



Care Game

How do you care?

**Guide for
individuals**

Fluent English
Preview





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Introduction

The Care Game invites you to explore how you seek or support positive change and care in your life and community through arts and culture. By examining how you perceive the world as either precarious or prosperous, the game helps you identify your connections to five caring personalities that aim to help those in need to not only survive but thrive. You can play the game alone or in small groups. For individuals, the recommended minimum time commitment is 1.5 to 2 hours.

Goals

There are three main goals for the Care Game:

1. To help participants explore their own experiences in seeking or supporting change and care.
2. To help participants expand their awareness of the links between change and care in an uncertain world stressed by multiple threats in human and natural life.
3. To deepen appreciation and understanding of the ways creative practices in arts and culture can, and do, guide positive change and care, while also illustrating the gaps and barriers that prevent them from doing so.

Instructions

1: Answer two opening questions

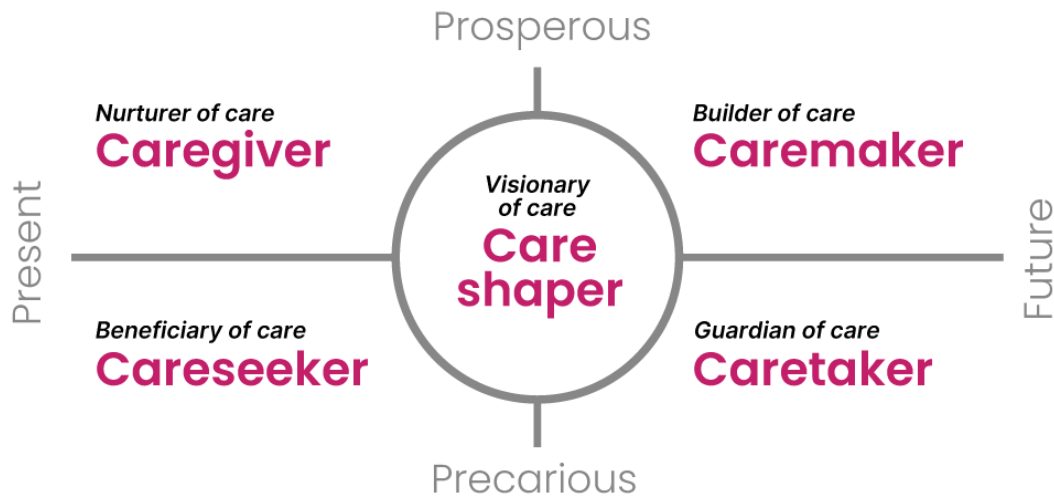
The Care Game starts with two opening questions to understand how you see things:

1. **Do you experience the world as precarious or prosperous?**
 - If precarious, you may be seeking changes to reduce vulnerability.
 - If prosperous, you may be supporting or sharing care to strengthen vitality.
2. **Are you focused on the present or future?**
 - If present, you may be prioritizing short-term survival.
 - If future, you may be emphasizing long-term thriving.

For both questions, it is acceptable to lean towards one answer or to choose both sides. Additionally, while you may answer these questions from a general point of view, we encourage you to place them within a specific context before starting. For example, focus on the differences between your personal and professional life, or how you interact in digital or virtual environments compared to real life.

2: Identify your care personality or personalities

Based on your answers to the questions above, identify one or more of five care personalities that suit you best according to the following diagram:



Above is a visual 2x2 chart with two dividing lines:

- **Vertical line:** Precarious (bottom) to Prosperous (top)
- **Horizontal line:** Present (left) to Future (right)

Each of the four quadrants is defined by a specific personality, with a fifth personality overlapping all four. A description of the five personalities follows.

Five care personalities

1. **Careseeker: Beneficiary of care** (Precarious, Present)
You are a beneficiary of care that is shared with you by others. You see the world as precarious and focus on the present to short-term (~1-year horizon). You seek care to reduce your vulnerability and meet basic needs for security and survival. Perceived as vulnerable and resourceful, you are threatened by harms in the system but lack the capacity to change things for the better. However, your first-hand knowledge of authentic self-care can offer valuable guidance to those leading changes and providing care.
2. **Caretaker: Guardian of care** (Precarious, Future)
You are a guardian of care that is sought by and shared with others. You see the world as precarious and focus on protecting what is needed to survive now and into the foreseeable future (~3 to 5-year horizon). You bring diverse groups

together to protect access to care in the face of present harms and future threats. Perceived as champions or companions to careseekers and caregivers alike, you risk your own survival due to gaps in resources and knowledge. However, with adequate support from others, you can help identify and guide the essential changes necessary to achieve a thriving future.

