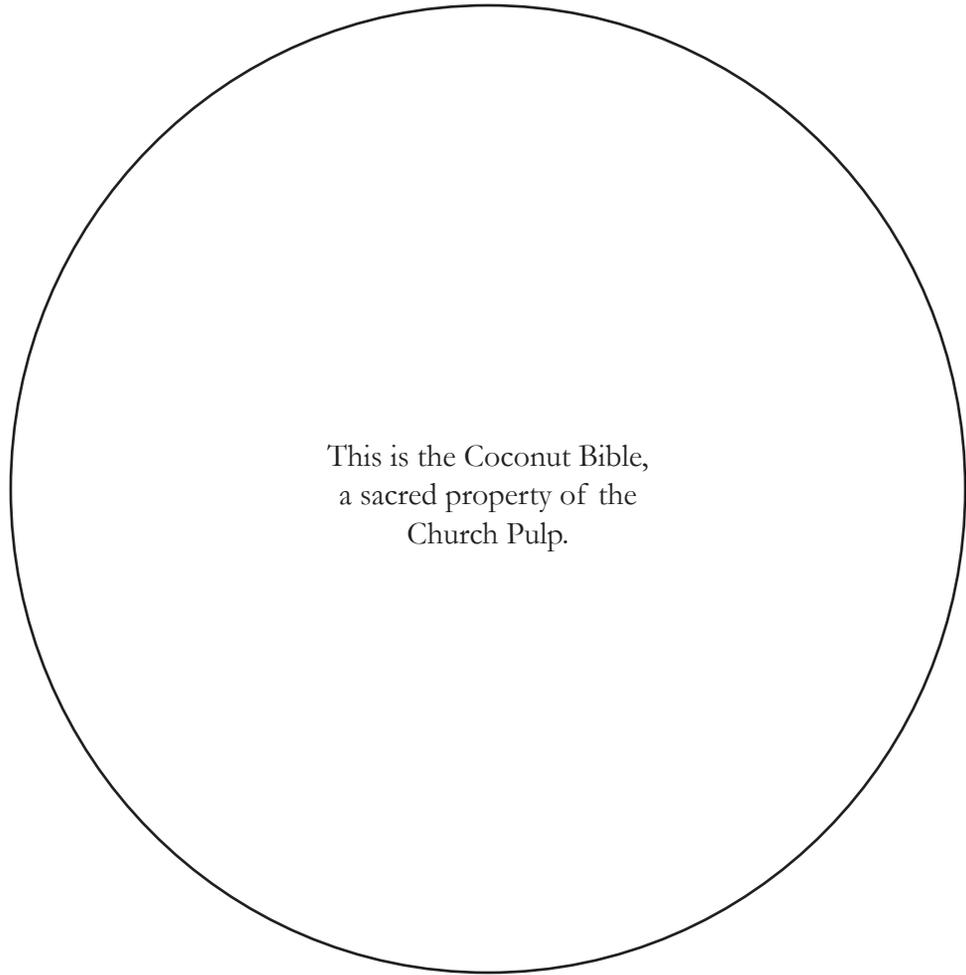
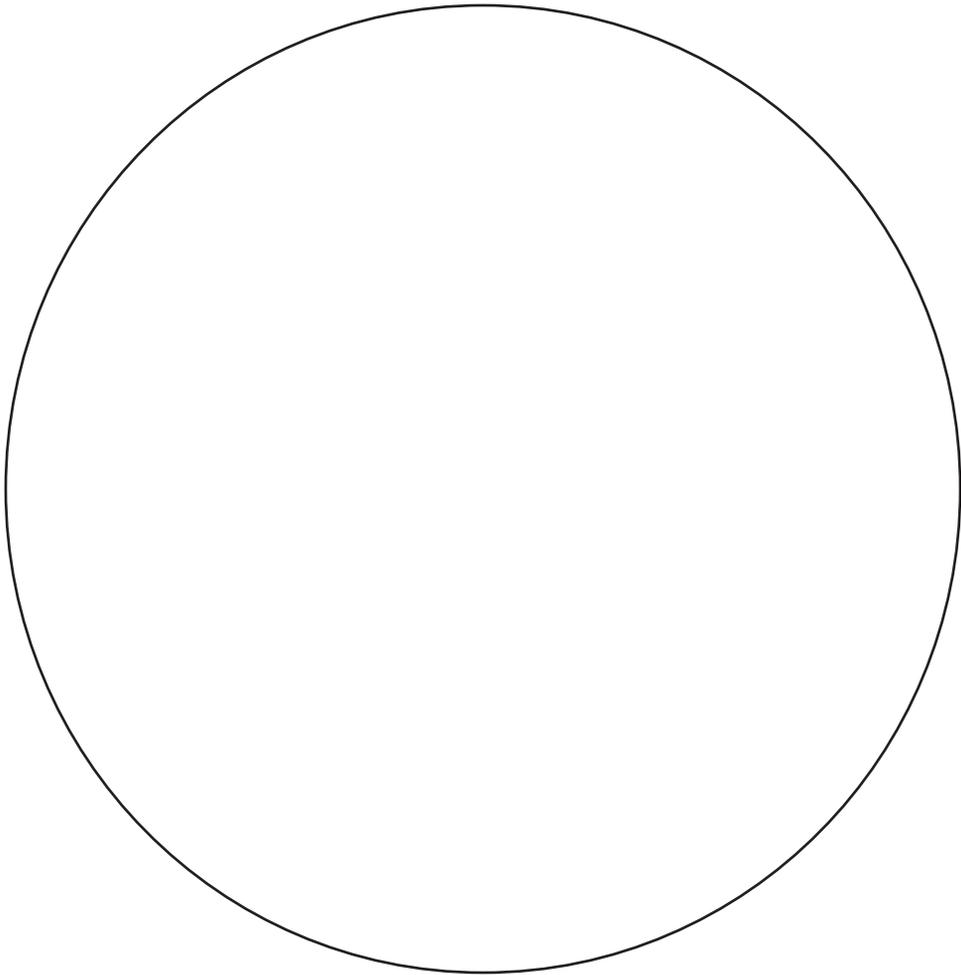


THE
COCONUT
BIBLE



First, please read the instructions on the game board.
You are the Church Pulp! Your job is to make the game as ridiculous as possible and make the coco-nuts train hard before they can win and become the best coco-nut.

Please read the underlined text aloud to the new Church members:

Everyone, you are now all coco-nuts of the Church. You will all embark on a journey to develop and spread the coconut faith.

Choose one of the following pieces to represent yourself.



*****after everyone has chosen*****

We will begin training on Week 1 Day 1.
Put your pieces there. The person owning the most coconut products will go first, and the person owning least will go last.

On every turn, you will roll two dice.

First, roll the 6-sided die. This indicates how many days you have trained. Move the same number of steps in the calendar.

