



Roll & SHARE BRAIN GAME



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TRUST ● HEAL ● GROW



TIPS FOR USE



This game is great for any group looking to build honest, healthy community. It has been played in staff meetings, parent support groups, family therapy sessions, classrooms, and more. A few quick tips:

- Read the rules together and demo how to play.
- “I don’t know” is an ok answer! Maybe that’s not a strong protector for that person, or maybe it’s VERY strong and a little too vulnerable to share about.
- Discuss as you go or after playing and see what you learned.








Roll & SHARE BRAIN GAME

DIRECTIONS:

- Roll and choose ONE of the 2 options listed in **this column** to share with your group.
- Pass the dice to the next player.



<div>•</div>  <h2>Upstairs Brain Boosters</h2>	<ul style="list-style-type: none"> • Name one of your strengths and one way you've used it lately. • Say something kind to another player.
<div>••</div> <h2>Porcupine</h2> <p>GRUMPY IRRITABLE COMPLAIN & BLAME</p> 	<ul style="list-style-type: none"> • Sometimes I have a Porcupine moment when... • I can settle my Porcupine brain by...
<div>•••</div> <h2>Tiger</h2> <p>QUICK TEMPER YELLING CONTROLLING</p> 	<ul style="list-style-type: none"> • I know I'm close to having a Tiger moment if... • When my Tiger brain gets loud, I feel angry <i>and</i>...
<div>••••</div> <h2>Chameleon</h2> <p>PERFECTIONISM MASKING JUST TRYING TO FIT IN</p> 	<ul style="list-style-type: none"> • When I have a Chameleon moment, I feel / notice... • When I have a Chameleon moment, it helps if I...
<div>•••••</div> <h2>Turtle</h2> <p>NUMB ZONED OUT SHUT DOWN</p> 	<ul style="list-style-type: none"> • My Turtle brain takes over when... • When I have a Turtle moment, I need...
<div>••••••</div> <h2>All Play!</h2> <p>If you roll a 6, choose one of the options for the group to do together.</p>	<ul style="list-style-type: none"> • Take a deep breath. • Take turns sharing one thing you are grateful for.



TERMS OF USE

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