

## Följa dina spår / In your steps

### The practicals

#### Basics

3 Players

1 Gamemaster (GM)

60 min

Supplies: Something to play music from. Pen and post-its

The space: A room with tape markings on the floor, symbolising an entrance. Something to sit on.

#### Music

English: Baby Mine - Bette Midler

Swedish: Besvärjelse - Hanna Hedlund

### Workshop

1. *Talk genre*: What sort of game do you want to play. Tragedy? Comedy? Dramatic? Low-key?
2. *Share stories*: How was your parents? How would you like to be as a parent?
3. The GM tell the players about the structure and rules of the game, about the need for flexibility and creativity. That the instructions are scarce, and they need to fill in the blanks. Tell them it's going to be fine.
4. Decide who starts to play which character. Hand out three random "parenthood"-notes and one "life-happened"-note to the parent.

### Rules and metatechniques

1. The roles will switch between players. The child in previous scene will play the parent in the next, while the spectator will play child and so forth. You can think of it as a new generation in the same family, or not.
2. The parent starts the scene (however they like).
3. The child ends the scene by leaving it (whenever they feel like it).
4. The players will be guided by "parenthood"-notes, which will describe the values of the parent-character. In each shift, when the child turns parent, the player (in dialogue with GM) choose to keep all notes from previous parent, or switch out max. two of them.

5. The GM will provide a "Life happened"-note (content depending on the agreed mood of the game), as inspiration for the players.
6. Feel free to draw inspiration from your own life, or make new stuff up.
7. Feel free to add techniques or adapt the game to your liking

### The game

#### First scene

The parent and the child sit on the bed in the child's room.

The GM play a bit of the song (they're too long to play as a whole), and then read out loud in the first scene: *"All the moving boxes are packed. They sit on the small, unmade bed and stare into the wall, waiting for the moving van. Soon the child will leave and live it's own life, but not quite yet. The parent still has time with the child, to teach the right things, to ask the right questions, to do better than it's own parents. It's a ritual that span over generations, but every time's different."*

The parent starts the scene by saying or doing something. The scene ends when the child leaves.

#### Break

Between every scene there's a break. It starts with the child holding a short monologue about its parent/s and how it felt to move out from them. The GM tell the child: *Then you become an adult, have your own children, and you watch them grow up as well, doing the best you can to be a good parent.*

The GM hand out a new "life-happened"-note and let the player choose new/keep the notes while talking with the player about it's characters values as it turns into a parent. Meanwhile the player of the former parent sit down and become spectator, and the spectator thinks about how they will play the child, inspired by the talk between the new parent and GM.

#### The rest of the scenes

The parent and the child sit on the bed in the child's room. The GM say: *All's packed and they sit on the bed. They still have time.* The parent starts the scene by saying or doing something. The scene ends when the child leaves.

Break and repeat until you run out of time.

## Notes

The GM should feel free to come up with it's own notes, according to the preferred genre.

### **“Parenthood”**

“It's important to me that my child can depend on me”

“It's important to me that my child grows up to be an independent person”

“My child's needs are more important than my own”

“I need to be a good role model and prioritise myself”

“It's important to me that my child is spared from hardship”

“It's important to me that my child make it's own mistakes”

“It's important that my child listen to what I say”

“It's important that my child form it's own opinions”

“I can never be the perfect parent”

“I have to be a good parent”

“I never know what to do”

### **“Life happened”**

You moved a lot

Your child's teachers was amazing

Your co-parent left you

You struggled economically

The local school was a mess

You never planned this child

You found your dream house

You had a hard time finding a job

You never really loved your co-parent

You found your dream job

The child was ill a lot

You fell ill

You never conceived another child