Then, roll the 10-sided die. This number indicates the page I will flip to in the Coconut Bible. On week 1, I will read from Book 1, on Week 2, I will read from Book 2, and so on. Follow the instructions as I tell you. This is your training of the day. You, and sometimes other coco-nuts, will gain rewards from the Church for doing well. Difficulty of tasks will increase as the month progresses. There are no trainings on Week 5.

If you have reached Day 31, go back to Day 1.



Coconut Oil



Coconut Water



Coconut Meat

On page 3 of your handbook, you can see the three different types of rewards the Church will reward you: coconut oil, coconut water, and coconut meat.

Rewards can be converted into Faith Development cards. These cards mean you have helped spread the coconut faith. Each Faith Development card will begin with a fad. Upgrade the card to a craze, and then religion. When you reach religion, it means you have established our faith as a religion in a location.

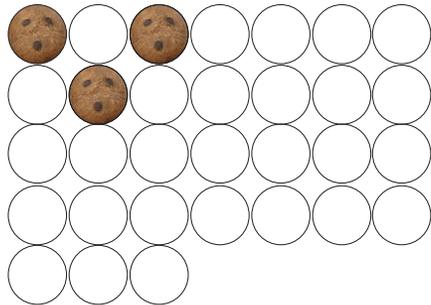
Page 6 will show you the exchange cost for Faith Development cards, which you will look at yourself. I will tell you more details about these Faith Development cards once someone has received their first one.

Instead, I will now tell you how to win.

The first coco-nut to establish the Coconut faith as a religion in this formation (seen from any orientation) on the calendar wins!



Show the coco-nuts this chart below. It is an example of a winning formation.



Alright, we will now begin training!

SOMEONE RECEIVES THE FIRST FAITH DEVELOPMENT CARD

*****Hand a Faith Development Card the player. The backs of Faith Development cards are different and should correspond to the player's chosen game piece.**

Say the underlined text outloud:

You have received your first Faith Development card. Use a pencil and write a ritual related to coconuts on the empty space. For example, you can write "Chant coconut 10 times". Be creative! Your ritual must be related to coconuts. Write your ritual and hand it to me. I will read it outloud, and then approve it or make changes to it by writing more or erasing parts of what you wrote. You can upgrade your Faith Dev Card once per turn.

*****See guidelines on the right on rituals.**

Then, chose a day on the calendar and I will put your card face-down on that day. There is are no trainings from the Bible if a Faith Development card on that day. However, if anyone including yourself lands on it, I will flip it over and they/you will have to follow the ritual written. See page 7 of your handbook to see what rewards you get for doing rituals.

Also, please know that anyone can stack on top of your Faith Development card if it is still in the Fad stage. They can start a new Fad on top of your card by paying the same exchange rate (3 oils) as listed on page 6 of your handbook. However, no one can stack on Crazes or Religions.

GUIDELINES FOR RITUALS

Remember, your job is to make the game both ridiculous and fun. You want the coco-nuts to train hard, so rituals cannot be too easy. However, you also don't want people to leave your church, so rituals cannot be impossible to perform. Please also remember that rituals must be related to coconuts. Rituals involving additional tools are fine, but make sure you have the available tools around. You may read outloud the following examples so the others know what are acceptable and unacceptable rituals.

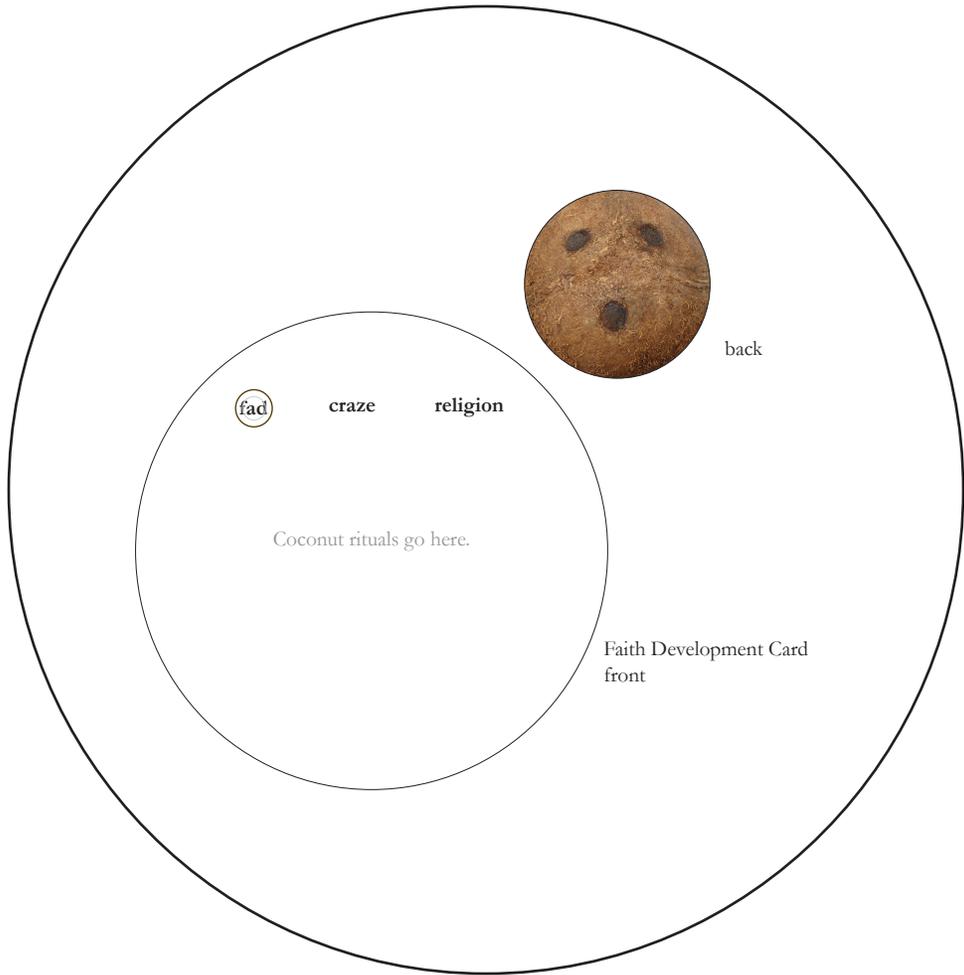
Unacceptable rituals:

Answer this question: What is 1+1?

Do 10 cartwheels while singing coconut to the tune of Twinkle Twinkle Little Stars.

