

## +2 strategies



### Body awareness and stress management



Arithmetic  
Communication  
Health and care



Minimum 3 participants; group work



20 minutes



- to recognize and increase awareness about personal stress management strategies and
- to get to know new ones



The following cards from the UNO game:

- 8 Skip cards
- 8 Reverse cards
- 8 Draw +2
- 4 Wild cards
- 4 Wild Draw (+4)



none



Each player takes one card at a time in a clockwise direction and names one “strategy”. Strategies can be for example: mindfulness and breathing exercises, sports, staying outdoors, yoga and meditation, taking a bubble bath or a wellness shower, reading, listening to music, playing an instrument, singing, cooking, talking to a good friend and much more.

When a player takes a “+2” card, she/he must name 2 “strategies”  
The “reverse card” reverses direction of play. Playing to the left now passes to the right, and vice versa.



“Skip Card”: the next person in line to play after this card is played loses his/her turn and is "skipped". If this card is turned up at the beginning of play, the first player (the player to the left of the dealer) is skipped.

“Wild Card”: the player can choose one player who can name one strategy.

Wild Draw 4 Card: this card allows you to name 4 strategies

When all cards are finished, the player with the highest number of “strategies” will win.

