



STORIES THAT HEAL

Components

# Components

## CHALLENGE CARDS

Each level has 5 challenge cards, color-coded for easy identification. Total of 15 cards.

## PLAYER

Standard dice.

## GAME MASTER GUIDE

Instructions, Debriefing cards for each of the challenge cards, Challenge Scenarios, tips for facilitating the game.

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Game Description

# Game Description

Mind Matters is an educational card game designed to promote mental health and well-being among young people.

Through a series of interactive challenges and activities, players embark on a journey of self-discovery, social connection, and personal growth.

With three distinct levels of difficulty, each offering unique challenges, players collaborate, compete, and learn together in a supportive and engaging environment.

Guided by a Game Master, participants navigate through obstacles, build resilience, and develop essential life skills while having fun.

The background features a complex, abstract design. It consists of several overlapping, organic shapes in shades of purple and blue. These shapes are filled with dense, vertical hatching lines in various colors, including orange, green, red, and black. The overall effect is a textured, layered composition.

STORIES THAT HEAL

Game Goals

# Game Goals

## FOSTER MENTAL WELL-BEING

Encourage players to explore and develop strategies for managing emotions, reducing stress, and building resilience.

## PROMOTE SOCIAL CONNECTION

Facilitate meaningful interactions and teamwork among players, fostering empathy, communication, and collaboration.

## ENHANCE PERSONAL GROWTH

Provide opportunities for self-reflection, goal setting, and skill development to empower players to thrive in various aspects of their lives.

The background features a central, large, light purple shape that resembles a stylized figure or a large letter. This shape is surrounded by various other purple and blue shapes, some of which are filled with dense, colorful hatching or scribbled lines in shades of orange, green, blue, and black. The overall composition is abstract and textured.

STORIES THAT HEAL

Instructions

# Instructions

## SETUP

Gather five players and the challenge cards for each difficulty level (easy, medium, hard).

Each player rolls a standard six-sided dice to determine their score. The highest scorer goes first, followed by the second highest, and so on.

## ORDER OF PLAY

Players take turns in the order established by their dice rolls.

The player with the highest score goes first, the second highest goes second, and so forth.



STORIES THAT HEAL

Instructions

# Instructions

## CHALLENGES

The player with the highest score draws the first challenge card from the easy level deck and reads it aloud to the group.

They attempt to complete the challenge within a specified time limit or through specific actions listed on each card.

The challenge is over after the Game Master finish asking the Debrief Questions and declares the challenge completed by the group.

Once the challenge is completed or the time limit expires, the player with the second-highest score draws the second challenge card, and so on until all players have drawn a card.

The background features a central, large, light purple shape that resembles a stylized figure or a large letter. This shape is surrounded by various other shapes in shades of blue and purple. Overlaid on these shapes are numerous areas filled with fine, parallel lines in various colors including orange, green, black, and blue, creating a textured, hatched effect.

STORIES THAT HEAL

Instructions

# Instructions

## CHALLENGE RESOLUTION

Players attempt to complete the challenge described on the drawn card within the specified time limit or through specific actions.

The group collaborates and supports each other in completing the challenges.

The Game Master facilitates the challenges, provides guidance if needed, and determines whether the challenges have been successfully completed based on what is written on the card first, the second highest goes second, and so forth.

The background features a central, large, light purple shape resembling a stylized figure or a large letter 'A'. This shape is surrounded by various other purple and blue shapes, some of which are filled with dense, colorful hatching patterns in shades of orange, green, blue, and black. The overall composition is abstract and layered.

STORIES THAT HEAL

Instructions

# Instructions

## PROGRESSION

Players advance through the game by successfully completing challenges. Each player must complete at least one challenge from each difficulty level to progress to the next level.

## GAME END

The game ends when all players have successfully completed the required number of challenges from each difficulty level. The group can collectively celebrate their achievement or declare a winner based on individual or team scores.

## LIST OF MATERIALS

Since each card contains unique instructions, the exact materials you'll need may vary.

However, here is a general list of useful items to have on hand:

- Dice
- Paper and pens
- Colouring paper and coloured pens
- Puzzle materials
- Random pictures or drawings to be described by players

This game has 3 levels. Each level has 5 challenge cards, color-coded for easy identification.