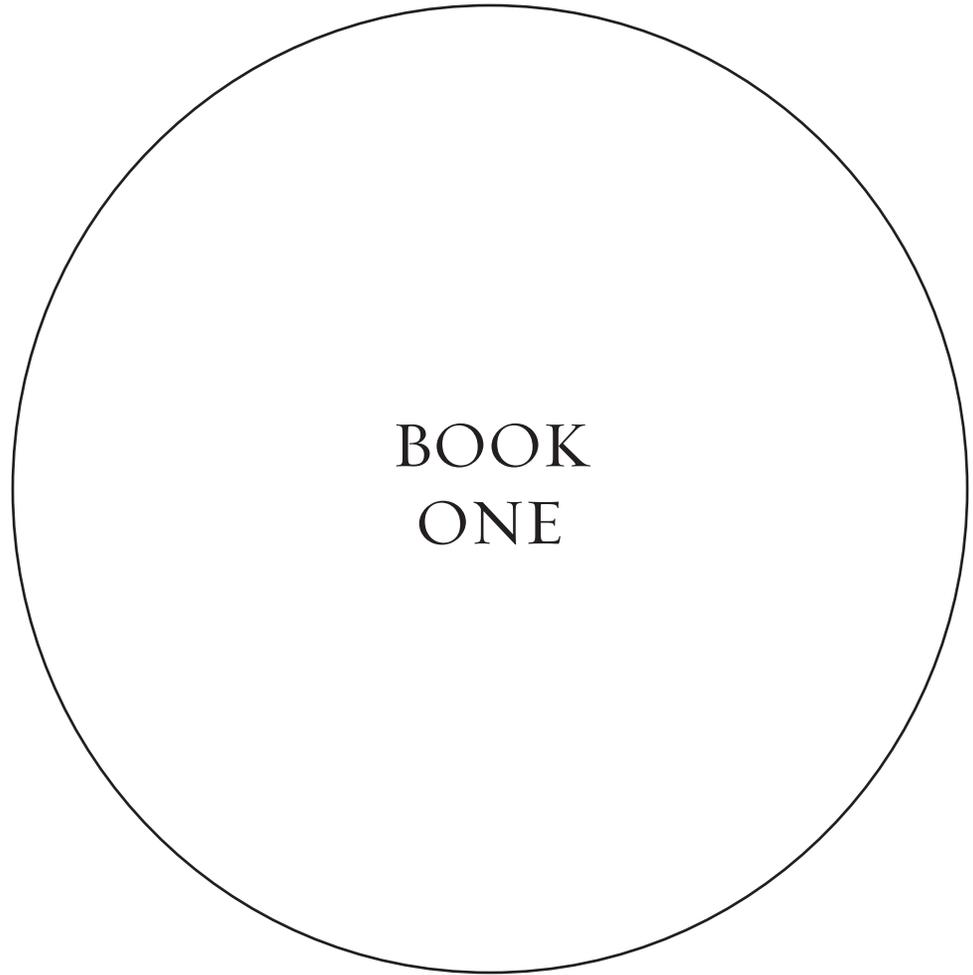
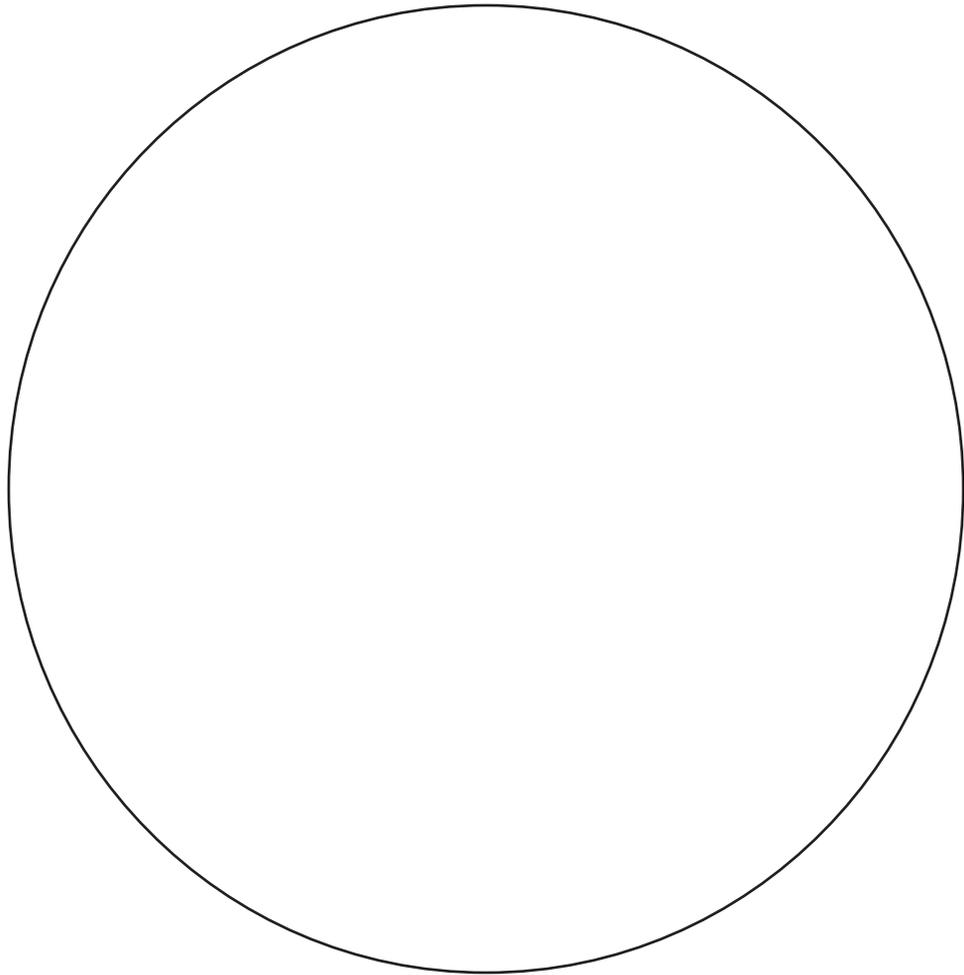
Acceptable rituals:

Mix a dab of coconut oil with baking soda. Brush your teeth with it. Say "I am coocoo for coconuts" while feeding one other player of choosing a spoon of coconut water.



Give these rewards to the coco-nuts for doing Faith Development rituals.

	someone succeeds in doing ritual	they fail to do ritual
fad	both the writer of the ritual and the ritual-doer +1 oil	↑
craze	writer: +1 oil +1 water doer: +2 oil	both: -2 oil
religion	both: +1 oil +1 water +1 meat	↓



Read aloud:

Practicing the basics of the coconut religion is crucial. That begins with writing the word 'coconut' beautifully. I will be leading a handwriting training today.

All coco-nuts, go to an empty page of your handbook. On one of the lines, write the word 'Coconut' once. I will determine who wrote most beautifully, and they will receive 1 coconut oil.

I

Self-reflection is key to enlightenment.

Use 15 seconds to write down 1 reason why you like coconuts in an empty page of your handbook. Read it aloud to your fellow coco-nuts.

