



ROLL & SHARE

brain game

Great for
ages 7 & up.
Adults too!



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Tips for Use

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

If your group is not already familiar with the Upstairs and Downstairs Brain and our animal protectors, use [Your Amazing Brain](#) or [Riley the Brave](#) to introduce the concepts.

Invite some curiosity about what it feels like when the Porcupine or Tiger Brain gets loud (tight chest, tense muscles, upset stomach, balled fists, etc).

Then, ask the magic question: What do you need? In that moment, what helps you move through the big feeling and find some Upstairs Brain steadiness again?

A few quick tips:

- Read the rules together and demo how to play.
- It's ok to say, "I don't know." Maybe it's not a protection mode you relate to...Or maybe it's a VERY strong protector and a little too vulnerable to share in this setting.
- Discuss as you go or after playing and see what you learned.

Visit [BraveBrains.com/brain-game](https://bravebrains.com/brain-game) to learn more.





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DIRECTIONS:

- Roll and choose ONE of the two options listed in **this column** to share.
- Pass the dice to the next player.
- Be kind to each other as we get to know our amazing brains!

	<h3>Upstairs Brain Boosters</h3>	<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.
	<h3>Porcupine</h3> <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...
	<h3>Tiger</h3> <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> ... [other emotion]
	<h3>Chameleon</h3> <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...
	<h3>Turtle</h3> <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, one way I can start climbing out of my shell is...
	<h3>All Play!</h3> <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.

Learn more at www.BraveBrains.com/Brain-Game

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