

## Noor's Benefits

- ✓ Helps in building secure & harmonious relationships.
- ✓ Creating a familiar atmosphere and sharing moments.
- ✓ Breaking Routine and adding fun.
- ✓ Clarity of Needs and Mental Images.
- ✓ Freedom of Expression without judgment on others.
- ✓ Freedom to choose to play individually/collectively.
- ✓ Stimulating knowledge curiosity (self-knowledge/others).

## Noor's Goals

Identifying our needs and mental images.

Reducing the gaps between reality and expectation.

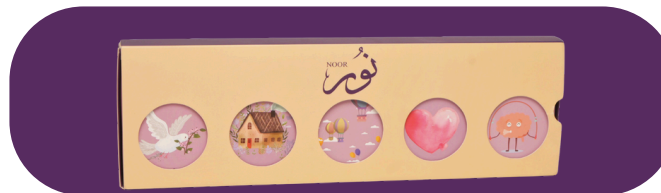
Reducing the gaps between reality and expectation.



## About Noor

"Noor by Manarti, is not just a game..

- Noor helps people discover themselves more deeply and understand others around them.
- Noor is based on the five basic needs in Choice Theory (a psychological theory) by Dr. William Glasser.
- Noor helps in reducing the gaps between expectations and reality.
- With Noor, there is no win or loss at the end of each round, but the real winner is the one who can benefit from the similarities in personalities and deal wisely with differences, without turning them into disputes or conflicts.



- 🔍 Have you ever felt frustrated because of your expectations of others?
- 🔍 How often have you felt that your expectations of your family/partner/friends were far from your reality?
- 🔍 How often have you thought about understanding yourself and your needs more deeply?
- 🔍 Have you often felt the need to over-explain yourself to those you're close to?
- 🔍 How many times has a simple discussion turned into a problem or a fight?

**Manarti**  
EDUCATION, TRAINING & DEVELOPMENT

**منارتي**

"We at **Manarati** for Education, Development, and Training believe that any transformation begins from within.

Therefore, we create '**Noor by Manarti**', which is designed to help people to understand themselves, delve into their depths, and then understand others around you, which helps you rekindle the light within you."

# Type of Questions



- **Open Questions** *Evaluate :*
- **Cases**
  - \* with Choices
  - Without choices

\*With Choices, everyone should evaluate the first Choice and then move on to the next.

## General

**Age**  
+17

**No. Players**  
1+

  
Each Round  
minutes 20-30

**(المنقذ)** Use the card  
To skip the question

Price: BHD 20

**Get your copy and start your journey now.**

## Playing Steps:

Ask

Expression

Discuss

Understand

Harmonize

## While Playing:

Don't judge

Don't interrupt

Don't blame

Don't criticize



Contact us: [Manarti.bh](http://Manarti.bh) 

## How to Play

*It can be played in 3 different ways:*

### First Method:

- Choose one of the five basic needs: Survival, Love and Belonging, Power, Fun, and Freedom.

Distribute 12\* player cards from the chosen need.

\*If the number of players is more than 10, distribute 2 cards for each additional player.

- The first player shall reads the question and answers it, then the second player answers – until everyone has answered the same question.
- Repeat the process for the same need or move on to a new need. The round ends with the last player for that single need.
- ***This method is recommended for beginners.***

### Second Method:

- Distribute one card from each need to all players.
- All players shall answer the same question.
- The round ends with the last person.

### Third Method:

- Merge a set of cards from each need, then distribute 12 cards to all players (as in the first method).
- The round ends with the last player.