

This is one of the five portable educational escape room outlines developed during the Erasmus+ transnational youth initiative CRITICAL ESCAPE. Project was implemented by two partners - Shokkin Group (Estonia) and Awesome People (Sweden) during August 2018 - December 2019 period and was aimed to empower young people from various backgrounds to develop critical thinking and raise the level of their involvement in the community life through participating in educational escape rooms created and implemented by young people.

CHANGING A LIFE

TOPIC AND LEARNING OUTCOMES

MENTAL HEALTH

- Critical thinking and problem solving
- Knowledge about how to prevent mental illness (Break out from isolation/loneliness, the importance of good relationships, physical activity, good sleep, balanced food, meaningful spare time, where to get more info)

Age: 16+ **Group size:** 3-5 players **Playing time:** 30 min + 15 min debriefing

There is a girl named Johanna who is not feeling so good, she is getting more and more depressed and you need to change her life to the better before something bad happens.



ULTIMATE MISSION: Change Johanna's life to the better



GAME MONITORING: Game master is present in the room to observe and give clues when needed.



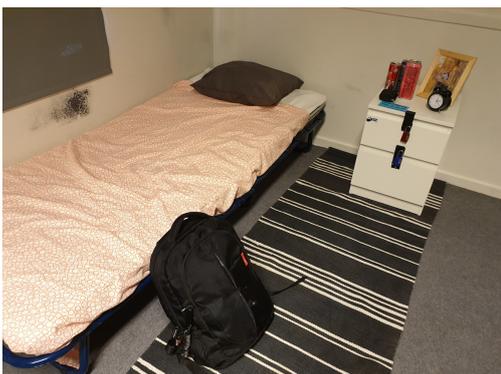
LANGUAGE: English, Swedish.



GAMEPLAY

- Step 1

The players enter the room where they see a bed with a blanket and a pillow, a backpack, a pair of jogging shoes, and a night stand with an alarm clock, a note, a photography and some empty cans. On the night stand there is a blue note saying "Today I run 2.26 km", the alarm on the night stand is set on 2.26 and in the diary under the pillow the date 26/2 is circled. The code 226 opens the first lock for the drawer on the nightstand.



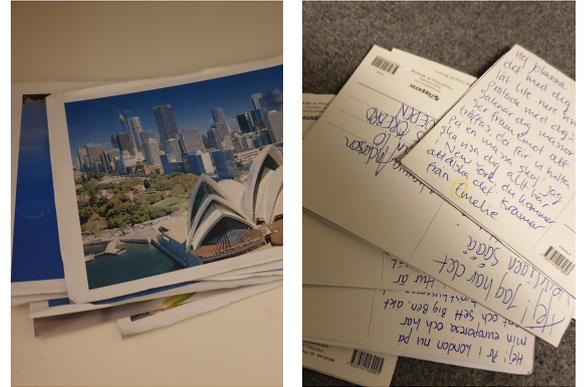
- **Step 2**

Inside the drawer there is a locked mobile phone and 6 postcards with images from different cities. Each postcard is addressed to Johanna and has a text. The first letter in the sender's name has a circle around. The players need to read the postcards and take away the two postcards where the senders only talking about themselves. The order is written in the diary with a list saying which cities Johanna wants to visit. When they order the postcards in the right order, the letters with circle create the word "EASE" which is the code to open the mobile phone.



- **Step 3**

When players open the mobile phone they have a QR-code reader on the phone. They must find the QR-code which is under a jogging shoe and read it and a film clip appears where professor Anders Hansen explains that physical activity has proven to be as effective for mild and middle depression as medicine. In the end of the film clip the numbers 530 appears on the screen which is the code for the second lock on the night stand.



- **Step 4**

When players open the second drawer there is a box with a puzzle and a UV-lamp. The players need to do the puzzle where they get the image of 333 but when they use the UV-lamp on the puzzle the number 888 will appear which is the code for the first pocket of the bag.



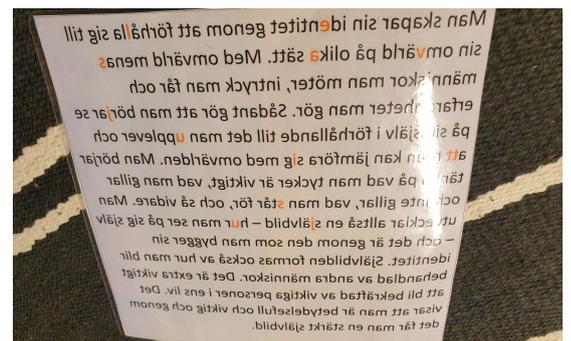
- **Step 5**

When opening the first pocket in the bag the players find a lunch box, inside the lunch box is a bunch of images attached to each other so you can spin them. In the box the word "Plate model" is written on a paper. On each image there is a number. The players need to take the images related to the plate model which is carbohydrates, protein and vegetables. When the right images are put together it will show the numbers 705 which opens the second pocket of the bag.



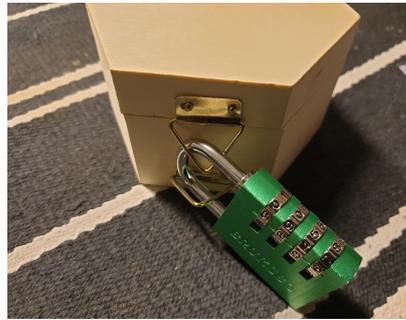
- **Step 6**

In the second pocket of the bag there is a locked box and a paper with a mirrored text. In the text there are letters in red. When players put together the red letters they will get the code: "ELEVEN SEVENTY-SEVEN" which is the code for the box.



• Step 7

In the box there are seven papers with text, the players need to put the right paper on the right page in the diary to change the life of Johanna.



RULES:

- You are not allowed to break anything.
- You are not allowed to cheat; you must move forward by solving the puzzles.
- You can ask for as many clues as you want.
- You have 30 minutes.



CLOSING/ANALYSIS:

Use first the reflection question connected to the room.

How do you feel after the game?

Which information mentioned in the escape room you find most interesting?

What can you change in your lifestyle to prevent yourself from mental illness?

How can you help others?



RESTART LIST:

1. Put back the texts in the box, lock it. Put it in the second pocket of the bag. Put the mirrored text in the second pocket of the bag. Lock the pocket with 705-lock.
2. Put the food images and the note "Plate model" in the lunch box. Put the lunch box in the first pocket of the bag. Lock the pocket with 888-lock.
3. Put the puzzle back in the box. Put the box and the UV-lamp in the upper drawer of the night stand. Lock it with the 530-lock
4. Put the post cards back in the second drawer of the night stand. Remember to mix the post cards. Put the phone in the drawer. Lock the drawer with the 226-lock.
5. Put the night stand in order with the note, the alarm clock, the photography and empty cans. Put the diary under the pillow and make the bed nice. Put the jogging shoes, mirror and bag in order.



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RESOURCE FOLDER: <https://tinyurl.com/tnyfzz6>