STORIES THAT HEAL

*Easy Level Challenges*



# Empathy Circle

## GROUP CHALLENGE



### CHALLENGE

Discuss a scenario where someone is feeling sad or lonely.

Take turns expressing how you would feel in their shoes.

The task is complete when all the members of the group expressed ideas.

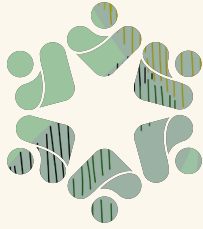


### GOAL

Practice empathy and perspective-taking skills to understand others' emotions.

STORIES THAT HEAL

*Easy Level Challenges*



# Empathy Circle

## GAME MASTER DEBRIEFING CARD



What did you notice about your mood or mindset after completing the gratitude journal activity?



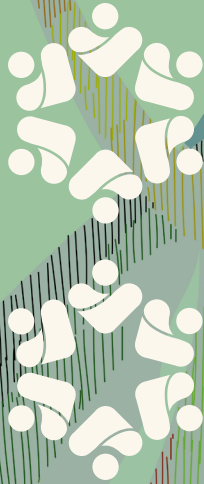
How did it feel to step into someone else's shoes and express their emotions?



How can practicing empathy improve our relationships with others?

STORIES THAT HEAL

*Easy Level Challenges*



# Gratitude Journal

INDIVIDUAL AND GROUP CHALLENGE



## CHALLENGE

Write down three things you're grateful for today.

Share your list with the group and explain why each item is meaningful to you.

The task is complete when all participants shared their list.

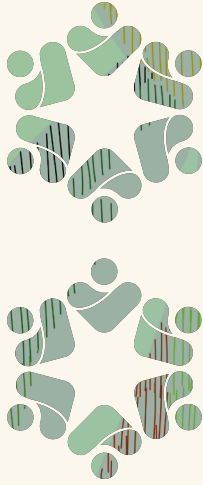


## GOAL

Cultivate a positive mindset and appreciation for the good things in life.

STORIES THAT HEAL

*Easy Level Challenges*



# Gratitude Journal

## GAME MASTER DEBRIEFING CARD



What did you notice about your mood or mindset after completing the gratitude journal activity?



Did anything surprise you while reflecting on things you're grateful for?



How can incorporating gratitude into our daily lives enhance our well-being?

STORIES THAT HEAL

*Easy Level Challenges*



# Breathing Exercise

## INDIVIDUAL CHALLENGE



### CHALLENGE

Follow a guided breathing exercise for relaxation.

Take slow, deep breaths and focus on the sensation of air entering and leaving your body.

The task is complete when all the players will take part in the breathing exercise.



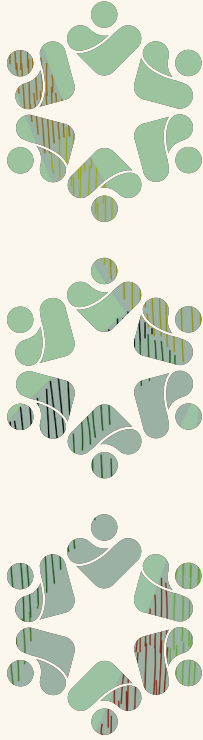
### GOAL

Learn simple techniques to reduce stress and promote relaxation through mindful breathing.

*Note: Have in mind the 5-4-3-2-1 technique (5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste). This practice shifts your focus from anxious thoughts to your immediate surroundings, helping you feel calmer and more centered.*

STORIES THAT HEAL

*Easy Level Challenges*



# Breathing Exercise

## GAME MASTER DEBRIEFING CARD



How did you feel before and after the breathing exercise?

Did you notice any changes in your body or mind?



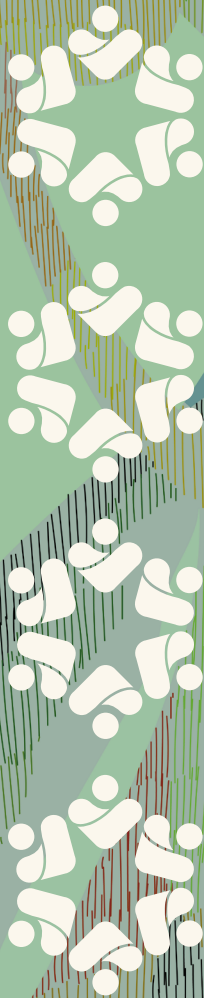
What techniques did you find helpful for staying focused on your breath?



