Public Health | Mindfulness Meditation

**ZENBOUND 2: PLAYER IMPACT GUIDE**

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

The promise 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](http://zenbound.com)

### THEME FOR THIS GUIDE: Mindfulness Mediation

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?

In this guide, we invite you to think about the potential for a game like *Zen Bound 2* 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.

*Answer the questions below and record your answers on a separate sheet of paper.*

### GAME BASICS

- 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

- 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

- Visit [http://greatergood.berkeley.edu/topic/mindfulness/definition](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](http://facebook.com/gamesandimpact).

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