



BRAINY BOX

GAME IDEAS + INSTRUCTIONS

BRAINYCO.
CELEBRATING NEURODIVERSITY

EYE SPY

AGES: 4+

TIME: 5-15min

WHAT YOU NEED: BRAINY BINGO BOARDS
OR A SELECTION OF 'BRAINY BOX' CARDS

TARGETS:

- Name It, Know It and Choose It.
- Supports verbal/ non-verbal communication and demonstrates that brain states can look different across people.
- Encourages visual scanning.
- Helps develop interoception skills, connecting body sensations to thoughts, feelings and emotions.

HOW TO PLAY:

1. Give each player a Brainy Bingo board.
2. One player becomes the Brainy Spy.
3. The Brainy Spy secretly chooses a brain.
4. They give clues without naming the brain. These clues may include colours, actions of the brain, decorations of the brain OR the BrainySpy may want to mime how this looks too! Example clues:
 - "I spy a brain that might visit when something feels unfair."
 - "I spy a brain that might make your body want to move lots."
 - "I spy a brain that could show up when you're feeling proud."
5. Other players point to the brain they think matches.
6. Discuss why that brain fits the clue/s.
7. Take turns being the Brainy Spy.



SILLY STORY BUILDER

AGES: 5+

TIME: 5-15min

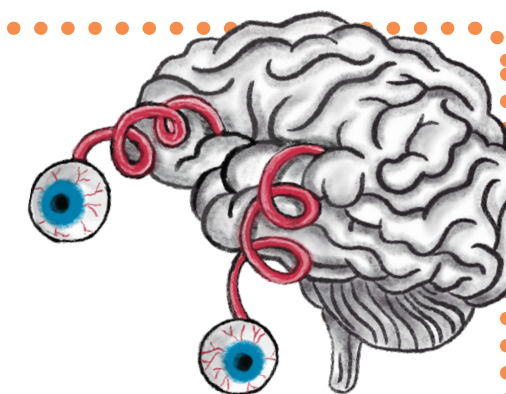
WHAT YOU NEED: 'BRAINY BOX' CARDS

TARGETS:

- Name It, Know It and Choose It.
- Connection and Collaboration.
- Explores how different choices, environments, situations and people around us can lead to different brain states and different outcomes
- Highlights that states aren't permanent, they're just visiting.

HOW TO PLAY:

1. First player picks a card and begins a story creating a character and situation that results in the thought/ feeling or action. This can be super silly OR a little more related to reallife. Eg. There once was a dragon who had a 'Prickly Brain' because he couldn't find a comfy cave to sleep in... Or "SLOP! Freddy's icecream dribbled onto the ground, melting on the hot pavement. Freddy's brain went into 'Meltdown' mode..."
2. Each player draws a card and adds to the story, adding detail about how the character shifted their thought, feeling or action as a result of what was happening around them.
3. Continue until everyone contributes. Be warned, the stories can get VERY silly, but that is all part of the fun!
4. Discuss how thoughts, feelings and actions influenced the ending.



VISIT [BRAINYCO.COM.AU](https://brainyco.com.au) FOR
ADDITIONAL RESOURCES



BRAINY CHARADES

AGES: 5+

TIME: 5-15min

WHAT YOU NEED: 'BRAINY BOX' CARDS

TARGETS:

- Name It, Know It and Choose It.
- Supports non-verbal communication and demonstrates that brain states can look different across people.
- Helps develop interoception skills, connecting body sensations to thoughts, feelings and emotions.

HOW TO PLAY:

1. Shuffle cards.
2. Draw a card secretly.
3. Act out the thought, feeling or action without words.
4. Others guess.
5. Discuss when this brain state may show up.
6. Take turns acting out a new thought, feeling or action.



STRENGTH SCAVENGER HUNT

AGES: 4+

TIME: 5-15min

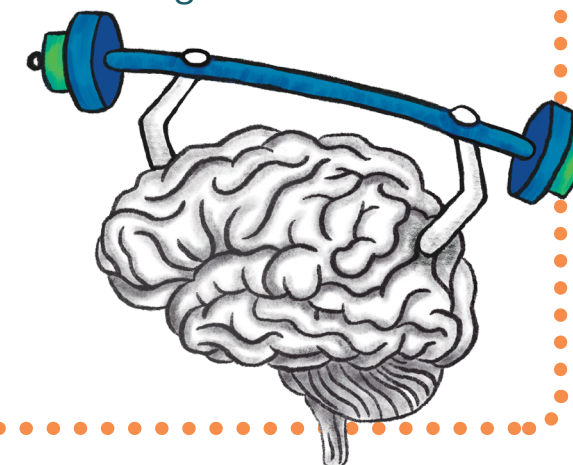
WHAT YOU NEED: 'BRAINY BOX' CARDS

TARGETS:

- Name It, Know It and Choose It.
- Reinforces the BrainyCo message that all brains belong and different brains bring different strengths.

HOW TO PLAY:

1. Each person chooses a card.
2. Think of a real-life example of someone experiencing that thought, feeling or action. Eg. Risk Taker Brain - "Sam, I saw that you had this brain when you decided to try out for the school play" OR "Mindful Brain - I saw that you had this brain visit when you came home and decided to rest for a little while after a big day" OR "When you said 'Can I help you?' that really showed me that you had a Helpful brain visiting and I was Grateful Brain as a result"
3. Share examples.
4. Celebrate strengths and contributions.