How can practicing mindful breathing help us manage stress in everyday life?

STORIES THAT HEAL

*Easy Level Challenges*



# Positive Affirmations

## GROUP CHALLENGE



### CHALLENGE

Share a positive affirmation with the group.

Encourage each other by highlighting your strengths and potential.

The task is completed when all the players share their positive affirmations.

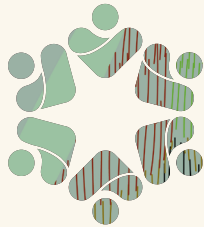
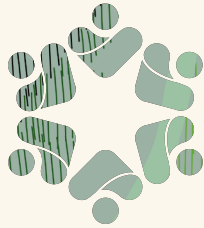
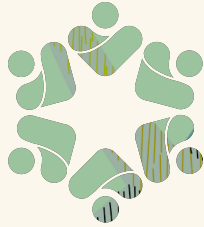
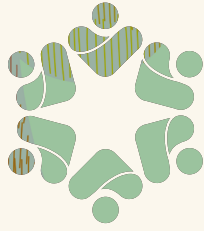


### GOAL

Boost self-esteem and confidence by affirming positive qualities and capabilities.

STORIES THAT HEAL

*Easy Level Challenges*



# Positive Affirmations

GAME MASTER DEBRIEFING CARD



How did it feel to share positive affirmations with the group?

Did you find it challenging or empowering?



Why is it important to acknowledge and celebrate our strengths and achievements?



How can positive self-talk influence our confidence and mindset?

STORIES THAT HEAL

*Easy Level Challenges*



# Mindful Coloring

INDIVIDUAL CHALLENGE



## CHALLENGE

Engage in a mindful coloring activity.

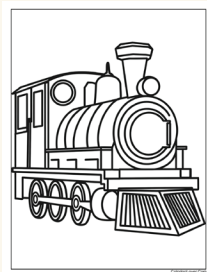
Choose a coloring sheet and focus on the colors and patterns as you fill in the design.

The task is completed after 10 minutes.



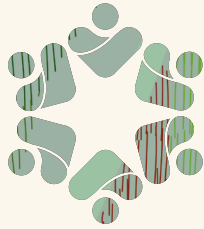
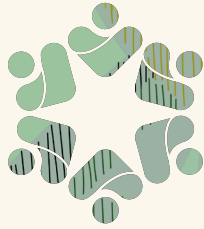
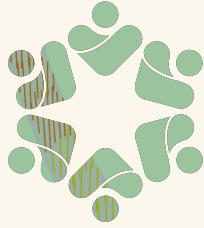
## GOAL

Practice mindfulness and concentration while expressing creativity through coloring.



STORIES THAT HEAL

*Easy Level Challenges*



# Mindful Coloring

## GAME MASTER DEBRIEFING CARD



What was your experience like while coloring mindfully?

Did you notice any changes in your mood or focus?



How did focusing on coloring help you stay present in the moment?



How can incorporating mindful activities like coloring into our routine benefit our mental well-being?

STORIES THAT HEAL

*Medium Level Challenges*



# Problem Solving Puzzles

## GROUP CHALLENGE



### CHALLENGE

Solve a series of puzzles as a team within a time limit.

Use critical thinking and teamwork to overcome obstacles and reach the solution.

The task is completed if the puzzle is completed in 15 minutes.

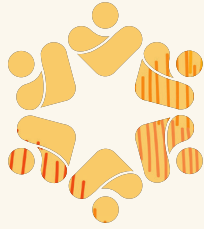


### GOAL

Enhance problem-solving skills and collaboration in a fun and challenging setting.

STORIES THAT HEAL

*Medium Level Challenges*



# Problem Solving Puzzles

GAME MASTER DEBRIEFING CARD



How did your team approach solving the puzzles?

Did you find it challenging to work together or communicate effectively?



How did focusing on coloring help you stay present in the moment?



How can incorporating mindful activities like coloring into our routine benefit our mental well-being?

STORIES THAT HEAL

*Medium Level Challenges*



# Positive Affirmation Mirror

## INDIVIDUAL CHALLENGE



### CHALLENGE

Stand in front of a mirror and say three positive affirmations about yourself out loud.

