Body Systems Game!

Summary:

You start out as an Oxygen molecule (O2). As you play the game, you will follow the interconnected paths of the respiratory and cardiovascular systems. By the end of the game, you will have changed into Carbon Dioxide (CO2). The winner is the first person to get their Carbon Dioxide back out of the mouth.

Setup:

Each player takes a playing piece. All players put their playing pieces on the mouth space, oxygen side up. Shuffle the cards for each deck, and stack them in the appropriate spaces. The youngest player will start the game.

Instructions:

The Body Systems Game uses two decks of cards for movement around the board. Each space requires a certain card to get to, and then two or three cards to leave, to get to the next space. These cards must be drawn in order. The spaces on the board are the mouth, lungs, heart, body and kidney. At each space, you will draw a card from one of the two decks (Respiratory or Cardiovascular) as instructed. The cards must be drawn in order, according to the chart. If you draw the correct card, keep it until you have drawn all of the cards needed to leave the space. When you leave the space, follow the arrow to the next space, discard the cards you collected, and end your turn. If you do not draw the card you need, your turn is over. The chart below shows which cards you need at each space, which deck you draw from, and where you will move to. Remember that both the cardiovascular and respiratory systems are circular, which means you will need to pass through the heart and lungs twice.

Special Instructions:

Body Space: When you land on the body space, turn your playing piece over from Oxygen to Carbon Dioxide. Do not discard the Urea card when you leave. It must travel with you to the Kidney, to be disposed of.

In the Kidney space, Carbon Dioxide cannot leave while still holding Urea. When you draw a Ureter card, discard the Urea card with the Ureter card. Now the Carbon Dioxide can leave when a Heart card is drawn.

Turn Summary:

1. Draw a card.
2. Check to see if you need the card.
3. Check to see if you have collected all the cards you need.
4. Move to next space if ready.

How to Move around the board:

This chart shows what cards are needed at each space on the board, which deck to draw from, and where to go when the required cards have been collected. Remember, discard all your collected cards when you move to a new space (except for Urea).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Current Space | Deck to Draw From | Card(s) Needed | | | Destination |
| Mouth | Respiratory | Inhale | Lungs |  | Lungs |
| Lungs | Respiratory | Alveoli | Heart |  | Heart |
| Heart | Cardiovascular | Left Atrium | Left Ventricle | Body | Body |
| Body | Cardiovascular | Urea | Kidney |  | Kidney |
| Kidney | Cardiovascular | Ureter | Heart |  | Heart |
| Heart | Cardiovascular | Right Atrium | Right Ventricle | Lungs | Lungs |
| Lungs | Respiratory | Alveoli | Exhale | Mouth | Mouth |
| Mouth | Congratulations! You win! | | | | |

Card Decks:

Respiratory Deck contains 35 cards total:

Inhale (5), Lungs (5), Alveoli (10), Heart(5), Exhale (5), Mouth (5)

Cardiovascular Deck contains 50 cards total:

Left Atrium (5), Left Ventricle (5), Body (5), Urea (5), Kidney (5), Ureter (5), Heart (5), Right Atrium (5), Right Ventricle (5), Lungs (5)