RESULT 5 · TRAINING

Adapting G-PRO for Different Groups

Practical ways to adapt G-PRO for different digital literacy levels, group sizes, online and hybrid delivery and intergenerational sessions, with a full accessibility checklist.

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Why adapt?

G-PRO is designed for adults aged 55 and over, but no two groups are alike. Some participants use smartphones every day; others have never sent an email. Some groups have six people around one table; others fill a library hall. Some sessions take place in a village centre, others online with participants at home.

The aim of adapting is always the same: keep every participant engaged, keep the challenge at the right level, and keep the group conversation at the heart of the game. In terms of flow, the idea described by Mihaly Csikszentmihalyi, you are trying to keep the challenge close to each person's skills: not so hard that it causes anxiety, not so easy that it causes boredom.

REMEMBER

Adapt the format, not the core. Whatever you change, keep three things: real, personal discussion; the group deciding together; and the human making the final decision when AI is used.

Adapting for digital literacy levels

Most groups are mixed. Use the table below to recognise where participants are and what to offer. Participants can move between levels during the workshops, and many will.

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Level	What it looks like	Game format	AI Prompt cards	Support
Starting out	Rarely or never uses a smartphone or computer; may be anxious about technology	Physical game; G-PRO Online only on a screen the facilitator operates	No-device version: discuss what the AI might say and whether you would agree	Reassurance, demonstration, no pressure to touch a device
Getting comfortable	Uses a phone for calls, messages or photos; has not used AI	Physical game or G-PRO Online with facilitator operating	Shared device: player dictates, helper types, answer read aloud	Pairing with a confident partner; voice input
Confident	Uses apps, the internet and email; may have tried AI	Either format; may operate G-PRO Online	Own device: player types their own prompt	Challenge to improve prompts and compare tools
Advanced	Uses AI tools regularly	Either format; can co-facilitate	Own device; compare two tools; check against a second source	Role as table helper; extension challenges

Strategies for starting-out groups

- Begin with the physical game and personal cards. Everyone is an expert on their own life.
- Introduce AI through discussion before any device appears: "What would you ask? What do you think it would say?"
- Demonstrate AI on a large screen only. Let participants choose what to ask.
- Use voice input as an alternative to typing.
- Without a device, the Rules say AI Prompt cards can be skipped or replaced with a discussion. A discussion round does not earn the P tile; facilitators may award Community Points for good reasoning. Agree this with the group in advance and apply it consistently.
- Celebrate critical thinking: spotting a weak answer is as valuable as getting a good one.

Strategies for confident and advanced groups

- Use the full rules, including all Power Cards and Community Hub actions.
- Ask players to type their own prompts and to try a follow-up question every time.
- Add a "second source" rule: before the DECIDE step, check one fact in another source, such as an official website, a leaflet or the G-PRO Handbook.
- Compare answers from two AI tools (for example ChatGPT and Microsoft Copilot or Google Gemini) to the same prompt.
- Invite players to operate G-PRO Online or to co-facilitate a table.

Mixed groups

- Seat a confident player next to a less confident one, with the instruction "guide, don't take over".

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- Rotate the typing role so that everyone can try, but never insist.
- Make it clear that discussion, memories and judgement count as much as digital skills. Wild Cards such as Ask the Eldest and Memory Round help with this.

Adapting for group size

Group size	Recommended set-up	Facilitation
2 to 3 players	One table, physical or digital	With two players, only one person votes. With three players, the two voters can split: under the Rules a split vote is not a majority, so the player earns Community Points (in G-PRO Online, Genuine plus Partly at least half earns 1 point). As a house option agreed in advance, facilitators may cast a deciding vote
4 to 6 players	One table; the ideal size	One facilitator; standard rules
7 to 12 players	Two tables, or play in pairs (each pair is one "player" and agrees answers together)	One facilitator per table if possible; otherwise a helper at the second table
13 to 20 players	Three or four tables, or G-PRO Online on a projector with teams of 2 to 4	Lead facilitator plus helpers; teams discuss, then one spokesperson answers
More than 20 (events, open days)	G-PRO Online on a large screen with up to six teams; the audience votes by show of hands	Lead facilitator operates the game; a second person runs a roving microphone

Playing in teams

Team play works well for large groups, for very nervous participants and for intergenerational sessions.