Encourage others to do the same.

The challenge is completed when all players say at least one positive affirmation.

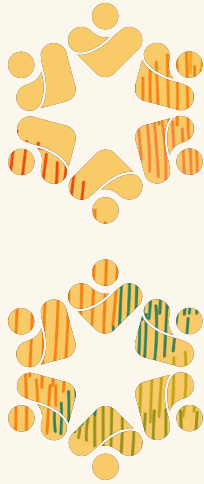


### GOAL

Boost self-confidence and self-acceptance by verbalizing positive self-talk.

STORIES THAT HEAL

*Medium Level Challenges*



# Positive Affirmation Mirror

## GAME MASTER DEBRIEFING CARD



How did it feel to say positive affirmations about yourself in front of a mirror?

Did you experience any self-consciousness or resistance?



Why is it important to practice self-compassion and self-acceptance?



How can positive self-talk influence our self-esteem and overall well-being?

STORIES THAT HEAL

*Medium Level Challenges*



# Mindful Movement

INDIVIDUAL AND GROUP CHALLENGE



## CHALLENGE

Practice mindful movement exercises such as yoga or stretching.

Focus on your breath and body sensations as you move through each pose.

The challenge is completed when all players practice the movement exercises.

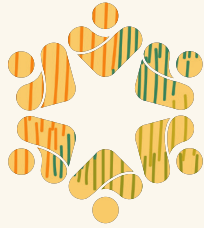
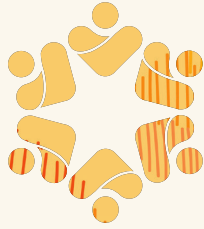
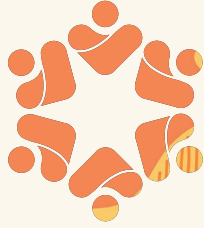


## GOAL

Increase body awareness, flexibility, and relaxation through mindful movement practices.

STORIES THAT HEAL

*Medium Level Challenges*



# Mindful Movement

## GAME MASTER DEBRIEFING CARD



What sensations did you notice in your body while practicing mindful movement exercises?



How did focusing on your breath and body sensations enhance your experience?



How can incorporating mindful movement practices into our routine improve our physical and mental health?

STORIES THAT HEAL

*Medium Level Challenges*



# Communication Challenge

## GROUP CHALLENGE



### CHALLENGE

Engage in a communication exercise where one player describes a picture or scenario to the group without revealing it or telling them what is being described.

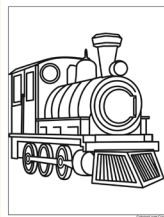
The group must ask questions to guess what the player is describing.

The challenge is completed when the group reveals at least 3 pictures or scenarios.



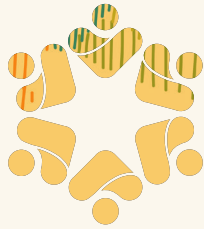
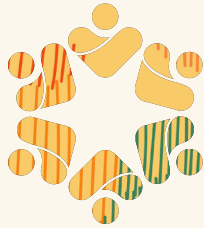
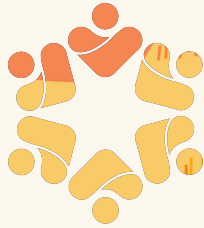
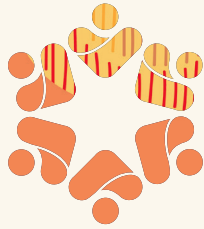
### GOAL

Improve active listening, clarity in communication, and understanding of non-verbal cues.



STORIES THAT HEAL

*Medium Level Challenges*



# Communication Challenge

## GAME MASTER DEBRIEFING CARD



What did you learn about communication from participating in this activity?

Did you encounter any challenges or breakthroughs?



How did active listening and asking questions help your team guess the picture or scenario?



How can effective communication skills strengthen relationships and resolve conflicts?

STORIES THAT HEAL

*Medium Level Challenges*



# Goal Setting

INDIVIDUAL AND GROUP CHALLENGE



## CHALLENGE

Set 2 personal goals for the week and outline specific steps to achieve them.

Share your goals with the group for accountability and support.

The challenge is completed when all players have set 2 personal goals.

