



Over 100,000 people have played *Hello*, the conversation game about living and dying and what matters most. *Hello* is designed to be played in person, but because so many of us are unable to gather with our loved ones, we've released this shorter version of *Hello* called "*Hi*" with instructions geared toward playing remotely over Zoom or any other group video chat platform.

What's the difference between *Hi* and *Hello*?

- *Hi* consists of the first eight questions from *Hello* and has instructions meant to help you manage a challenging conversation over video chat.
- *Hi* is free to download and distribute, but it may not be altered or sold.
- You can purchase the full *Hello* game at commonpractice.com.
- The same instructions you use for *Hi* can make *Hello* playable over video chat.

Preparation:

Before you play, each person will need:

- A printout of this PDF (4 pages). If you are not able to print, have the PDF open on your computer or phone, and use a blank piece of paper to write down your answers.
- A pen or pencil.
- A piece of paper, a post-it note, or a notecard you can hold up to the camera. Before you begin playing, write the words "Thank you" on this paper.
- Tissues (you might need them, you might not, but better to be safe).
- Access to a computer or phone with video conferencing software .

We recommend playing with three to five players, though games with up to 10 people are possible.

Depending on the number of players, games usually last about 45 minutes to an hour.

Instructions

Once everyone is on the video call and ready to begin, one person should read the following rules and instructions out loud.

The rules

1. The most important rule is to listen. (Consider muting yourself when you're not speaking.)
2. Players can “pass” if they don’t want to read an answer.
3. There are no wrong answers.
4. Players can change their answers at any time.

Using Thank You Cards

- In the in-person version of this game, players give Thank You Chips to each other to express appreciation for each other. *Studies have found that this simple act helps players feel more comfortable in what is usually a challenging conversation.*
- In the video version of this game, when you appreciate something that someone else says, hold up your piece of paper that reads "Thank-you" so that other players can read it. This is called "Giving a 'Thank you' card." You can give a Thank-you card at any time during the game.
- You can give a Thank-you card with or without an explanation.

How to play

Assign the player whose first name is first in alphabetical order to be the first reader.

1. At the start of each turn, the reader reads one question aloud. (Start with question 1, then 2, etc.)
2. All players silently write their answer to the question.
3. When you are done, hold your pen up so that everyone else can see it. Keep your pen visible while other players finish.
4. When all pens have been held up, the reader can either read their own answer or pass.
5. Proceed in alphabetical order by first name, with each person either reading their answer or passing.
6. Once all players have read or passed, players can discuss their answers if they wish.
7. After the discussion, go to the next question and begin a new turn with any player reading becoming the reader and reading the next question.



Tips

- **Take your time. There is no rush and you do not need to get through all the questions in the game.**
- Make your video chat window full-screen or close all other windows. Mute your phone if you are able to in order to focus on the conversation.
- If you find yourself feeling overwhelmed—either by joy or sadness—expressing gratitude by giving a Thank You Card to another player can help.
- Remember that there are often delays in remote video chats, and it can be difficult to read cues that would help you know when someone is ready to speak or waiting their turn. Do your best to give people the time they need to speak.
- Remember that technical problems (delayed sound, echo, video errors) can be very stressful. If you are having a problem, take a breath and ask for help in the text window.



Questions

1. Write down any fears you have about playing this game.
2. Write down any hopes you have about playing this game.
3. Write your own epitaph* in five words or less.
**An epitaph is a short statement honoring a person who has died. It can be carved on a tombstone or spoken out loud.*
4. Who haven't you talked to in more than six months that you would want to talk to before you died?
5. If you needed help going to the bathroom today, who is the first person you would ask to help you?
Who would you never be able to ask?
6. What activities make you lose track of time?
7. Name the 3 person committee who should be consulted on any decisions made about whether to continue life-saving care if you can't communicate. Circle the name and head of the committee.
8. If you had 3 months to live, what would you give yourself permission to do? Choose one thing per month.