SUCCEED: +1 oil

FAIL: -1 oil

2

**Chants are a large part
of the Coconut religious culture.**

**Close your eyes and chant 'coconut' 10 times
while bobbing your head back and forth.**

**SUCCEED: +1 oil
FAIL: -1 oil**

3

**Singing is a large part of the Coconut
religious culture.**

**Sing "COCONUTTTTTTTT" and suspend
it for at least 30 seconds. The other church
members will countdown for you.**

**SUCCEED: +1 oil
FAIL: -1 oil**

4

**Knowing the 10 Commandments of the
Coconut faith is important.**

**Take 15 seconds to read Commandment 1-3
that is on last page of your handbook.
Close your eyes and recite them word for
word. The other coco-nuts and I will check
time and accuracy for you.**

**SUCCEED: +1 oil
FAIL: -1 oil**

**Knowing the 10 Commandments of the
Coconut faith is important.**

**Take 15 seconds to read Commandment 4-6
that is on last page of your handbook.
Close your eyes and recite them word for
word. The other coco-nuts and I will check
time and accuracy for you.**

**SUCCEED: +1 oil
FAIL: -1 oil**

**Knowing the 10 Commandments of the
Coconut faith is important.**

**Take 15 seconds to read Commandment 7-10
that is on last page of your handbook.
Close your eyes and recite them word for
word. The other coco-nuts and I will check
time and accuracy for you.**

**SUCCEED: +1 oil
FAIL: -1 oil**

**Application of coconut to your body is important to the
faith. Use the spatula and take a small dab of coconut oil
from the coconut oil jar. Rub it anywhere on your skin.**

**SUCCEED: +1 oil
FAIL: -1 oil**

All coco-nuts, I will read you ONE coconut fact. Jot down notes on an empty page of your handbook. You might be tested on this later. Begin by saying, “According to fact # ____ of Book 1, _____”

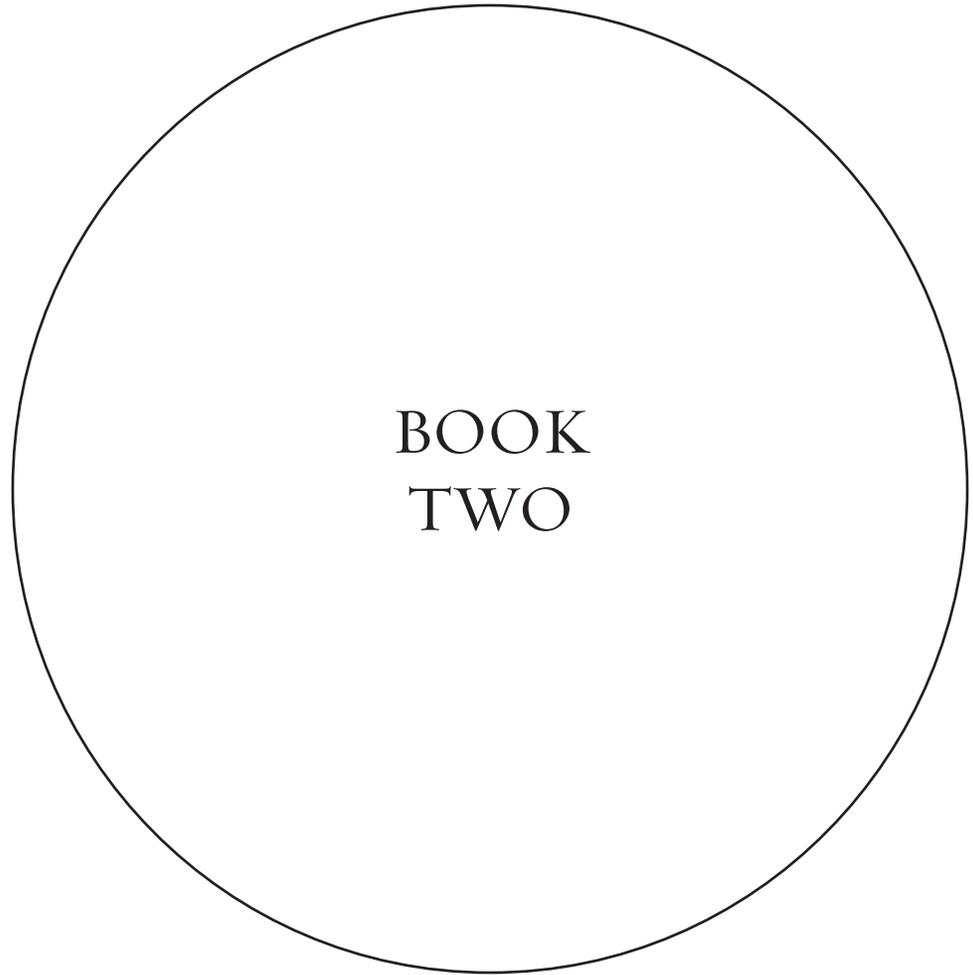
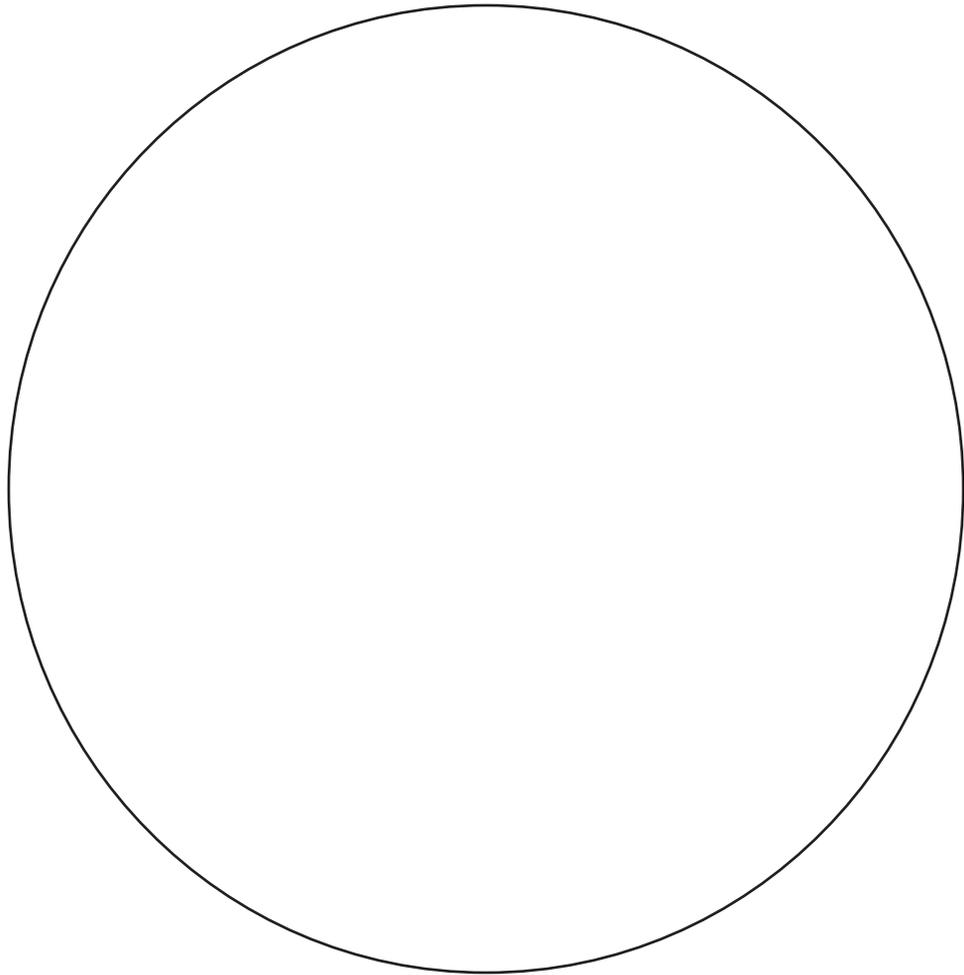
SUCCEED: No reward

