

If no one feels they have a match, the player keeps the Life Challenge Card to use in a future turn. If a player(s), feels that they have a match, the player(s) will describe how they feel their Mindfulness Card aligns with the Life Challenge Card. Then players will use their Thumbs Up/Thumbs Down Voting Cards to vote on the best match. The Card with the most Thumbs Up Votes wins the match and the play continues clockwise. If the Life Challenge Card says to lose a Card, return a Mindfulness Card by forming a discard pile. The discard pile can be reused if necessary to finalize the game.

Roll Again

Roll the Foam Die again and move the number of spaces rolled.

Wild

If you land on this space, you can choose to draw either a Mindfulness Card or a Life Challenge Card.

**Note that there is not an ending space for each level. Players keep moving clockwise until they have collected enough matches to move onto the next level or win the game!

WINNING THE GAME

When the team has collected 6 Mindfulness Matches, the team's goals are accomplished!

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AGES 12+
2 TO 4 PLAYERS

happy hearts™

A MINDFULNESS GAME



instructions

OBJECT OF THE GAME

Work together as a team to collect 6 Mindfulness Matches. A Mindfulness Match occurs when players offset a Life Challenge Card with a Mindfulness Card. The team collects matching Cards by moving through three levels of play. At each level you need to collect the following matches in order to move onto the next level in the game:

Level 1 Mindfulness Rookie:

Make 1 Mindfulness Match to move to the next level.

Level 2 Mindfulness Intermediate:

Make 2 Mindfulness Matches to move to the next level.

Level 3 Mindfulness Master:

Make 3 Mindfulness Matches

6 Matches Wins the Game!

HOW TO PLAY

The oldest player will go first. The oldest player rolls the Foam Die and moves the Team Pawn that many places clockwise on the Game Board, starting on Level 1. Remember the Game Board contains three levels and you move from level-to-level in a clockwise direction as you make matches. The team moves the Team Pawn to the next level starting space when matches are made. When you land on a space, follow the prompts.

Prompts include:

Mindfulness Card

Pull the top Card from the deck and read the Card aloud. The reader will discuss the Mindfulness activity with the team and perform the activity. Next, the reader will ask if anyone has a Life Challenge Card that would align with the Mindfulness Card that they just read. *If no one has a match*, then the player keeps the Card for future turns and play continues clockwise with the next player rolling the Foam Die. *If a match is made*, the next player either rolls the Foam Die and continues to move through the level or moves the Team Pawn to the next level and moves the number of spaces rolled.

Life Challenge Card

Pull the top Card from the deck and read it aloud. If the Life Challenge Card asks "Do you have a Mindfulness Card that could help?", all players look at their collected Cards to see if they have a match. Here is an example of a Mindfulness Match:



Mindfulness Card + Life Challenge Card = Thumbs Up Voting Card to validate the match

CONTENTS

- Game Board
- Foam Die
- 60 Mindfulness Cards
- 35 Life Challenge Cards
- 4 Voting Cards
- Team Pawn

GAME SET UP

Place the Game Board in the middle of the playing area with the Team Pawn at the start space of Level 1 on the Game Board. Shuffle both decks of Cards and place them on their proper spot on the Game Board. Hand out a Thumbs Up/Thumbs Down Voting Card to each player.