

LEVELS



LEVEL 1: POLAR BEAR

Break the ice with easy and funny questions to get the group started.



LEVEL 2: YAK

Get social with questions that will have the group learning more about each other.



LEVEL 3: GOPHER

Dig deeper with these questions. Vulnerability is a must with this level!



LEVEL 4: OWL

Use wisdom to answer these questions and uplift each other.

*SOCIAL
YAKS.*





INTRODUCTION

Social Yaks is a card game created by **Be Strong International** to help increase empathy and connection among individuals and communities.

Social Yaks has previously been used to bring together people from different backgrounds to build understanding and social empathy among each other.

Social Yaks is intended for users 13 and up.

SOCIAL EMPATHY

The ability to deeply understand people by perceiving or experiencing their life situations.

RULES

Social Yaks works best in groups of 2-6 people; more players means more game time. It's important to go through all the levels in order (without skipping any), to ensure the full Social Yaks experience!

Before you start, place the cards on the table, by level order. Shuffle the Power Cards and distribute them randomly amongst players.

LEVELS 1-3: To start the game, players will draw 1 card at a time during their turn and answer the question. Take turns drawing cards until every player answers at least 2 cards per level before moving on to the next level.

LEVEL 4 (OWL): Plot Twist! In this last level, player 1 will draw a card during their turn and read it, but this time, other players will answer the question about player 1. Take turns until all players have drawn a card and have received encouraging words!"



Throughout the game, players can use their **POWER UP!** Card: **EVERYONE, PASS, GO DEEPER,** and **SKIP.**

(Each Power Up! Card can ONLY be used once per game).

EVERYONE: Have the whole group pitch in on this question.

PASS: Use this card to have another player answer in your place.

GO DEEPER: Have a player elaborate more on their answer.

SKIP: Use this card if you don't feel up to answering a question. Instead, draw another card from the same level.