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Meter







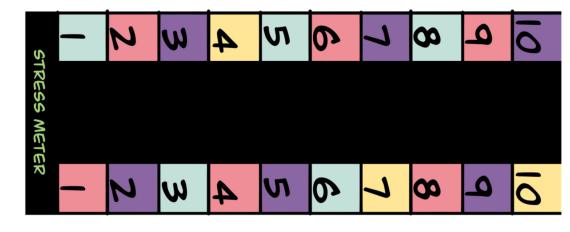








stress level 9 = +9 added to their movement roll) they get an extra movement added to their turn (stress level 1 = +1 added to the movement roll, For the thoguhts when the stress meter goes up and



anything until you get it down) stress level 9 and you get an extra movement added to your turn For the thoughts when the stress meter goes down you get to a stress level 10 you can not move $stress\ level\ 1 = +10$ added to the movement roll, = +1 added to their movement roll, if

Water Bottles

Cover the top and bottom of the desk & 2 closet shelf

Has a card that cuts the humans movement amount in half (costs one stress level Power:

Turns:

stress level goes down)

- 1. Place all 15 tiles on the board
- point) Make sure all your movements are going counterclockwise Idoor is the starting
- path 4. Move all your pieces on that path the number you had just rolled; 3. Roll a die; the odd numbers are the outer path; the even numbers are the inner
- (1,3,5 = outer path)
- (2,4,6 = inner path)MOVE ALL THE PIECES LEFT ON THE BOARD THE NUMBER YOU HAD JUST ROLLED** ** IF YOU RUN OUT OF PIECES IN THE INNER OR OUTER NEGATE RULES # 2 & 3 AND
- water bottle pieces 5. Once you get into the room and your moves are up you can no longer touch your
- taken out by the human back into the room ZYour goal is to focus on the water bottle pieces and moving them back onto the 6. If/when you run out of your own pieces you will roll the dice and move the trasl

desk and into a closet shelf

by 1 level ** ** For every 6 trash pieces brought back into the room the stress meter will raise

Laundry

Goal:

Cover the top and bottom of the bed and a closet shelf

Power:

stress level *stress level goes down*) Has a card that allows all thoughts will move together on your turn (costs one

Turns:

- 1. Place all 15 tiles on the board
- point) 3. Roll a die; the odd numbers are the outer path; the even numbers are the inner

Make sure all your movements are going counterclockwise (door is the starting

- path 4. Move all your pieces on that path the number you had just rolled;
- (2,4,6 = inner path)(1,3,5 = outer path)

** IF YOU RUN OUT OF PIECES IN THE INNER OR OUTER NEGATE RULES # 2 & 3 AND

MOVE ALL THE PIECES LEFT ON THE BOARD THE NUMBER YOU HAD JUST ROLLED**

- laundry pile pieces 5. Once you get into the room and your moves are up you can no longer touch your

6. If/when you run out of your own pieces you will roll the dice and move the trasl

taken out by the human back into the room

- ZYour goal is to focus on the laundry pile pieces and moving them back onto and
- moved down for 2 rounds** ** For every 5 trash pieces brought back into the room the stress meter can't be under the bed and into a closet shelf

Crumpled Papers

Cover the floors and window with trash

pieces Loutside the room] the number of spaces they roll on their turn loosts one Has a card that lets one thought of crumpled paper choosing to move all of their Power:

stress level *stress level goes down*)

TULNS:

point)

1. Place all 15 tiles on the board

3. Roll a die; the odd numbers are the outer path; the even numbers are the inner

Make sure all your movements are going counterclockwise (door is the starting

- path 4. Move all your pieces on that path the number you had just rolled;
- (1,3,5 = outer path)
- MOVE ALL THE PIECES LEFT ON THE BOARD THE NUMBER YOU HAD JUST ROLLED** ** IF YOU RUN OUT OF PIECES IN THE INNER OR OUTER NEGATE RULES # 2 & 3 (2,4,6 = inner path)
- paper pile pieces 5. Once you get into the room and your moves are up you can no longer touch your
- taken out by the human back into the room 6. If/when you run out of your own pieces you will roll the dice and move the trast

TYour goal is to focus on the paper pile pieces and move them back onto and in fron

thoughts left ** (2 stacked up) the window For every 6 trash pieces brought back into the room is +1 movement for all the

Human

Goal:

Take all the trash out of the room and keep the stress level below 5

Power:

- ladds a stress level 1. You can "rearrange" furniture and reset all the trash on or under that furnitur
- stress level and movement) *takes away a stress level* (Thoughts can bring back this trash in exchange for a You can throw away one piece of trash in exchange for movement that round

1. Start on the right side of the door and move counterclockwise around the board Turns:

move 3 pieces of trash into your room

3. If you are at at stress level 10 you can bring it down to a 9 by using your turn t

by rolling a die until you return to the room

- with 3. As you go around the board you can push any thought trash pieces you collide 12 Make sure all your movements are going clockwise (door is the starting point)
- 4. Once you get back to the room you will stay in the room the rest of the game
- around the room 5. Now when you roll the dice that's the amount of spaces you can move the trash

Your goal is to push the trash into the doorway and force the thoughts to go

- around the board again 7. Use your power to throw away trash away when you get a chance
- You can move the amount you roll in any way lif you get a 6 and it takes 3 to

reset a Thought trash piece then you can move another piece for 3 moves as well)

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