

ZENBOUND 2: PLAYER IMPACT GUIDE

Ages 9+ | 10+ minutes, 2-3 sessions

The premise of Zen Bound 2 is the same as that of the popular iPhone version: wrapping up floating, rotating figurines with a long length of rope. But the iPad's bigger screen lets the game realize its title's promise, allowing for more delicate, nuanced wraps and resulting in a much more meditative experience.

-- Kyle VanHemert, Writer, Gizmodo



ABOUT ZENBOUND 2

Zen Bound 2 is a meditative puzzle game and the sequel to the award-winning *Zen Bound* for the iPhone. *Zen Bound 2* adds a few new mechanics to the wrapping rope and painting wooden sculptures play experience. From the *Zen Bound* site: "The highlights of *Zen Bound 2* are its controls and its atmosphere. The game takes full advantage of tilt and multi-touch and feels natural and comfortable to play. The dusty and soothing atmosphere is a combination of beautiful visuals and a unique soundtrack by 'Ghost Monkey!'" For more information, visit: <http://zenbound.com>

THEME FOR THIS GUIDE: Mindfulness Meditation

Mindfulness meditation can be described as paying attention to the present moment in a particular way. Psychology Today defines it as "a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience." While playing *Zen Bound 2* the player can get lost in its simple, immersive gameplay, or the player can use the game's inviting experience to begin a practice of meditation that extends outside of the game as well.

WHY USE THIS GUIDE?	<p>In this guide, we invite you to think about the potential for a game like <i>Zen Bound 2</i> to help you develop a meditative practice in your day. How often do you take a few minutes to be fully present in those few minutes? As you play, focus on deep breathing and pay attention to the various aspects of this experience.</p> <p><i>Answer the questions below and record your answers on a separate sheet of paper.</i></p>
GAME BASICS	<ul style="list-style-type: none"> • Find some time to play when you will not be distracted for 10-20 minutes. • Grab some headphones and begin the Tree of Introduction. Select a wooden tag to play a level. • Take a few deep breaths as you begin to play each level. Pick a cue from the gameplay that will prompt you to refocus on breathing as you play. • Continue playing the Tree of Introduction until you earn the Getting the Hang of It achievement. • Before continuing on to the Tree of Vitality, go back and be sure you have bloomed all the flowers on the Tree of Introduction.
THEME INSIGHTS	<ul style="list-style-type: none"> • How do the visuals, sound, and music create a particular atmosphere in the game? Describe your reaction to this atmosphere. • Would the game be different if you played without headphones? How does this change meditative play? • Did you pay attention to your breath as you played? Did that help you to be present with your experience? • What are the differences between being immersed in a level and being present with the play experience?
WORLD CONNECTIONS	<ul style="list-style-type: none"> • Visit http://greatergood.berkeley.edu/topic/mindfulness/definition to learn more about mindfulness. • Throughout a day pay close attention to how you are breathing. What is your physical reaction to intense emotions? • Set a goal for a short meditation session everyday for a week. You can sit or even walk so long as you focus on taking some quiet time. Keep a log of the time, strategy for quieting yourself and paying attention as well as how you feel before and after each session. What did you learn from this exercise? • Besides the personal benefits, how does your own mindfulness affect interactions with those around you?

Bonus Challenge: Invite a friend or family member to share a few minutes of meditation with you. Have a conversation about the benefits and challenges of including meditation practice in your life. Record a short web video or write a post to share your insights online. Share the link on the Center for Games & Impact Facebook page at <http://facebook.com/gamesandimpact>.