FAIL: -1 oil

1. Coconut oil is a natural sunscreen with SPF 4.
2. Coconut oil will prep skin for the pending damage caused by shaving.
3. For swimmers ear, mix garlic oil and and coconut oil and put a few drops in affected ear for about 10 minutes. Do this 2-3 times a day and it usually works within 1-2 days.
4. Continued use of coconut oil on tattoos will keep the pigment from fading.
5. Mix coconut oil with baking soda. A small dab will work as toothpaste.
6. The saturated fats in coconut oil help control parasites and fungi that cause digestion-related problems such as irritable bowel syndrome.

See page 9 for instructions.

7. Coconut oil improves thyroid function.
8. Coconut oil can prevent nose bleeding that is caused by sensitivity to weather such as extreme heat and extreme cold.
9. For baldness, apply 3 times a day to affected area of hair loss. Coconut oil improves cell regeneration.
10. Coconut oil is a natural makeup remover.
11. Rub a teaspoon of coconut oil to eliminate your baby's cradle cap.
12. Coconut oil alone can be used as a deodorant, but even more effective in combination with cornstarch/arrowroot powder and baking soda.
13. Coconut oil can be used as a pre-shave.
14. Coconut oil works great to nourish cracked, sore or dry nipples.
15. Prone to oily skin or an oily T-zone? Use a pea sized amount of coconut oil underneath makeup or alone to reduce the appearance of oil.
16. Coconut oil is an all-natural, perfectly safe personal lubricant. Not compatible with latex!
17. Ingesting coconut oil can aid in the absorption of calcium and magnesium leading to better development of bones and teeth.
18. Coconut oil is anti-bacterial, preventing bacterial infections.
19. Coconut oil is anti-fungal, killing fungi and yeast that lead to infections.
20. Coconut oil can reduce the itch of mosquito bites.



Read aloud:

The Church of Coconutology believes that all coco-nuts of the Church should be well-rounded individuals. I will be leading a drawing training today.

Coco-nuts, go to an empty area of your handbook. Draw a beautiful coconut in 30 seconds. I will determine who drew most beautifully.

Best artist: +1 oil

The Church of Coconutology believes that all coco-nuts of the Church should be well-rounded individuals.

All coco-nuts, go to an empty area of your handbook and write a haiku about Coconuts. A haiku is a poem of seventeen syllables, in three lines of five, seven, and five. As a collective, the coco-nuts will vote on who has the best haiku.

Best haiku poet: +1 oil

Coco-nuts of the Church should have excellent communication skills.

Choose one coco-nut and stare with a straight face and direct eye contact. Say, "Don't worry, coconut oil will heal your age spots." Both of you are not allowed to laugh or break eye contact until 2 seconds have passed since message is communicated in order to succeed.

SUCCEED: Both of you +1 water
FAIL: Both -2 oil

Coco-nuts of the Church should have excellent math skills.

***Choose one of the following words and spell it outloud for everyone:

COCONUT	RELIGION
CHURCH	OIL
COCOA	WATER
NUTS	MEAT

Ask: If each letter is converted to a number based on its position in the alphabet. What is the sum of this word? You will have 1 minute to calculate and write the answer in your handbook.

Show it to me and I will give the...

Correct answer: +1 oil
Incorrect answer: -1 oil

*****Hand the Bible to the coco-nut and have them read the following Spanish tongue twister about coconuts without pausing.**

Yo no compro coco. Porque como poco coco, poco coco compro.

It translates to 'I do not buy coconut. Since I eat little coconut, I buy little coconut.'

**SUCCEED: +1 oil
FAIL: -1 oil**

The Church of Coconutology is caring of your skin's condition. Put 1/2 cap of coconut water on a piece of tissue and rub it over your face.

**SUCCEED: +1 water
FAIL: -1 water
-1 oil**

It is important to keep the coconut in mind even while exercising. Coconut water rehydrates you after physical activities.

Do 10 jumping jacks while saying 'coconut' every jump.

SUCCEED: +1 water

FAIL: -1 water

7

Coconut is a natural chapstick. Use the spatula and take a small dab of coconut oil from the coconut oil jar. Rub it on your lips.

SUCCEED: +1 oil

FAIL: -1 oil

8

Read one of the following coconut water facts outloud. All other coco-nuts will flip to go to an empty area of their handbook and jot down notes. Begin by saying, “According to fact # ___ of Book 2, _____”