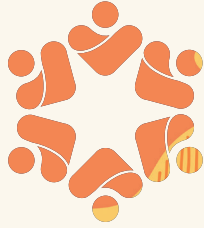
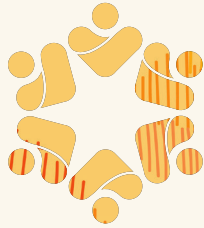
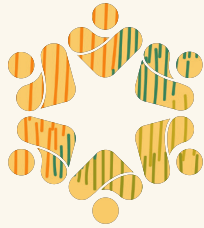


## GOAL

Develop goal-setting skills, motivation, and a sense of purpose by setting achievable objectives.

STORIES THAT HEAL

*Medium Level Challenges*



# Goal Setting

## GAME MASTER DEBRIEFING CARD



What goals did you set for yourself and why?

Did you find it challenging to define actionable steps to achieve them?



How can sharing your goals with others for accountability and support help you stay motivated?



How can setting and achieving goals contribute to our sense of fulfillment and well-being?

STORIES THAT HEAL

*Hard Level Challenges*



# Stress Management



## CHALLENGE

Navigate a virtual stress-inducing scenario as a team.

Identify triggers, brainstorm coping strategies, and support each other through the experience.

The challenge is completed when the team comes up with a solution for their scenario in 30 minutes.



## GOAL

Build resilience and adaptive coping skills to manage stress and adversity effectively.

---

THERE ARE 5 SCENARIOS PRESENTED AS EXAMPLES, WITH QUESTIONS TO FACILITATE A RESOLUTION. THE GAME MASTER WILL CHOOSE THE RIGHT SCENARIO FOR THE GROUP. SCENARIOS ARE ANNEXED.

STORIES THAT HEAL

*Hard Level Challenges*



# Deadline Pressure Scenario



## SCENARIO

The team is tasked with developing a new product to meet a strict deadline. However, key team members unexpectedly fall ill, and crucial resources are delayed in transit due to logistical issues.



## STRESSORS

Limited time, reduced manpower, supply chain disruptions, and increased risk of project failure.



## CHALLENGES

Balancing quality and speed, reallocating resources effectively, and maintaining morale amidst setbacks.

STORIES THAT HEAL

*Hard Level Challenges*



# Deadline Pressure Scenario



How can we reallocate tasks and responsibilities to accommodate for the absence of key members?



What alternative solutions can we explore to mitigate the impact of delayed resources?



How can we prioritize tasks and streamline processes to maximize efficiency without compromising quality?

STORIES THAT HEAL

*Hard Level Challenges*



# Conflict Resolution Scenario



## SCENARIO

A disagreement arises between two departments over resource allocation, leading to tension and hostility.

Both sides feel strongly about their positions, and communication has broken down.



## STRESSORS

Divergent interests, breakdown in communication, escalating emotions, and potential impact on project outcomes.



## CHALLENGES

Facilitating dialogue and understanding, finding common ground, and restoring trust and collaboration.

STORIES THAT HEAL

# *Hard Level Challenges*



# Conflict Resolution Scenario



What are the underlying concerns and motivations driving each party's position?



How can we create a safe and constructive environment for open dialogue and conflict resolution?



What compromises or creative solutions can we explore to address the needs and interests of both departments?

STORIES THAT HEAL

*Hard Level Challenges*



# Crisis Management Scenario



## SCENARIO

A cybersecurity breach compromises sensitive data, and the team must respond swiftly to contain the breach, assess the damage, and implement security measures to prevent further attacks.



## STRESSORS

Urgency, potential reputational damage, legal implications, and pressure to safeguard data and systems.



## CHALLENGES

Making rapid and informed decisions under pressure, coordinating cross-functional response efforts, and communicating effectively with stakeholders.

STORIES THAT HEAL

*Hard Level Challenges*



# Crisis Management Scenario



How can we quickly assess the extent of the breach and prioritize response actions?



What resources and expertise do we need to effectively contain and address the cybersecurity threat?



How can we communicate transparently and effectively with internal and external stakeholders to maintain trust and mitigate reputational damage?

STORIES THAT HEAL

*Hard Level Challenges*



# Unexpected Change



## SCENARIO

The company announces a major organizational restructuring, resulting in layoffs and changes to team structures.

Employees are anxious about their job security and uncertain about their roles in the new structure.