3. **Caregiver: Nurturer of care** (Prosperous, Present)

You are a nurturer of care that you offer and share with others. You see the world as prosperous and focus on helping more people survive in the present to near-term (~2-year horizon). You prioritize personalized care with individuals and smaller communities. Perceived as overburdened yet selfless, you have limited capacity to address larger systemic issues. However, your patience and empathy ensure you continue to offer and share essential care and inspire others to do the same.

4. **Caremaker: Builder of care** (Prosperous, Future)

You are a builder of care that is created and shared by you and others. You see the world as prosperous and focus on creating conditions for a thriving future in the medium to long-term (~5 to 10-year horizon). You prioritize leading and supporting collective actions and individual approaches to care that strengthen the vitality of individuals, communities, and smaller ecosystems. Perceived as ambitious and empowering, you push for significant changes despite resistance. However, your boundless creativity and compassion help enable others to advance real change and accessible care.

5. **Careshaper: Visionary of care** (All)

You are a visionary of care that is shared with, by, and for everyone. You see the world both as it is and as it could be, demystifying its vulnerable complexity and hopeful energy. You prioritize illustrating the causes and consequences of precarity and testing remedies that cultivate and amplify prosperity across larger ecosystems over the long-term (~10 to 25 years or more). Perceived as idealistic and innovative, you challenge norms and stimulate communities to envision a better world. Your broad perspective enables you to guide and motivate others, passing knowledge and inspiration across generations.

3: Reflect on your life experiences and aspirations

Reflect on your life experience and aspirations. What do your chosen personality(ies) from above look like or mean to you? How has your desire for change or your drive to deepen care shown up in your life? Capture your thoughts in a journal or discuss them with a small group that you feel comfortable with.

To help guide your reflections, here are five statements of belief and twelve questions for ideation that you may choose to respond to:

Five statements of belief

1. Everyone has the potential to make a positive difference in the lives of people, communities, and nature.
2. Everyone holds the ability to help those in need to thrive and make changes in their own lives and communities.
3. Everyone needs and deserves care at some point in their lives to either survive or thrive.
4. Change does not always involve creating something new; sometimes, it entails bringing back something valuable from the past or lifting up wise actions in the present.
5. Care does not only involve physical health; there are many ways to give and receive care, especially in these uncertain times.

Twelve questions for ideation

1. What does change and care mean or look like to you or your community?
2. How have your experiences or aspirations evolved over time, including past, present, and future viewpoints?
3. What barriers prevent you from being successful? What opportunities are available to you or others?
4. In what ways do you seek out or support change and care in your personal or professional life; either for yourself or for the benefit of others?
5. How do you seek or support change and care in other realms of life, such as real, digital, natural, dream, or ancestral life?
6. Where are you eager to never to give up? Where is the abundance, hope, and love?
7. Where are you fearful or burned out? Where is the vulnerability, fatigue, and loss?
8. What types of changes or care are critical, common, or nice-to-have?
9. What approaches to care require things to be challenged or changed?
10. What ways of caring demand protections for the collective good?
11. What kinds of care will help strengthen your feelings of personal security, safety, comfort, respect, trust, reciprocity, or happiness?
12. What types of changes will help you become a better caregiver with individuals, communities, and the planet?

4: Prepare a summary

Gather, organize, prioritize, and categorize your reflections from the previous steps in order to create an accessible summary that can be shared with others.

We invite you to work towards capturing your thoughts in a visual illustration or using other methods that are appealing to you. Here are seven tips for preparing your summary:

Seven tips

1. Try to group your thoughts according to the ways that you are seeking or supporting change and care in your life and communities. Identify the critical, common, and nice-to-haves within each area.

Notes

Critical refers to something that is essential or necessary. These are actions, changes, or forms of care that are crucial for survival or wellbeing and cannot be overlooked.

Common refers to something that is frequent or widely accepted but not necessarily essential. These are actions, changes, or forms of care that are regularly practiced or needed but are not as urgent or vital as critical ones.