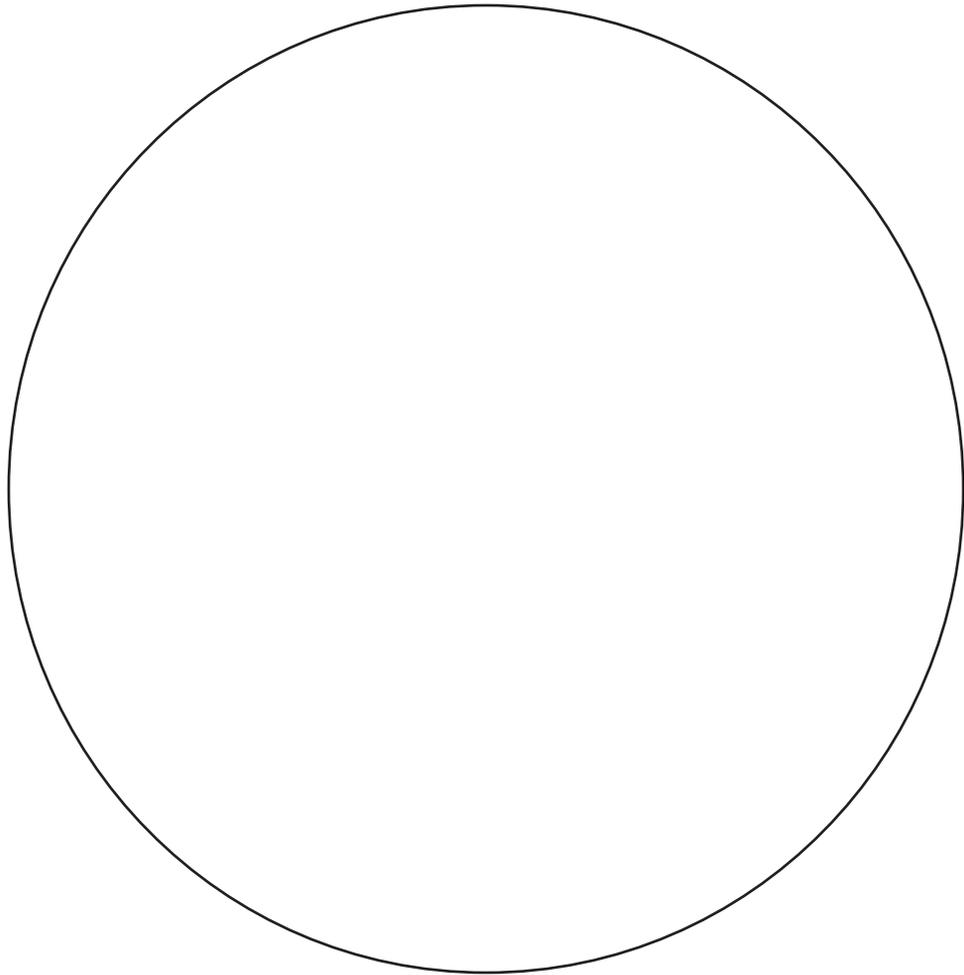
SUCCEED: No reward

FAIL: -1 oil

1. The ingredients in coconut water are way more effective at hydrating the human body than those of sports and energy drinks.
2. Regular consumption of coconut water increases the metabolism rate which helps to burn sugar a lot faster.
3. Coconut water has high content of potassium, calcium and chloride which helps to hydrate, replenish and rejuvenate the body.
4. Coconut water prevents muscle cramps due to high potassium content.
5. Coconut oil consists of Vitamin B derivatives which help to reduce stress, anxiety and depression.
6. Coconut oil helps to reduce the swelling in hands and legs.

See page 9 for instructions.

7. Green coconut water is the best medicine for some diseases like constipation, heartburn, neutralizing toxins, dengue fever and dysentery.
8. Coconut water is an ideal moisturizer for people with oily skin.
9. Lauric acid in coconut water shields the hair proteins and protects the root of the hair strands preventing hair breakage.
10. Coconuts are a rich source of hair loving nutrients like Vitamin K and iron.
11. Coconut water is the best natural remedy for acidity and heart burns.
12. Coconut water boosts levels of amniotic fluid and improves the overall health of the foetus.
13. The electrolyte balance and plasma content in coconut water is similar to human blood.
14. Coconut water regulates blood circulation and prevents plaque.
15. Because of its high potassium content, coconut water plays a key role in urine alkalizing and preventing formation of kidney stones.
16. Consume coconut water as a hangover remedy.
17. Coconut water contains five essential electrolytes that are present in the human body: calcium, magnesium, phosphorous, potassium and sodium.
18. Coconut water suppresses appetite as its rich nutrients make you feel full.
19. Each 8 ounce serving of coconut water is accompanied by 45 to 60 calories
20. High concentration of fiber in coconut water means reducing the occurrence of acid reflux.



It is important to keep the coconut in mind even while exercising. Coconut water rehydrates you after physical activities.

Do 10 pushups saying coconut every pushup.

SUCCEED: +1 water

FAIL: -1 water

1

Singing is a large part of the Coconut religious culture.

Sing “COOCCOOONUTTTTTTTT” and suspend it for at least 1 minute 30 seconds. The other church members and I will time you.

SUCCEED: +1 oil

FAIL: -1 oil

2

Coco-nuts of the Church should have excellent math skills. I will give you a math problem.

*****Come up with a multiplication problem of 3 digits by 2 digits.**

You will have 30 seconds to show your work and write the answer in an empty area of your handbook.

*****Collect their handbooks.**

**Correct answer: +1 water
FAIL: -2 oil**

3

I will lead a writing session today.

**Roses are red,
Violets are blue,**

All coco-nuts, finish this classic poem by writing it in go to an empty area of your handbook. You have 2 minutes to write, then everyone will read their poem outloud to me. I will determine who the best poet is.

**Best poet: +1 oil
Other poets: -1 oil**

4

Read aloud:

The word coconut was originally called 'coco' by the Spanish and Portuguese meaning 'head' or 'skull' because they thought the coconut reminded them of a monkey. This is also the inspiration for our Church symbol:



All coco-nuts, go to an empty area of your handbook. Draw a beautiful monkey-coconut hybrid in 1 minute. I will determine who drew most beautifully.

Best artist: +1 water
Other artists: -1 oil

The Church of Coconutology is caring of your skin's condition. Put 1/2 cap of coconut water on a piece of tissue and rub it over your face.

SUCCEED: +1 water
FAIL: -1 water
-1 oil

Coconuts bring with us delicious foods.

All coco-nuts, go to an empty section of your handbook. Write down or invent 1 coconut dish you like. Everyone will collectively vote on 1 dish they all want to eat for their next meal.

**Person with chosen dish: +1 meat
Others: -1 oil**

7

Coconuts bring with us delicious beverages.

All coco-nuts, go to an empty section of your handbook. Write down or invent 1 coconut beverage you like. Everyone will collectively vote on 1 beverage they all want to drink.

**Person with chosen beverage: +1 water
Others: -1 oil**

8

Choose one question, ideally one in which people have taken notes on before.

Ask: Everyone, we are testing you on your knowledge today. According to Fact # ___ in Book 1 of the Bible, _____.
***Coco-nuts will have 15 seconds to write their answer in the handbook. Collect their booklets. Do not announce the correct answer, but tell who got their answers correct. Check book 1 for correct answers.