1. Form teams of 2 to 4 and give each team one pawn, one colour and a team name.
2. On each turn, the team discusses for one or two minutes, then one spokesperson answers.
3. Rotate the spokesperson so that everyone speaks during the game.
4. The other teams vote. Each team gives one vote.
5. For Own It, one team member makes the commitment on behalf of the team, or the team makes a shared commitment.

TIP

In teams, the discussion inside the team is often richer than the answer itself. Visit each team during the discussion time and listen.

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Very small groups and one-to-one

- With one participant (for example in a home visit or a care setting), use the cards as a conversation tool rather than a game: draw a card, discuss, try the AI Prompt cards together, and agree one commitment.
- Keep a simple record of letters "earned" for motivation if the participant enjoys it.

Short and extended formats

Format	How to run it
Taster (30 to 45 minutes)	No board: draw cards from a mini-deck of 10 to 15 cards, discuss and vote; finish with one commitment each
Short session (about 45 to 60 minutes)	Physical game until half the deck is used, or G-PRO Online with Short session on; leave out Power Cards
Standard session (60 to 90 minutes)	Full rules
Two sessions	Play, carry out commitments between sessions, report back (5 points each), continue the game
Themed session	Physical game with a single-theme deck plus Wild Cards, or G-PRO Online with Theme mode on (cards match the petal the player is on, plus Wild Cards)

Online and hybrid delivery

G-PRO Online runs on one shared screen, which makes it suitable for online sessions through screen sharing.

Fully online

1. Use a video-call platform the participants already know, or one your organisation supports.
2. The facilitator opens G-PRO Online on their own computer and shares the screen.
3. Players tell the facilitator when to roll and which petal to choose. The facilitator operates everything.
4. Read every card aloud; on-screen text can be small for participants on phones or tablets.
5. Votes are given by thumbs up or down on camera, by a reaction button, or by saying the vote aloud in turn.
6. For AI Prompt cards, either the facilitator runs the AI tool and shares the screen, or confident participants use their own device and read the answer aloud.
7. Keep online sessions shorter (45 to 60 minutes), with a short break halfway if needed, and use Short session.

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Before an online session

- Run a short "technology check" call a few days before, one-to-one or in a small group, to help participants join, switch on camera and microphone, and adjust the volume.
- Send a large-print sheet with the four letters, the turn steps and the three vote questions by post or email.
- Send instructions for joining in plain language, with a phone number for help.
- Have a helper available on the phone during the session for anyone who drops out.

Hybrid (some in the room, some online)

- Put the physical board on a table under a camera, or use G-PRO Online on the projector and share the same screen with online participants.
- Give online participants a "buddy" in the room who makes sure they are included in the discussion and the vote.
- Use a good conference microphone in the room and repeat in-room answers for the online group.
- Alternate turns between in-room and online players so the online group is never left waiting.

WATCH OUT

G-PRO Online saves the game only in the browser on the facilitator's device. Always run online and hybrid games from the same computer and browser, and keep a paper record of scores and commitments.

Intergenerational sessions

G-PRO works well with mixed ages, for example grandparents and grandchildren, or seniors with students or young volunteers. Older players bring experience and memory; younger players often bring confidence with technology. The aim is an exchange in both directions.

How to set it up

- Form mixed-age teams of 2 to 4, with at least one older and one younger player in each.
- Agree roles: in AI Prompt cards, the older player decides the question and makes the DECIDE step; the younger player may type. Swap roles if both want.
- Use cards that invite stories and comparison between generations: W-01 Memory Round, W-17 Ask the Eldest, KS-08 Food from the Past, KS-11 The Oldest Thing You Still Wear, KN-07 Plant Knowledge You Carry, KR-10 Circular Economy: Old Habit, New Name, KN-22 What You Want Left Behind.
- Use cards that invite debate between generations: KR-11 Fast Fashion, KE-11 Electric Cars: For Everyone?, KE-16 Your Digital Habits Use Electricity, AI-05 AI's Own Energy Use.

