

Rules Guide

COMPLEXITY is a world of 10 phenomenal body systems. Each color-coded system has 1 to 9 parts with corresponding banners. The board and banners display mnemonic clues to each part's function/s. Your currency is nutrient-dense calories from unprocessed food. Collect banners, answer wisely, and outwit your friends in your quest for health!

your adventure starts here



DAY 1: STRANDED!

OUR BODIES ARE IRREDUCIBLY COMPLEX, PRECISION MACHINES. FROM THE CONTROL CENTER TO THE WASTE DISPOSAL NETWORK, ALL SYSTEMS UNITE TO KEEP US GOING. WE SELDOM GIVE THIS MUCH THOUGHT, AS WE MERELY HAVE TO PROVIDE FUEL AND COMFORTS. THAT, HOWEVER, IS ABOUT TO CHANGE.

LAST NIGHT, DURING A FRIGHTENING STORM AT SEA, OUR BOAT WASHED UP ON A DESERTED TROPICAL ISLAND. WHAT A RELIEF IT WAS WHEN GOLDEN SUNRAYS FINALLY SPILLED OVER THE HORIZON. ALAS, OUR RESPITE WAS BRIEF.

I HAVE A GUT FEELING THAT CHANCES FOR SURVIVAL ARE SLIM. OUR FOOD SUPPLIES WILL LAST ONLY ONE DAY, AND MY SKIN CRAWLS JUST THINKING OF THE DANGERS LURKING ON THE ISLAND! IN ORDER TO SURVIVE AND THRIVE WE CANNOT MAKE ANY RASH MOVES.

WE MUST CALMLY STEP FORWARD TO MANAGE OUR INCREDIBLE BODY MACHINES WITH KNOWLEDGE, WIT, STRATEGIC SKILLS, AND A GOOD MEASURE OF FORTUITY.

IN THE END, THE CASTAWAY WITH THE BEST HEALTH WILL BE VICTORIOUS!

Battle of the Body Systems Activity/Game

Those who prefer to wet their feet first may play this introductory placement game to quickly memorize the names, locations, and functions of the ten body systems and their principal parts. Please visit www.technonature.com/for-the-educator for game set-up, rules, and free printable worksheets. Otherwise, just jump right in on your quest for health.

Health Quest Game Setup

- Banners:** Place all banners on the board's circles, according to their codes.
- Cards:** Sort the *Systems Lockbox* -, *Question* -, and *Consequence Cards* into 3 decks. Place the *Systems* and *Consequence* decks face down. Place *Question Cards* face up to hide the answers.
- System Lockbox cards:** Deal each player a *System Lockbox Card*; repeat until all cards are distributed. Everyone should have the same amount of cards. In groups of 5, there will be 2 extra cards. Set them aside face up; they will be up for grabs to the player who is first to claim one of the cards' banners.
- Currency:** Each player receives 1 bill and 2 coins (2,000 Calories, a day's energy). FYI, the coin tails show either 5 bananas or one pineapple because a banana has 100 Calories (Cal or kcal), and a pineapple has roughly 500 Cal.
- Health Chip:** Each player receives 1 health chip. There are only 3 health chip rules to remember:
 - Never lose your last health chip; it will be 'game over' for you. However, do not despair...
 - You may always trade 1 of your banners for a health chip; return the banner to the board.
 - Lastly, you may trade a health chip for 2,000 Cal when you need energy.



Banners



Currency



Health Chips

Let the Game Begin

- In the days following the storm, read the journal entry above, you have to not only survive but thrive on the island. Since health is wealth, the **highest health score will give you victory** (see *The Winner*). Each "day" will bring unique challenges. A "day" equals 1 round where each castaway, in turn, completes the required action for the day.
- Begin by reading the **Island Survival Plan, Day 1**. The youngest castaway starts, go clockwise from there.

ISLAND SURVIVAL PLAN

You may claim **any 2 banners** from the board today, but you must call out each banner's name and system/s, e.g., U1 is, "The bladder of the urinary system". Your **Lockbox Cards** can help you with names to start.

Optional: If you can name a function represented by the banner, you earn a coin. Look at the banner and board for clues. The educator/group must decide if the answer is worth a coin. Use the **Systems Guide** (p3 – 8) to help verify facts; the guide explains the mnemonic clues and provides the main functions of each banner.

FYI: Banners are free today; note that 1 banner is worth 2,000 Cal or 1 Health Chip*.

Tip: Choose banners to start filling your **Lockbox Cards**, because a complete set is locked, and no one may claim your locked banners. A set is also worth 3 bonus health points at the end of the game (See *The Winner*).

DAY 1 PARTS

DAY 2 CONSEQUENCES

It is a day to gather food, build a shelter, and face some consequences. Take turns to pick up a **Consequence Card**, read it out loud, and follow the instructions. Try to survive.

If you must pay a penalty, pay the owner of the designated banner. (If the banner is still on the board, place the coin underneath it for the future owner. Do the same for Question Cards.)

DAY 3 QUESTIONS

It is raining cats and dogs today. As you huddle in your shelter, you decide to solve some problems. Pick up a **Question Card**; keep it face up. **Read** either the 1st or 2nd question **out loud and clear**. (Determine which level questions you as individual will brave, and stick with it throughout the game.) Choose an answer, then **read the answer and directions on the back out loud and clear**.

DAY 4 POWER-UP

You may purchase **any amount of power-ups**. Place the "money" back in the food stash (currency pile).

You may:

- ◆ Buy a health chip at half price* (pay only 1,000 Cal), with a limit of 2 chips for the day.

- ◆ Buy any banner on the board for only 1,000 Cal; however, today you must be able to call out the **name, system**, and at least **one function** of the banner in order to buy it.

- ◆ If someone has a banner that belongs to your Lockbox Card, you may buy it; he/she may not refuse. Pay the player 1,500 Cal instead of placing it in the food stash.

If your energy reserves are too low, then just take a break today.

DAY 5 CONSEQUENCES

It is time to explore the island again. Pick up a **Consequence Card**; read it out loud, and follow directions.

DAY 6 QUESTIONS

Another problem-solving day. Pick up a **Question Card**; read it out loud, and follow directions.

DAY 7 REST

You function best when you work 6 days and rest 1 day. Everyone collects a **health chip**. The castaway (or castaways if tied) with the most banners today earns a bonus health chip.



Repeat "days" 1-7 till you run out of time or banners on the board; determine the winner.

* 1 Banner = 2,000 Cal = 1 Health Chip

The Winner

The healthiest player, the one with the **highest health score** at the end of the game, is the winner!

Calculate your health score as follows:

1. Purchase health chips at 2,000 Cal each, or just do the math. Keep the leftover Calories to break a tie.
2. Add up your assets. Number of **health chips** + number of **banners** = **health score**
3. Determine **final health score**: health score + 3 bonus health points for each complete set in your System Lockboxes.

For the Educator

- Complexity is a layered game. Repetition will deepen levels of comprehension and retained knowledge.
- Visual mnemonic learning is a fundamental goal of the game. Therefore, remind students to look at the banners and the board for clues to functions, and encourage the use of the Systems Guide that explains the mnemonic connections.
- Each banner has a corresponding question card with two questions; the second question is more challenging than the first.
- Visit www.technonature.com/complexity for more information regarding game objectives and components, free student worksheets, and other resources to optimize your gameschooling with COMPLEXITY.