



ages 5-95  
2-6 players

# BRAVER™

## WELLNESS & MINDFULNESS DECK

A fun, collaborative game that explores well-being using two decks of cards:



52  
Playing  
Cards



&

52  
Question  
Cards

# HOW TO PLAY

#1

Choose any card game\* to play (Go Fish, Spoons, Rummy, etc.) and use the Playing Cards deck to deal each player in.

#2

Now, take 5 (or more) Question Cards and shuffle them into the draw deck. Start the game.



#3

Whenever a Question Card comes up, stop play. Have all players answer the question.



#4

Set the Question Card aside and allow the player who drew it to draw a new card.

#5

Continue the game until someone wins. *Play again!*

\* for games where all cards are dealt at the beginning



To play games where all cards are dealt at the beginning (like War, Snap, or Slap Jack):

- ♣ Shuffle 5 Question Cards into the Playing Cards deck before dealing to players
- ♣ Follow Steps #3 - #5, allowing player with Question Card to draw new card from discard pile, if there is one



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