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Facilitation points

- Make sure younger players do not take over the device or answer for older players. "Ask, don't do" is a useful rule for helpers.
- Make sure older players' experience is not treated as old-fashioned. Many sustainable practices, such as repairing, preserving and buying less, are the knowledge the younger generation needs.
- Agree a shared team commitment for Own It, for example "We will cook a meal from leftovers together on Sunday."
- Remind younger participants of the same privacy rules for AI tools.

ACTIVITY

Generation swap

In mixed teams, each player names one sustainable habit from their own generation and one they have learnt from the other generation. The team asks an AI tool which of the habits has the most impact, then decides whether they agree.

Adapting the content

- **Local relevance:** some cards refer to circumstances that vary between countries, such as heating systems, recycling schemes and local markets. Invite the group to answer for their own area, and use local examples in follow-up questions.
- **Sensitive topics:** cards about cold homes, income, health and living alone can touch on difficult experiences. Allow players to pass and have information on local support services available.
- **Rural and urban groups:** gardens, wells, wood stoves and public transport mean different things in different places. Accept answers that reflect the player's real situation.
- **Language:** if you are using translated materials, check that technical terms (such as "prompt", "circular economy" or "greenwashing") are explained in plain language.
- **Choosing cards:** for a themed session, or a group with particular interests, build a mini-deck by theme. For a first session, choose personal and memory-based cards before more technical or contested ones.

Accessibility checklist

Use this checklist when planning a session and again when setting up the room.

Venue and room

- Step-free access, accessible toilets and parking or drop-off near the entrance.
- Clear, signed routes from the entrance to the room.
- Room large enough for walking aids and wheelchairs to move around tables.
- Good, even lighting with no glare on the board or screen.

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- Quiet room with minimal background noise; fans and kitchens away from the table.
- Comfortable chairs with arms and back support.
- Water available at all times; refreshments that suit common dietary needs.
- Temperature comfortable for people who feel the cold.

Hearing

- Hearing loop available, or a microphone and speakers in larger rooms.
- Facilitator faces the group and speaks clearly, without covering their mouth.
- Cards always read aloud and shown at the same time.
- One person speaks at a time; answers repeated or summarised.
- Seating for people with hearing aids away from noise sources.

Sight

- Large-print summaries of the letters, turn steps and vote questions.
- Cards read aloud; enlarged copies of key cards available.
- G-PRO Online shown on a large screen with the browser zoom increased.
- Board positions and events described aloud.
- High-contrast pens and paper for commitment sheets.
- Magnifiers available for product labels and small print.

Mobility and dexterity

- Board within reach of every player; rotate it if needed.
- Large die, or a tray to roll it in.
- Neighbours or the facilitator move pawns and handle cards on request.
- G-PRO Online used when handling small pieces is difficult.
- Breaks to stand and stretch at least every hour.

Reading, language and memory

- Every card read aloud, as standard for everyone.
- Plain-language explanations of new words.
- Spoken commitments accepted and written down by the facilitator.
- Visual reminders of the rules on the table.
- Short recaps at the start of each session; commitments read back.

Digital access

- Device options planned: own device, shared device, or no device.
- Voice input available as an alternative to typing.
- Wi-Fi tested; a no-device version of each AI activity ready.

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- AI tool prepared with a facilitator account or without sign-in; no personal accounts used on shared devices.
- Phone support available for online participants.

Emotional and social

- Ground rules agreed: every experience counts; it is fine to pass.
- Low-cost and no-cost answers treated as fully genuine.
- Competitive elements (Steal, Swap, Knowledge Check) used only if the group enjoys them.
- Information on local support services available for sensitive topics.
- Consent obtained before any photos, recordings or data collection.

Quick decision guide

If your group...	Then try...
is nervous about technology	Physical game, no-device AI Prompt cards, facilitator-led AI demonstration
tires quickly	Short session, longer break, fewer players per table
is large	Team play, or G-PRO Online on a projector with teams
cannot meet in person	G-PRO Online shared on a video call, with a technology check beforehand
includes younger family members	Mixed-age teams, memory and debate cards, shared commitments
is very competitive	Full Power Card deck, Double or Nothing, Final Attempt in the Hub
finds competition stressful	Leave out Steal, Swap and Knowledge Check; play in teams
has strong interest in one topic	Themed mini-deck, or Theme mode in G-PRO Online
meets weekly	Two-session format with commitment report-back

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