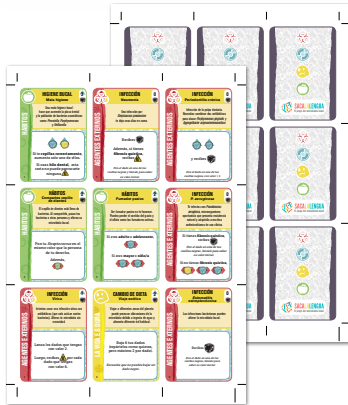




**STICKOUTYOURTONGUE**  
The oral microbiome project



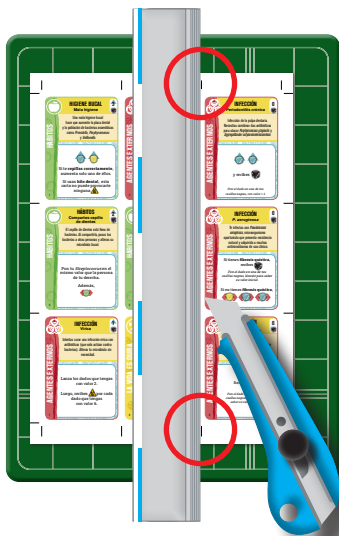
## DIY GUIDELINES



### 1. Print the cards at home or at a copy center

The cards have a front and a back side, you are free to print just the front side of the cards, especially if you print them at home. But if you go to a copy center, they can easily print both sides on one sheet.

- Choose white cardstock to print at home.
- If you print at the copy center you can order 300 gr paper; your cards will almost look like professional-printed cards.
- If you want to protect the cards, you can put them in transparent card sleeves. You can find them in game retailers or on-line game stores. The sizes you will need are 88 × 64 mm and 120 × 80 mm sleeves.



### 2. Cut the cards

Using a cutting board, a ruler, and a cutter, cut the cards with the help of the cutting markings (the lines) that show where you should cut. **WATCH OUT!** Do not cut to the very edge of the sheet or you will lose the markings. Stop cutting 1 cm from the edge; in this way, all the cards on the sheet will come out easily. It is recommended to cut first vertically and then horizontally.

- Make several passes with the cutter, do not try to cut all the sheet at the first cut.
- If you print at a copy center you can ask them to guillotine the cards themselves. It will be much faster, and the cards will have a better appearance.



### 3. Get some dice and tokens

Now you only need 31 white dice and 6 black dice (you can use other colors, if you want, but always 31 and 6 that can be easily differentiated). In gaming stores or large stationeries, you can find many dice types; we recommend dice with sides between 12 and 16 mm so they can be used comfortably. For the 12 tokens you can use any round and flat wooden or plastic chips, or even small coins, if you want.