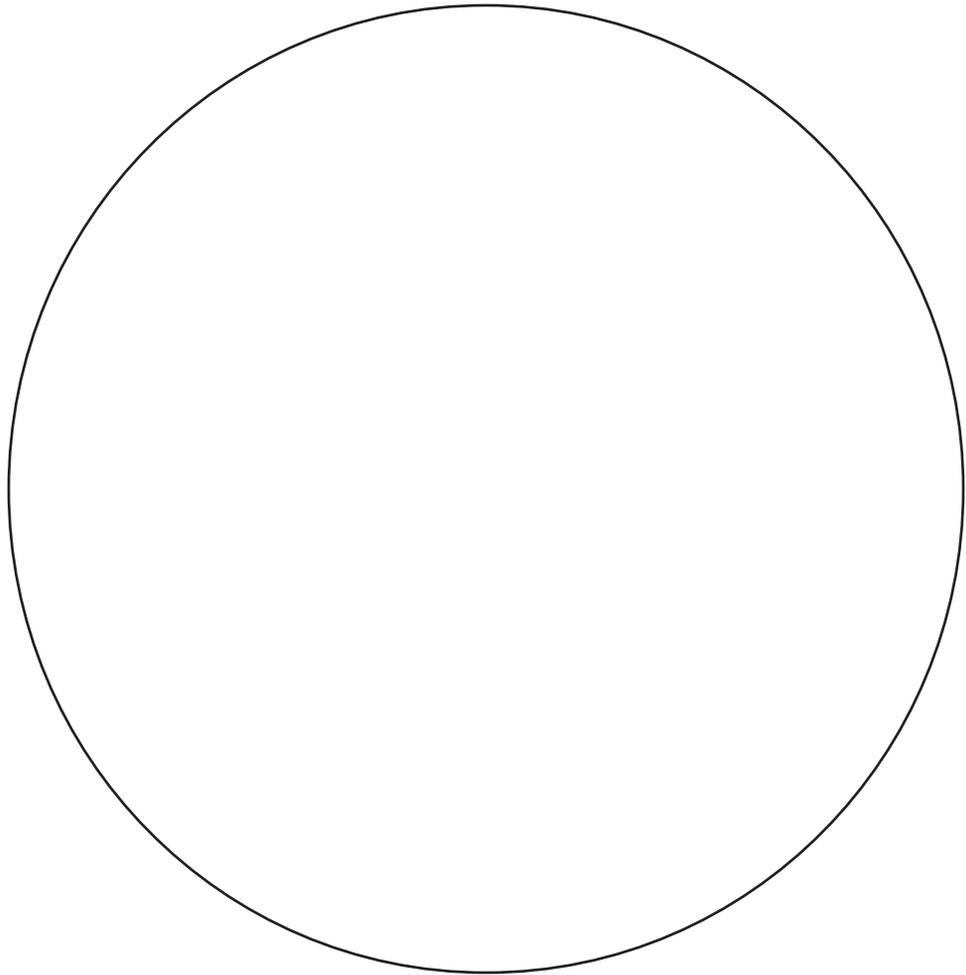
Correct answers: +1 water

FAIL: -1 water, -1 oil

1. Coconut oil is a natural sunscreen with an SPF of ___?
2. Coconut oil will prep skin for the pending damage caused by ___?
3. For swimmers ear, mix _____ and and coconut oil and put a few drops in affected ear for about 10 minutes. Do this ___ times a day and it usually works within 1-2 days.
4. Continued use of coconut oil on tattoos will ___?
5. Mix coconut oil with _____. A small dab will work as toothpaste.
6. The _____ in coconut oil help control parasites and fungi that cause digestion-related problems such as irritable bowel syndrome.

See page 9 for instructions.

7. Coconut oil improves ___ function.
8. Coconut oil can prevent ___ that is caused by sensitivity to weather such as extreme heat and extreme cold.
9. For baldness, apply ___ times a day to affected area of hair loss. Coconut oil improves cell regeneration.
10. Coconut oil is a natural ___ remover.
11. Rub a teaspoon of coconut oil to eliminate your baby's ____.
12. Coconut oil alone can be used as a deodorant, but even more effective in combination with ___ and ____.
13. Coconut oil can be used as a pre-_____.
14. Coconut oil works great to nourish cracked, sore or dry ____.
15. Prone to oily skin or an oily T-zone? Use a pea sized amount of coconut oil underneath ___ or ___ to reduce the appearance of oil.
16. Coconut oil is an all-natural, perfectly safe personal _____. Not compatible with ___!
17. Ingesting coconut oil can aid in the absorption of ___ and ___ leading to better development of bones and teeth.
18. Coconut oil is ___, preventing ___ infections.
19. Coconut oil is anti-____, killing ___ and yeast that lead to infections.
20. Coconut oil can reduce the itch of ____.



Consuming coconuts should boost mental power. We will be testing your creativity today.

All coco-nuts go to an empty section of your handbook. You have 1 minute to create a coconut-related invention.

I will judge whose invention is the most creative.

**Best inventor: +1 meat
+1 oil**
**Other inventors: -1 meat
-1 oil**

I

Always keep the 10 Commandments at heart.

I will give you a number from 1 to 10. Close your eyes and recite for me the Commandment corresponding to that number.

**SUCCEED: +1 water
+1 oil**
**FAIL: -1 water
-1 oil**

2

Coconut oil and coconut water is good for your hair. Use the spatula to get 1 dab of coconut oil from the oil jar. Put the dab on your hand. Mix that with 1 tablespoon of coconut water. Rub the mixture anywhere on your hair.

SUCCEED: +1 meat
+1 water

FAIL: -1 water
-2 oil

3

The ability to self-study and research more on the coconut faith is important. All coco-nuts, you will have 1 minute to research online. You will then tell me a fact about coconut-related products unmentioned so far. Everyone should be taking notes. I will decide whose fact is the best.

Coco-nut with best answer: +1 meat
+1 water

Others: -1 water
-2 oil

4

The Church believes in the mental well-being of its members. You have 1 minute to think, then tell a joke or pun related to coconuts. You succeed if at least one person laughs or chuckles.

SUCCEED: +1 meat
 +1 water
FAIL: -2 oil

5

Coconut oil is a natural makeup remover. Use the spatula and take a small dab of coconut oil from the coconut oil jar. Rub it one of your eyelids to free it from any chemical impurities

SUCCEED: +1 meat
 +1 water
FAIL: -2 oil

6

Consuming coconut oil is a natural part of being a member of the Church. Use a clean wooden coffee-stirrer to take a 1 cm-diameter dab of coconut oil from the coconut oil jar. Eat it.

SUCCEED: +2 oil
 +1 water
 +1 meat

FAIL: -1 oil
 -1 meat

7

Coconut is a natural moisturizer. Use the spatula and take enough coconut oil from the coconut oil jar so that you can rub it all over your face and moisturize it.

SUCCEED: +1 meat
 +1 water
FAIL: -2 oil

8

Choose one question, ideally one in which people have taken notes on before. Ask: According to Fact # ___ in chapter 2 of the Bible, _____.

Coco-nuts will have 15 seconds to write their answer in the handbook. They cannot check their notes. Collect their booklets.

Do not announce the correct answer, but tell who got their answers correct. You, the judge, can check chapter 2.

