ALL PARTICIPANTS SHOULD
PLAY THE NEXT **3 ROUNDS**
STANDING ON ONE LEG



ALL PARTICIPANTS SHOULD
PLAY **ONE ROUND** WHILE
HOLDING A PLANK



ALL PARTICIPANTS SHOULD
ONLY USE SOUND TO FIND
THEIR PARTNER



ALL PARTICIPANTS
SHOULD **SPIN 7 TIMES**
BEFORE PLAYING ROCK
PAPER SCISSORS



ALL PARTICIPANTS THAT
ARE **CHICKEN HAVE BEEN**
EATEN BY THE SNAKES AND
HAVE NOW REGRESSED
BACK TO AMOEBAS



ALL PARTICIPANTS SHOULD
PLAY THE **NEXT ROUND IN**
SLOW MOTION



TRY TO **NAME**
EVERYONE'S NAME
FROM THE GROUP

YOU HAVE EARNED
A **JOKER CARD**

ALL PARTICIPANTS CAN
FIND THEIR PARTNER BY
ONLY USING
MOVEMENT

ALL PARTICIPANTS
SHOULD PLAY THE NEXT
ROUND **WHILE JUMPING**



YOU HAVE NOW
BECOME THE **GAME**
MASTER FOR 2
ROUNDS, YOU ARE
ALLOWED TO
CONTROL THE GAME.

