

Cooperative Play

Objective: Players work together to spell the word "Mindful"

2 Player: Dealer shuffles and deals four cards to each player face up (question side up). Remaining cards go face up in a pile. Don't look at the back of cards.

On each turn, one player picks a card from his or her hand and reads it to the other player. Opposite player chooses whether to respond. If both players agree the response is appropriate, flip over the card so the letter side faces up and place it in the middle of the table to begin spelling "Mindful".

After the turn, a card is drawn from the pile to keep 4 cards in hand. Game play continues with each player questioning.

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Cooperative Play (cont'd)

If an answer is incorrect, or not answered, form a discard pile.

If the same letter has already been used, place the letter on top of the previously played letter. Game play continues until "Mindful" is spelled.

Optional: for longer game play spell "Mindful" two times

3-4 Player:

Game play is the same as the two player version except the person reading the card asks everyone in the group to respond. If answers as a group are deemed appropriate, the letter is placed face up in the middle as the group spells "Mindful" together.

Alternate Rules: Competitive Play

Objective: To be the first player to spell the word "Mindful"

2-4 players: Cards are shuffled and placed in a pile in the center of the table with the letter side up.

Players take turns drawing one card at a time from the pile and responding to their card. If the player answers correctly, the card is placed letter side up in front of them. Unlike the cooperative version, each player spells their own "Mindful".

The first player to spell "Mindful" wins. If no players are able to spell Mindful when the cards run out, the game is a draw.

Tips for Success

Model appropriate answers for younger children to teach them the skills of mindfulness.

Be as realistic in your answers as possible to help children recognize everyone needs coping skills.

When playing the first time, as you select cards from your hand, choose questions that help build a feeling of mastery.

Use the mastery cards as practice for daily mindfulness techniques.

Families can choose a mastery card to help with transitions and before bedtime.

Therapists may choose a mastery card to open or close a session to help alleviate anxiety and worry.