



# Play a Game



## Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



## Practice

Play a game with others.

### Some options:

- Board game: chess, Connect Four, Monopoly, etc.
- Sports activity: soccer, football, tennis, etc.
- Playground game: catch, tag, obstacle course, etc.
- Card game: UNO, playing cards, Pokemon, etc.



### WHY TO TRY:

Playing games can be a great way to connect and have fun together. Games can help you move your body and challenge your brain, too!

**Try to find a moment each day of the week to practice the tool.**



## Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

