



Each Mind Matters Trivia Game



Instructions

Each Mind Matters Trivia is a recognized social game in which teams are asked questions about suicide prevention, mental health and substance use and they have to get as many correct answers and points as possible. Utilize this trivia game as part of events, community outreach or with a group of friends and family.

What's in the Game:

- ☞ Trivia Cards
- ☞ Instruction Card

What You'll Need:

- ☞ 1 – 2 people to act as the Trivia Judge and/or Score Keeper
- ☞ Writing utensils and pieces of paper for each team to write their answers down
- ☞ Visible score board, such as a chalkboard, whiteboard or an easel with paper and a writing utensil to keep track of each team's score
- ☞ Timer or clock to keep track of the time between questions
- ☞ (Optional) Prize for the winner

How to Play:

There are lots of different ways to play Trivia and we encourage you to amend these suggestions.

- ☞ The Trivia Judge will read off questions and answers, while the Score Keeper (if you have one) will keep score on a visible score board. If you don't have a Score Keeper, the Trivia Judge can keep score.
- ☞ Divide the participants into equal teams and have them choose team names. Once team names are finalized, the Trivia Judge will write out each team name at the top of the visible score board.
- ☞ Provide each team with a writing utensil and a stack of paper to use as "answer tickets." Teams will write down their team name on each answer ticket and their responses to the trivia questions on these.

How to Play (continued):

- ⦿ Trivia Judges, make sure that your card deck is in order e.g; each category's questions should be read in order starting at 100, 200, 300, 400. The numbers on the card not only tell you the order in which to read them, but they also reflect the number of points that are received if that question is answered correctly. An alternative way to play is to give each card the same score.
- ⦿ The Trivia Judge will choose a category to begin and read off that category's questions one at a time in the following order: 100, 200, 300, 400. An alternative way to play is to mix and match categories (e.g; 100 mental health, followed by 100 suicide prevention).
- ⦿ When ready, the Trivia Judge will set their timer or clock to 60 – 120 seconds (depending on how long you'd like the game to go) and read off the first question, teams will have 60 – 120 seconds to work together to write down their response on their answer tickets.
- ⦿ Once the 60 – 120 seconds have passed, the Trivia Judge will call TIME. All teams must now bring their answer ticket, with their team name on top and responses to the question, to the Trivia Judge or Score Keeper. The Trivia Judge will read off the question one more time, along with the answer and description.
- ⦿ Before moving on to the next question, the Trivia Judge or the Score Keeper will record each teams score on the score board.

What are the Rules?

- ⦿ Teams must write down their team name and answers on their answer ticket (e.g. piece of paper), do not call out answers.
- ⦿ Teams have the pre-determined time to come up with their answer, recommended at 60 – 120 seconds.
- ⦿ Teams are only allowed to submit one answer response per question, or for the questions that ask for three or four answers, three or four answer responses. Submitting more than the asked for answer responses or providing general descriptions will be scored as incorrect.
- ⦿ You are not allowed to utilize your cellphones, computers or tablets.
- ⦿ If you don't have enough people to play as teams, you can also play as individuals.