## STRESSORS

Uncertainty, fear of job loss, changes in reporting relationships, and disruption to workflows.



## CHALLENGES

Managing emotions and anxiety, adapting to new roles and responsibilities, and maintaining productivity during transition.

STORIES THAT HEAL

# *Hard Level Challenges*



# Unexpected Change



How can we provide transparent communication and support to help employees navigate uncertainty?



What steps can we take to clarify roles and expectations in the new organizational structure?



How can we foster a culture of resilience and adaptability to help the team thrive amidst change?

STORIES THAT HEAL

*Hard Level Challenges*



# Resource Constraints



## SCENARIO

A sudden budget cut severely limits the team's ability to execute their project.

Additionally, key team members are reassigned to other projects, leaving the remaining team stretched thin.



## STRESSORS

Financial constraints, understaffing, reduced capacity, and increased workload.



## CHALLENGES

Prioritizing tasks, optimizing efficiency, and maintaining morale amidst resource limitations.

STORIES THAT HEAL

*Hard Level Challenges*



# Resource Constraints



How can we identify and prioritize critical tasks to focus our limited resources on?



What strategies can we implement to streamline processes and maximize productivity with a reduced workforce?



How can we support and motivate team members to maintain morale and engagement during challenging times?


STORIES THAT HEAL

*Hard Level Challenges*





# Stress Management

## GAME MASTER DEBRIEFING CARD

 How did you and your team members cope with the stress-inducing scenario?

Did you find any strategies particularly helpful?

 What did you learn about your individual and collective resilience during this simulation?

 How can practicing stress management techniques learned in this activity benefit us in real-life situations?

STORIES THAT HEAL

# *Hard Level Challenges*



# Reflection Circle

INDIVIDUAL AND GROUP CHALLENGE



## CHALLENGE

Reflect on a challenging experience or emotion you've faced recently.

Share your insights, lessons learned, and strategies for coping with similar situations in the future.

The challenge is completed when each of the group members is sharing an experience.



## GOAL

Foster self-awareness, emotional intelligence, and personal growth through reflective practice.

STORIES THAT HEAL

*Hard Level Challenges*



# Reflection Circle

GAME MASTER DEBRIEFING CARD



What insights or lessons did you gain from reflecting on a challenging experience or emotion?



How did sharing your reflections with others impact your understanding and processing of the experience?



How can regular self-reflection contribute to our personal growth and emotional well-being?

STORIES THAT HEAL

# *Hard Level Challenges*



# Peer Support Network

INDIVIDUAL AND GROUP CHALLENGE



## CHALLENGE

Pair up with a partner and take turns sharing a personal challenge or concern.

Practice active listening, empathy, and offering support without judgment.

The Challenge is completed when all the participants share their personal challenges.

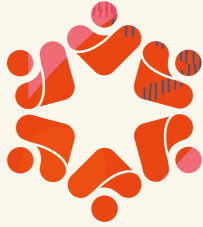


## GOAL

Strengthen social connections, trust, and emotional support networks within the group.

STORIES THAT HEAL

*Hard Level Challenges*



# Peer Support Network

## GAME MASTER DEBRIEFING CARD



How did it feel to offer and receive support from a peer during this activity?

Did you find the experience validating or comforting?



What qualities or behaviors did you appreciate in your peer support partner?



How can building a supportive network of peers enhance our resilience and well-being?

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FOR THIS CHALLENGE TO BE EFFECTIVE THE GAME MASTER WILL NEED TO PARTICIPATE AS ONE OF THE PLAYERS.

STORIES THAT HEAL

# *Hard Level Challenges*



# Core Values

INDIVIDUAL AND GROUP CHALLENGE



## CHALLENGE

Reflect on your core values and beliefs.

Identify three values that are most important to you and discuss why they matter in your life.

The Challenge is completed when all the players reflect on core values.

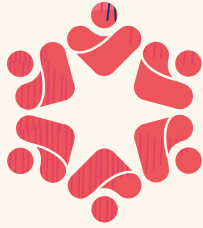


## GOAL

Gain clarity on personal values, priorities, and guiding principles to make meaningful decisions and pursue authentic goals.

STORIES THAT HEAL

*Hard Level Challenges*



# Core Values

## GAME MASTER DEBRIEFING CARD



What did you discover about your core values and beliefs through this exercise?