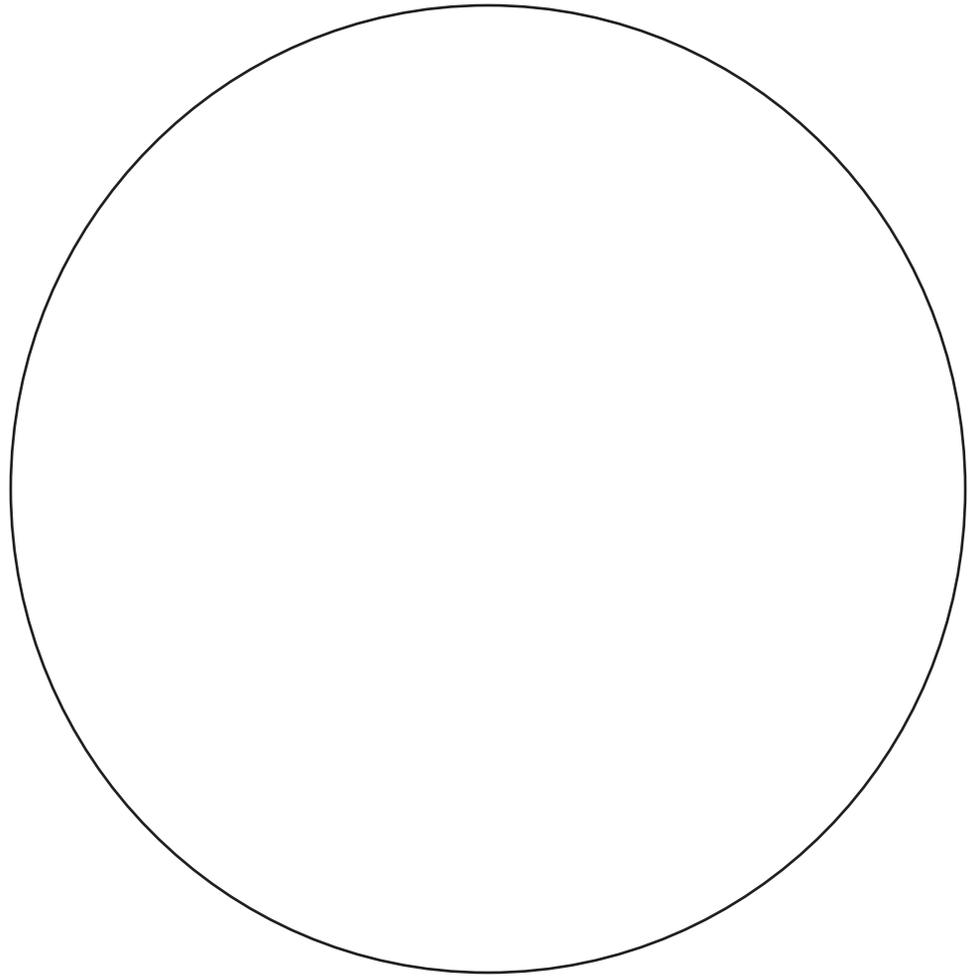
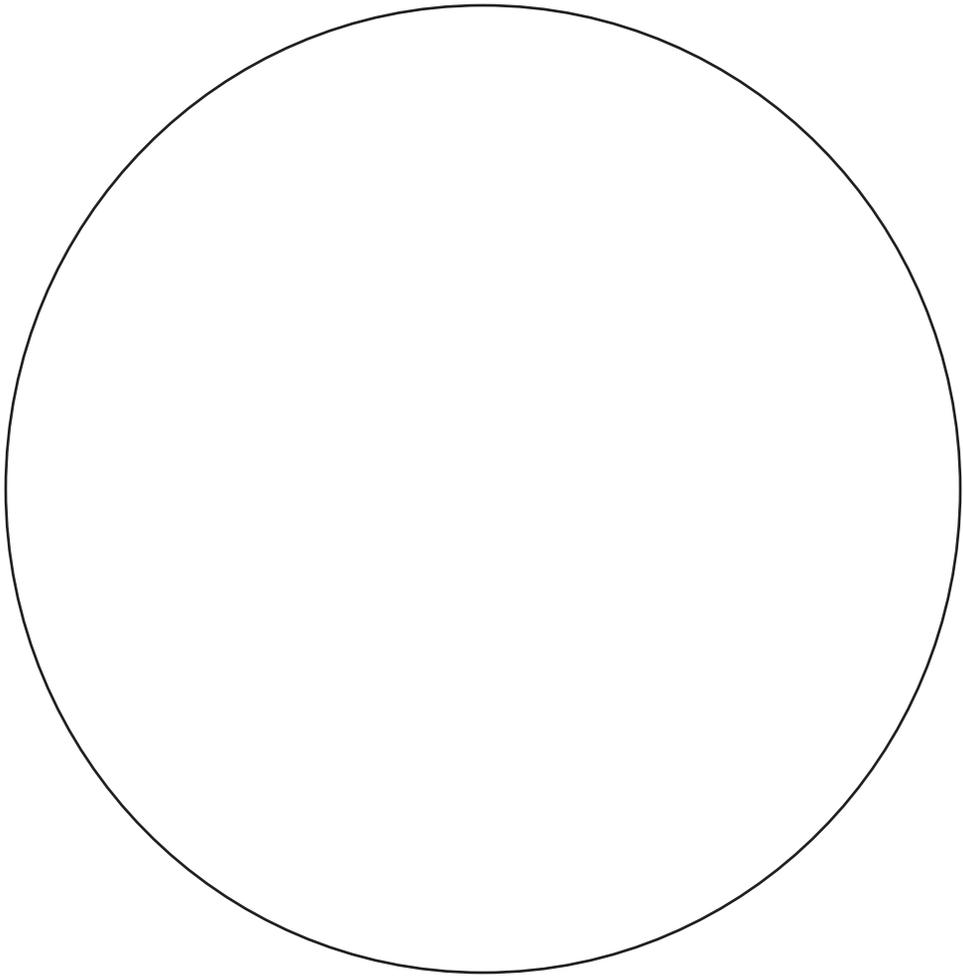
Correct answers: +1 meat

FAIL: -1 water, -2 oil

1. The ingredients in coconut water are way more effective at hydrating the human body than those of ___ and ___ drinks.
2. Regular consumption of coconut water increases the metabolism rate which helps to burn ___ a lot faster.
3. Coconut water helps to hydrate, replenish and rejuvenate the body because of it's high content on three things. What are two of them?
4. Coconut water prevents muscle cramps due to high ___ content.
5. Coconut oil consists of Vitamin ___ derivatives which help to reduce stress, anxiety and depression.
6. Coconut oil helps to reduce the swelling in ___ and ___.

See page 9 for instructions.

7. Green coconut water is the best medicine for some diseases. Name two of them.
8. Coconut water is an ideal moisturizer for people with what type of skin?
9. ___ acid in coconut water shields the hair proteins and protects the root of the hair strands preventing hair breakage.
10. Coconuts are a rich source of hair loving nutrients like Vitamin K and ___.
11. Coconut water is the best natural remedy for acidity and ___.
12. Coconut water boosts levels of ___ and improves the overall health of the foetus.
13. The ___ and ___ in coconut water is similar to human blood.
14. Coconut water regulates blood circulation and prevents ___.
15. Because of its high potassium content, coconut water plays a key role in urine alkalizing and preventing formation of ___.
16. Consume coconut water as a ___ remedy.
17. Coconut water contains five essential electrolytes that are present in the human body. What are three of them?
18. Coconut water suppresses appetite because?
19. Each 8 ounce serving of coconut water is accompanied by _ to _ calories.
20. High concentration of ___ in coconut water means reducing the occurrence of acid reflux.



THE TEN COMMANDMENTS

1. I will only speak good things about coconut.
2. I will always put coconut above all other nuts.
3. I will remember to celebrate World Coconut Day, on September 2nd.
4. I will always have coconut oil available in my household.
5. I will always have coconut water available in my household.
6. I will only cook with coconut oil.
7. I will only use coconut oil in replacement of other products whenever possible.
8. I will only drink coconut-related drinks.
9. I will follow the the Coconut Bible closely.
10. I will be a lifelong learner of the coconut.