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EMOTIONS DETECTIVE

AGES: 5+

TIME: 10-20min

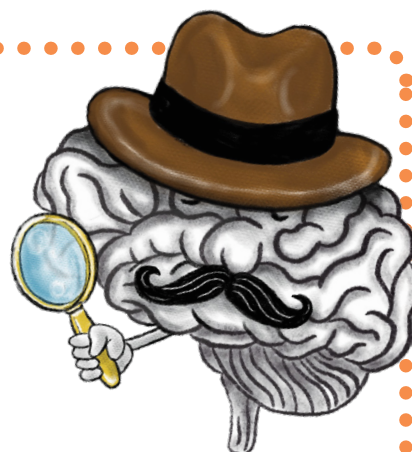
WHAT YOU NEED: 'BRAINY BOX' CARDS

TARGETS:

- Name It, Know It and Choose It.
- Develops understanding that different people may think, feel and act differently in the same situation.

HOW TO PLAY:

1. Separate out all the 'Feelings' Cards in the deck (with heart symbol)
2. Choose a feeling card secretly.
3. Act out or describe a situation that may lead to that Brainy emotion
Eg. "Beatrix was on the playground and her friends were all playing a game but she didn't know the rules as she had been away sick. She felt.....?"
4. Others guess the feeling. Remember there may be MORE than one appropriate guess and this adds to the discussion.
5. Match possible thoughts and actions.
6. Discuss different possibilities. As an extension, individuals may also explore how others may also respond in the same scenarios. Eg, in example above, what Brains could her friends CHOOSE to support Beatrix?



DINNER TABLE CHALLENGE

AGES: 4+

TIME: 5-15min

WHAT YOU NEED: 'BRAINY BOX' CARDS

TARGETS:

- Name It, Know It and Choose It.
- Develops emotional literacy, agency and connection.

HOW TO PLAY:

At dinner, everyone draws a card and answers:

- Did I / you experience or use this Brain today? OR
- Did I see someone else use it? OR
- How might I use or experience this brain tomorrow?

TWO TRUTHS + A STRETCH

AGES: 8+

TIME: 10-20min

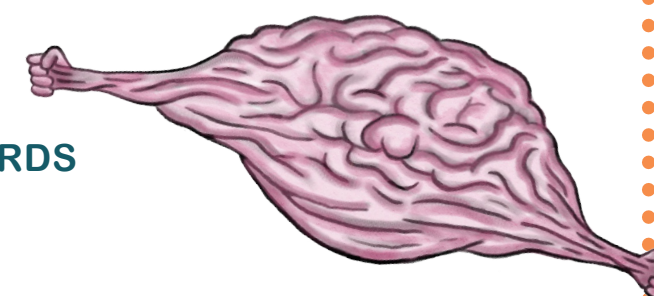
WHAT YOU NEED: 'BRAINY BOX' CARDS

TARGETS:

- Name It, Know It and Choose It.
- Connection and collaboration.
- Develops understanding that different people may think, feel and act differently in the same situation.

HOW TO PLAY:

- Draw a card. Share two true examples of when you experienced that brain and one made-up example.
- Others guess which example is the made-up one.



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BRAINY BOX

GAME IDEAS + INSTRUCTIONS

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MATCH THE TRIO

AGES: 8+

TIME: 15-20min

WHAT YOU NEED: 'BRAINY BOX' CARDS

TARGETS:

- Name It, Know It and Choose It.
- Develops understanding that thoughts, feelings and actions are connected.

HOW TO PLAY:

1. Place the cards in three category piles: Thoughts (Question Marks), Feelings (Hearts), Actions (Arrows). Remember some will overlap but this is ok.
2. One player selects a card from one of the piles.
3. Everyone searches for a thought and an action that could go with it.
Eg. Thought card = "Catastrophising Brain"
Feeling card = "Worried Brain"
Action card = "Active Brain - I'm running away"

Extension ideas: Players who create a plausible 'trio' match win a point. First player to 5 points wins the game. For a bonus point ask, is there another thought, feeling or action that can change the outcome?

SILLY MIX UPS

AGES: 4+

TIME: 10-15min

WHAT YOU NEED: 'BRAINY BOX' CARDS

TARGETS:

- Name It, Know It and Choose It.
Develops emotional literacy, agency and connection.

HOW TO PLAY:

1. Place the cards in three category piles: Thoughts (Question Marks), Feelings (Hearts), Actions (Arrows). Remember some will overlap but this is ok.
2. Draw one card from each pile.
3. Read them aloud and discuss what you might be doing when you experience that brain. Eg.
Feeling card = Proud Brain eg. 'I did a great job'
Thought card = Learning Brain eg. "In math class"
Action card = On-Strike Brain eg. Hiding under table.
4. Discuss & decide if they make sense together.

BRAINY B...I...N...G...O!

Have more brainy fun with our very own BRAINY BINGO! Designed to use with the BrainyBox cards - includes 6 playing boards, plenty of Brain tokens and a series of extension activities. The ideal game for small groups or families. **Check it out at [Brainyco.com.au](https://brainyco.com.au) & purchase yours today!**



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