Did anything surprise you?



How do your values influence your decisions, actions, and relationships?



How can aligning with our values contribute to living a meaningful and fulfilling life?

---

THE GAME MASTER CAN PROVIDE SOME EXAMPLES OF CORE VALUES AND BELIEFS THAT COME WITH THE GAME.

STORIES THAT HEAL

*Hard Level Challenges*



# Aid for Core values Challenge

Game Master can present a set of core values and beliefs that participants can reflect on and prioritize based on their personal values and principles.

Here are some examples of core values and beliefs.

## COMPASSION

Showing empathy, kindness, and understanding towards others, especially those who are suffering or in need.

## INTEGRITY

Acting with honesty, fairness, and moral principles in all interactions and decisions, even when faced with challenges or temptations.

STORIES THAT HEAL

# *Hard Level Challenges*



## RESILIENCE

Demonstrating the ability to bounce back from adversity, setbacks, or failures with determination, strength, and perseverance.

## EMPOWERMENT

Supporting and encouraging others to realize their full potential, achieve their goals, and make positive changes in their lives and communities.

## EQUALITY

Promoting fairness, justice, and equal opportunities for all individuals regardless of their race, gender, religion, or socio-economic status.

## AUTHENTICITY

Being true to oneself, expressing one's thoughts, feelings, and beliefs honestly and openly, and embracing one's unique identity and strengths.

STORIES THAT HEAL

# *Hard Level Challenges*



## RESPONSIBILITY

Taking ownership of one's actions, decisions, and commitments, and being accountable for their consequences, both personally and socially.

## COURAGE

Facing challenges, risks, and uncertainties with bravery, confidence, and determination, even in the face of fear or adversity.

## GRATITUDE

Recognizing and appreciating the blessings, opportunities, and positive aspects of life, and expressing thanks to others for their support and contributions.

## COMMUNITY

Valuing the importance of connection, collaboration, and mutual support within families, friendships, workplaces, and society at large.

STORIES THAT HEAL

*Hard Level Challenges*



# Resilience Builder

## GROUP CHALLENGE



### CHALLENGE

Play a resilience-building game where players face simulated setbacks and obstacles.

Work together to brainstorm solutions, adapt, and overcome challenges.

The Challenge is completed if the task is done in 35 minutes.



### GOAL

Enhance resilience, problem-solving skills, and optimism in the face of adversity.

STORIES THAT HEAL

# *Hard Level Challenges*



# Adversity on a Community Project



## SCENARIO

The team is working on a community project aimed at revitalizing a local park.

However, they encounter unforeseen challenges such as inclement weather, vandalism, and permit delays, which threaten to derail the project.



## ADDITIONAL INFORMATION

Despite setbacks, the team is committed to completing the project and delivering positive outcomes for the community.

However, morale is dwindling, and there are concerns about maintaining momentum amidst ongoing obstacles.

STORIES THAT HEAL

# *Hard Level Challenges*



# Deadline Pressure Scenario



How can we rally the team to maintain motivation and focus despite the challenges we're facing?



What strategies can we implement to adapt to unexpected setbacks and keep the project on track?



How can we leverage our collective strengths and resources to overcome adversity and achieve our goals.

STORIES THAT HEAL

# *Hard Level Challenges*



# Recovery Efforts after Natural Disaster



## SCENARIO

The team is part of a disaster response effort in a region devastated by a natural disaster (e.g., hurricane, earthquake).

They must coordinate emergency relief efforts, provide support to affected communities, and facilitate long-term recovery initiatives.



## ADDITIONAL INFORMATION

The magnitude of the disaster and the scale of destruction pose significant challenges to the team's ability to deliver effective aid and support.

There is pressure to respond quickly while ensuring the safety and well-being of both responders and survivors.

STORIES THAT HEAL

# *Hard Level Challenges*



# Deadline Pressure Scenario



How can we prioritize our response efforts to address the most urgent needs of affected communities?



What innovative approaches can we explore to overcome logistical challenges and deliver aid more efficiently?



How can we provide emotional support and build resilience among team members amidst the stress and trauma of disaster response?

STORIES THAT HEAL

# *Hard Level Challenges*



# Adaptation to Technological Disruption



## SCENARIO

The team works for a company facing disruption from emerging technologies that threaten to make their current products or services obsolete.

