

SPOON RUN

Will you have a productive working day in the arts? Can you eat icecream at the end?

Things that are finite: Hours in the day. Days in the year. Your energy. This planet.
If you can't rethink work life balance during a pandemic, then when can you?
How will you use your spoons - doing what, with whom, where, how and why?

At the end of the day if you have more spoons than you need, you can give them to players who have less.



Courtesy of Christine Miserandino's Spoon Theory, a metaphor about living with lupus.



Each player starts with 5 spoons. Lose or gain spoons during the working day. Treat at the end if you have at least 1 spoon.

Miss a turn if you run out of spoons to replenish your energy.

For solo or group play