

In Our Hands

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Welcome to In Our Hands

Welcome to In Our Hands, a short, one-person Role-Playing Game. This is a game about finding moments of rest and recollection in our meals between places and memories.

There are constant journeys that make up each day, each adventure, and each moment.
Be them fictional or otherwise.

So let us take a moment here.

Find a little sustenance. A little rest that can be held in our hands.

What You'll Need To Play and Set Up

- A piece of paper or something to write on
- Something to write with
- A snack or meal that you can comfortably prepare or easily acquire

What is an RPG?

A Role-Playing Game is a game where you tell a story in order to have fun, explore, and experience ideas, be it alone or with a group of friends either in person or over the internet. This game just provides some tools, a starting place, and from you take over.

This becomes your game, and with it, your experience. Each game will be different because of what you bring to the table (metaphorically and literally) that day. This will be something that belongs to you. So have fun, keep safe, and enjoy.

Safety Information

With RPGs it's important to establish boundaries, expectations, and goals for all players. Even in a single-player game such as this one. Be aware of how much into any topic you are willing to delve into before diving in, and make sure to allocate time after the game to debrief, relax, and return to a state of normalcy if it is required.

Thanks and Credits

Kazumi Chin (@Kazumiochin) and Ben Chong (@Swordsnflowers) for hosting the Our Little Food Jam (2019) on itch.io that allowed for this game to be made

Cover Photo by Akharis Ahmad on Unsplash

How to Play

The way Our Hands is played is through describing and exploring a series of prompts and questions in order to tell a short narrative.

It begins by establishing who you are in this game, followed by establishing the kind of journey or adventure you've been on so far. Once you have the foundation for your beginning, you begin exploring where and what occurs during a break during this journey of yours. Eventually leading to taking a break in order to eat and let everything stew in a short rest before coming to an end.

Who You Are

Before we can begin with play, you need to figure out who you're playing, and to get a feel for who they are. In this game, you are free and open to play anybody. Below are a few prompts to help build a foundation for whoever you're taking on this journey.

So to begin, on your piece of paper:

- Discover your name
- Find a statement describing yourself
- Recall a fond memory
- Jot down something you haven't eaten in a while

Gentle Notes

Names can always be changed, found, or re-discovered. Statements describing your character only offer a brief look into just a small part of the totality of whoever they are. Even the smallest of memories help make up who they are. A while since they last ate, could be their breakfast. Nothing is concrete, but even the simplest things are important.

Your Journey

Now that you've found who you're playing in this game, it's time to figure out the journey that they've been on. Again, below are a series of prompts to build the foundation of the journey they've been on leading up to this moment.

Continuing off on your page:

- Look around to find where you are
- Think of what brought you here
- Recall a memory from this journey so far
- Note something you've eaten during this journey

Gentle Notes

The journey can be as expansive or as small as you are comfortable with. It can be a grand epic to find a lost heirloom to prevent the end of the world, or a particularly long bus trip to get some groceries. And sometimes your journey doesn't need to have a clear end. Could be a long meandering walk in the park.

The Discovery

With any Journey, rest is needed and taken. A small reprieve and moment to recharge.

It is here along your trek, as you take your rest, you find a place and people providing or offering food that bring up recollections of a memory of yours. It doesn't have to be the memory you've written down already, but it could be. Or perhaps something new?

Here, take a while now to stroll through the following prompts and record your discoveries on that same page. Take it slow to discover this moment. Take breaks when necessary.

- What is this place you've discovered?
- Who are the people here?
- What is being cooked here?
- When did you last eat food like it?
- What does the place remind you of?
- What are they doing?
- How does it taste?
- What do you associate with it?

The Rest

When you come to the end of your thoughts, take a moment to relax. Put this game down. Enjoy the snack/meal you had as part of set-up, prepare it if necessary. Once you've finished eating and taken a moment for yourself. Return to the game.

Now that you've rested, you move to begin again on your journey.

- What is the first thing you do to resume your Journey?
- What is it like to resume your Journey?
- Has anything changed from when you began?
- Is there anything or anyone you'll remember from this discovered place?
- How rested are you?

Concluding

As you end your thoughts, take the paper you've been writing on and fold it until it is small enough to fit in the palm of your hands. Feel the weight of the paper in your hands. The weight of everything since you began, up until this moment. And then let it go. Or put it somewhere you'll forget, but rediscover at a later date when you need a bit of rest. This is your moment. Your respite. Your rest.

It is in your hands now.