They must navigate the transition to new technologies, retrain employees, and pivot their business model to remain competitive.



## ADDITIONAL INFORMATION

The pace of technological change is rapid, and there is pressure to adapt quickly to stay ahead of competitors.

However, resistance to change and uncertainty about the future pose significant challenges to the team's ability to innovate and evolve.

STORIES THAT HEAL

*Hard Level Challenges*



# Deadline Pressure Scenario



How can we foster a culture of innovation and experimentation to embrace technological disruption as an opportunity for growth?



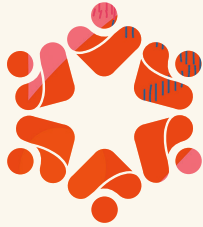
What steps can we take to address employees' concerns and fears about job security and future prospects?



How can we leverage our existing expertise and resources to pivot our business model and capitalize on emerging opportunities in the market?

STORIES THAT HEAL

*Hard Level Challenges*



# Resilience Builder

## GAME MASTER DEBRIEFING CARD



How did you and your team approach overcoming setbacks and challenges in the game?

Did you encounter any unexpected strategies or solutions?



What did you learn about your individual and collective resilience during this game?



How can practicing resilience-building skills learned in this activity help us navigate adversity and thrive in life?

The background is a complex, abstract composition of overlapping, organic shapes. The colors are muted and earthy, including shades of olive green, dusty blue, and dark charcoal. Each shape is filled with fine, vertical, hand-drawn style lines in various colors, creating a rich, textured effect. The overall composition is layered and dynamic, with some shapes appearing to float above others.

STORIES THAT HEAL

Guide for the Game Master

# Guide for the Game Master

## UNDERSTAND THE OBJECTIVES

Familiarize yourself with the objectives of the game, including promoting mental health, fostering resilience, and facilitating personal growth and learning.

## CREATE A SUPPORTIVE ENVIRONMENT

Establish a welcoming and inclusive atmosphere where participants feel comfortable sharing their thoughts, experiences, and emotions.

## EXPLAIN THE RULES CLEARLY

Clearly explain the rules of the game, including turn-taking, challenge resolution, and progression through the levels. Answer any questions and address any concerns before starting.

The background is a complex, abstract composition of overlapping, organic shapes. The colors are muted and earthy, including shades of olive green, dusty blue, and dark charcoal. Each shape is filled with a dense, vertical, hand-drawn texture of fine lines in various colors, creating a layered, textured effect. The overall aesthetic is modern and artistic, suggesting a focus on human stories and healing.

STORIES THAT HEAL

Guide for the Game Master

#### SET EXPECTATIONS

Clearly communicate the learning outcomes and expectations for participation, emphasizing collaboration, active engagement, and respect for others.

#### ENCOURAGE REFLECTION

Facilitate reflective discussions before and after each challenge, encouraging participants to share their insights, lessons learned, and personal experiences.

#### ASK OPEN-ENDED QUESTIONS

Clearly explain the rules of the game, use open-ended questions to stimulate critical thinking, creativity, and self-discovery among participants. Encourage deeper exploration of ideas and perspectives.



STORIES THAT HEAL

Guide for the Game Master

#### PROMOTE COLLABORATION

Encourage collaboration and teamwork among participants, emphasizing the importance of communication, empathy, and mutual support in overcoming challenges.

#### PROVIDE GUIDANCE AND SUPPORT

Offer guidance and support to participants as needed, providing clarification, encouragement, and constructive feedback throughout the game.

#### ADAPT TO PARTICIPANTS' NEEDS

Be flexible and responsive to the needs and preferences of the participants, adjusting the pace, difficulty level, and approach as necessary to ensure an engaging and enriching experience for everyone.

STORIES THAT HEAL

Guide for the Game Master

#### FACILITATE LEARNING OPPORTUNITIES

Use challenges as learning opportunities to explore key concepts related to mental health, resilience, communication, problem-solving, and self-care.

#### CELEBRATE ACHIEVEMENTS

Celebrate achievements and milestones reached by participants, recognizing their efforts, growth, and accomplishments throughout the game.

#### DEBRIEF EFFECTIVELY

Conduct thorough debrief sessions after each challenge and at the end of the game, facilitating discussions that encourage critical reflection, synthesis of learning, and identification of actionable insights for personal development.