Nice-to-have refers to something that is desirable and adds value or comfort but is not essential. These are actions, changes, or forms of care that improve quality of life or wellbeing, but their absence does not jeopardize survival or basic needs.

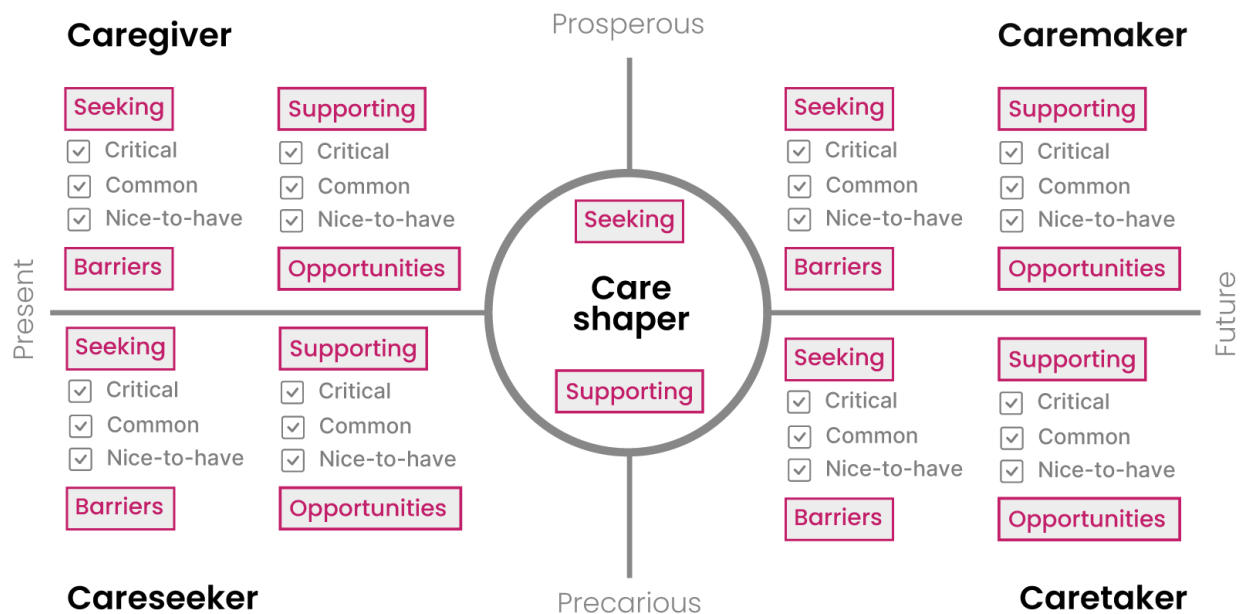
2. Also reflect on various gaps or barriers and opportunities within each personality. Consider how your personal needs and strengths might be similar or different from others in your community. Reflect on those that feel the most important to you now, and those that you might want to think about more in the future.
3. You might also want to consider creating different summaries for where you were in the past, where you are now, and where you hope to be in the future.
4. You might also want to create different summaries for your various roles in the industry, such as a creator, curator, educator, producer, manager, and so on.
5. You may only be able to place yourself in one personality now but might hope to introduce several others in the future.
6. Remember to consider different aspects of your life as well, including your real and virtual life, the ways you engage perhaps with nature, your dream life, connections to your ancestors or future generations, and other realms of life.
7. Be sure to check-in and update your thoughts over time as your journey in care evolves and grows.

5: Visualize your learning

The next step is to visualize your learning in a way that can be shared with others.

Below is a visual illustration with a potential structure for your summary. It includes many of the elements that were described in the previous steps. It is a five-segment diagram with headings for each of the five personalities of care. Within each personality there are subheadings for barriers, opportunities, and the ways we are seeking or supporting change and care, including critical, common, and nice-to-haves.

Feel free to add other areas of interest with a title at the top to describe the topic or focus area for your illustration. We also encourage you to explore other creative ways to adapt this basic structure to help link multiple perspectives on care together in an engaging manner.



6: Share your work

The last step is to share your experiments and learnings from playing the Care Game with your community. If you are comfortable to do so, we invite you to share your thoughts and illustrations via social media. You can use the hashtag *#HowWeCare* with a link to ArtsPond (@ArtsPond8) on LinkedIn, Facebook, Instagram, or YouTube.

We look forward to seeing what you have to share!