ALL PARTICIPANTS
REGRESS BY ONE LEVEL



ALL PARTICIPANTS
SHOULD **ONLY USE**
SOUND TO FIND
THEIR PARTNER

ALL PARTICIPANTS
SHOULD PLAY THE NEXT
ROUND **WHILE RUNNING**



YOU ARE NOW ABLE
TO **PROGRESS FOR**
TWO LEVELS



YOU HAVE
REGRESSED
2 LEVELS



ALL PARTICIPANTS
SHOULD PLAY THE **NEXT**
ROUND AS IF THEY WERE
SENIOR GRANDPARENTS

ALL PARTICIPANTS SHOULD
PLAY THE NEXT ROUND
WHILE CRAWLING



ALL PARTICIPANTS
SHOULD PLAY THE
NEXT ROUND WHILE
SINGING OPERA

ALL PARTICIPANTS
SHOULD **START THE**
NEXT ROUND WITH
A HANDSHAKE

ALL PARTICIPANTS
SHOULD PLAY THE
NEXT ROUND **AS IF**
THEY WERE **DRUNK**

ALL PARTICIPANTS
SHOULD **PARTNER UP**
WITH A PLAYER FROM A
LOWER LEVEL



ALL PARTICIPANTS
SHOULD PLAY THE
NEXT ROUND ONLY
SPEAKING IN
GIBBERISH

ALL PARTICIPANTS
SHOULD **PARTNER UP**
WITH A PLAYER FROM A
UPPER LEVEL



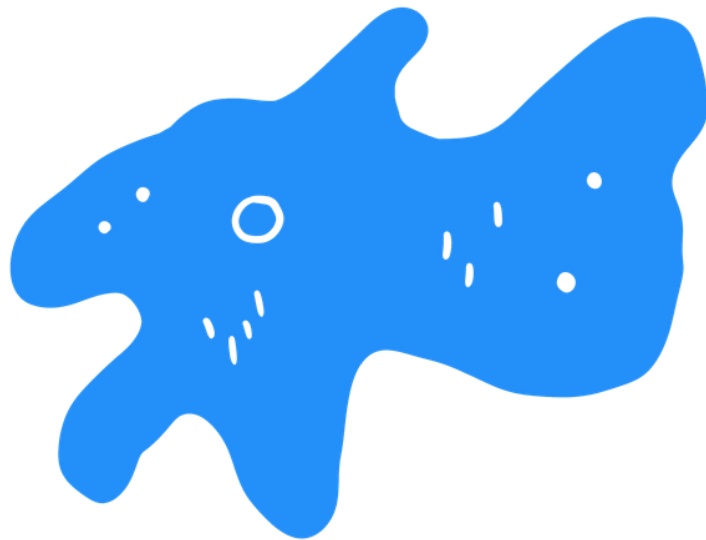
LEVEL 9 HUMAN



TAKE ON EVOLUTION

LEVEL 1

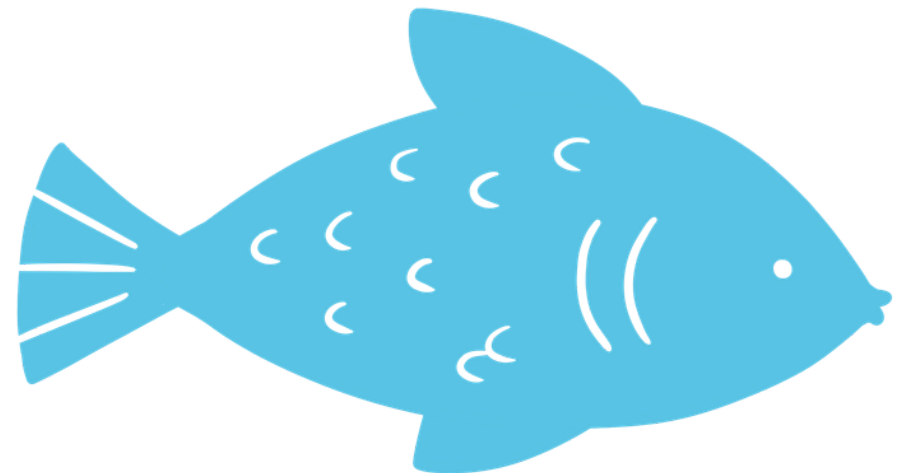
AMOEBA



TAKE ON EVOLUTION

LEVEL 2

FISH



TAKE ON EVOLUTION

LEVEL 3

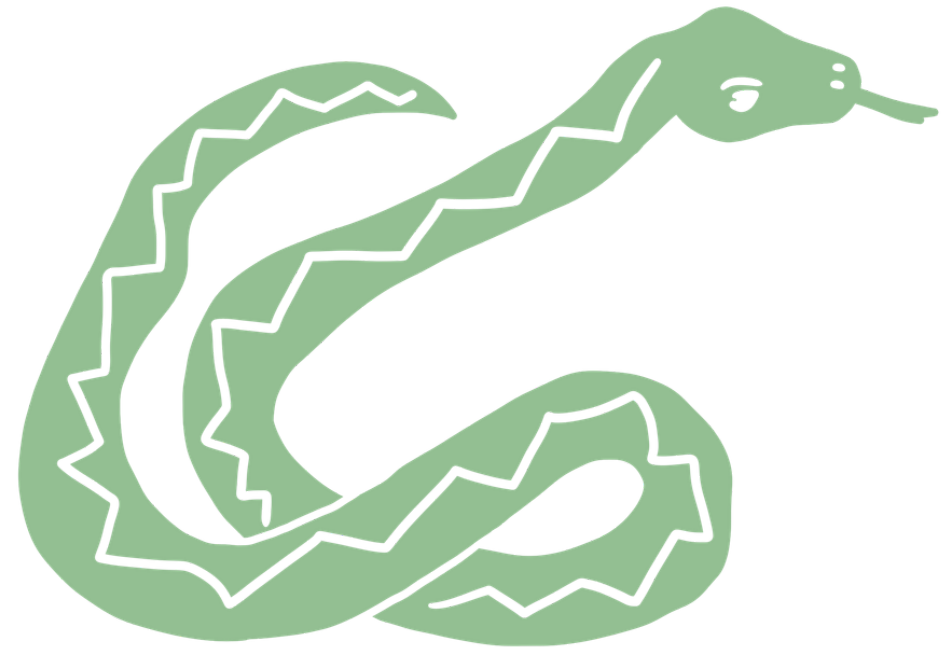
FROG



TAKE ON EVOLUTION

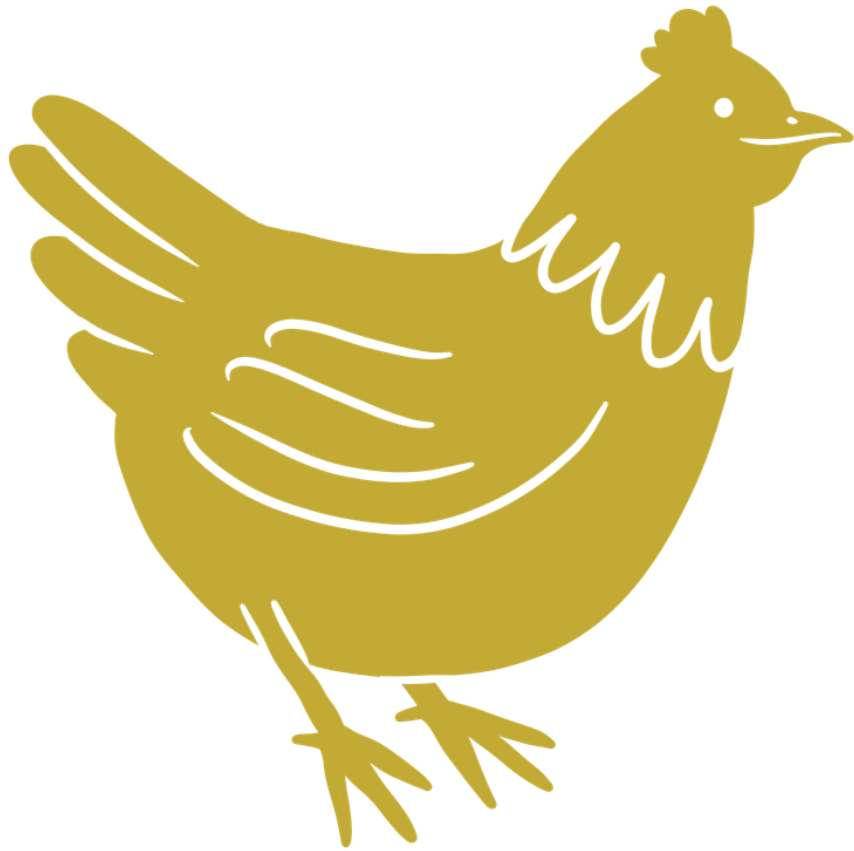
LEVEL 4

SNAKE



TAKE ON EVOLUTION

LEVEL 5 CHICKEN



TAKE ON EVOLUTION

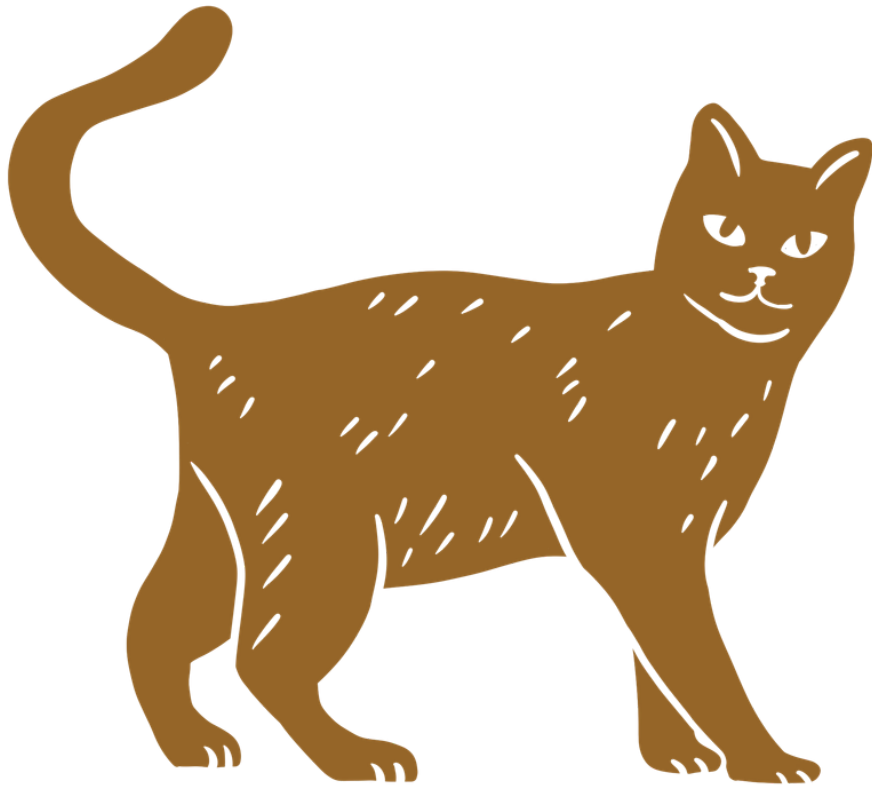
LEVEL 6 MOUSE



TAKE ON EVOLUTION

LEVEL 7

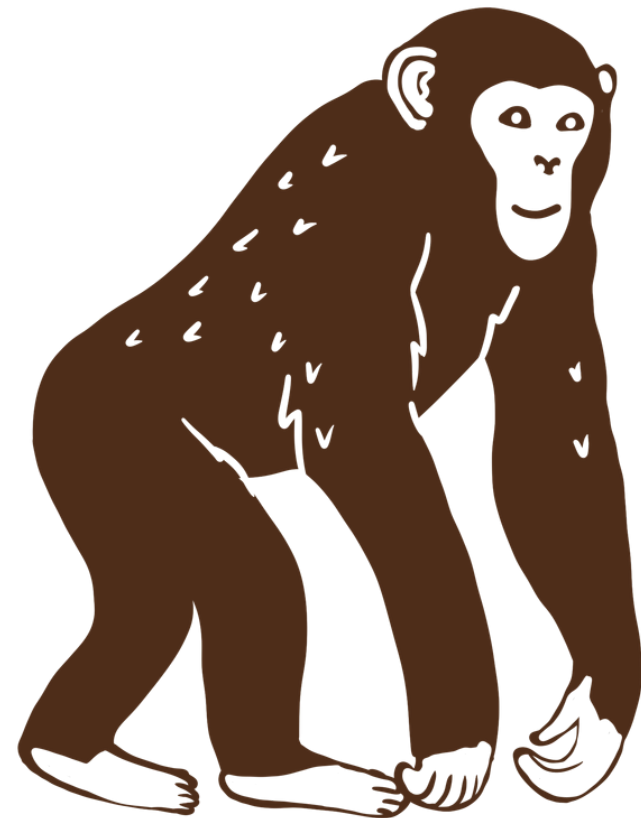
CAT



TAKE ON EVOLUTION

LEVEL 8

APE



TAKE ON EVOLUTION