the sound of water

THIRD KU (結句, KEKKU)

...start the third round. It was just a sound. The smell of food is in the air, but you are happy where you are. Pick up each others' hands again.

1. Everyone needs to find a frog to focus on. Two frogs cannot focus on the same frog.
2. Observe them while focusing on their breathing.
3. Breathe as they do, they'll breathe as you.
4. Discuss *ribbit* who gets to start without saying anything. Puffing your cheeks is permissible.
5. When you are ready, you may ribbit out loud.
6. Give the frog a compliment that is true here and now, but don't be weird about it. They are not allowed to respond.
7. The frog who received the compliment continues by giving the one they are focusing on a compliment.
8. When every frog has received one compliment, close your eyes.
9. Breathe in, breathe out. Focus on your *ribbit* breath.
10. Open your eyes.
11. Repeat steps 1-10 until you have given at least one compliment to every frog.
12. Walk back together in silence, preferably while holding hands.

A game by Hans Olav for R.I.S.K.

古池や蛙飛び込む水の音

Old pond —
a frog jumps in —
the sound of water

a game of quiet reflection for 2-4 players

This game is a short meditative game, surrounded and immersed in nature. No phones, no dice, no character sheets or other equipment. The only thing you need to bring is this sheet of paper and find a few stones along the way.

Old pond —

FIRST KU (初句, SHOKU)

This is the first part of the game, the observation phase. Travel to somewhere in nature that at least feels undisturbed and where you can sit in peace without interruption. *ribbit* From there, the game begins, follow these instructions:

1. Walk around for a while, looking for a nice place to sit.
2. While looking, find three small stones each.
3. Do not talk *ribbit* while searching.
4. Physical contact like hand-holding is encouraged.
5. Agree on a place without speaking.
6. Sit down in a circle.
7. Put the sheet on the ground along with the stones you found.
8. Hold hands and focus on your breath.
9. If you get the urge to speak, puff up your cheeks like a frog.
10. When you are ready to start playing - nod and let go.

Now, you'll start the second part of the observation phase you will pretend that you are frogs on a lily pad. Do not speak unless it is your turn. You may puff up your cheeks.

1. The last frog to *ribbit* pick up a stone starts the game. It is not a competition. You are just a frog, time stands still now.
2. Make an observation about nature, say it out loud. Only what is happening here and now.
3. Pick up a stone per observation. When there are no more stones...

a frog jumps in —

SECOND KU (二句, NIKU)

...start the second round. In this round - something happens, but until then remain silent. The water feels warm on your skin, you drift away.

1. Hide the stones in your hands.
2. Close your eyes.
3. Breathe in, breathe out. *ribbit* Focus on your breath.
4. Without saying a word, try to all drop the stones at the same time.
5. Open your eyes.
6. Discuss who gets to start without saying anything. Puffing your cheeks is permissible.
7. Focus somewhere in the distance.
8. Think about something that worries you right now. If you have no worries at all, give a stone to another frog.
9. When you are *ribbit* ready, pick up a stone.
10. Tell the other frogs about your worries. Only what you are comfortable with. They are not allowed to respond or emote outside of puffing their cheeks.
11. Throw the stone into the distance, but be careful.
12. When the next frog is ready they may pick up a stone.
13. When all the stones are gone...