



The Upgrade Your Day Game is something I came up with as a great way to start a conversation with others and also as a nice break amongst all this mindful thought.

Now, I hate when you're in a group of people at a social club or a work event for the first time and you're asked to tell a "fascinating fact" about yourself. I just get anxiety instantly. I feel pressure. I'm not listening to anybody else. I'm just thinking about what I'm saying, and I know so many of us feel the same in these situations.

Even after 12 years of being in pantomime, working with a lot of the same crew and cast, on that first day we're all sat round in a big circle to read the script, and we have to go around saying our name, what character we're playing, what we do... Even after all this time, it fills me with anxiety. But this Upgrade Your Day Game is a great way to start any kind of session, especially if it's you running or teaching it.

ABOUT The Game

It's also a great way to have that conversation with work colleagues. Ask the questions. Get people talking

So here is the game: I've given you your own land. It could be the size of Ireland, could be the size of America, or something we found in the middle of the ocean. It may not even be a land or a world in real life. It's yours and you can do whatever you wish with it.

Now we go on to ask questions about that land. Such as what would be the national dish? The national drink? Or the colours of the flag? This is really just a different way of asking people what their favourite thing is, but it gives them the chance to be a bit creative, a bit silly, with whatever pace or mood they're in that day.



It can be a lot of fun. Mentioning an item of food someone loves isn't too much pressure. It's not trying to recollect funny moments or an anecdote. It's actually something where anybody could just say anything, even if they weren't really meaning it. It's a really gentle way of being mindful and taking a moment to focus on something not too taxing.

The Game

INSTRUCTIONS

Over the next few pages you'll find some questions to answer about your land. They have blank backs so they're ready to cut out and keep. Pull one at random and get started.

If you're in a group, get everyone to answer a handful of the questions, then to share them with the group.

Then all each person has to do is pick whose land you'd want to live on and why.



This really can be a lot of fun even with a group of friends over a glass of wine or a steaming cup of tea.

To get the conversation flowing, get an idea of where people are right now, how they're feeling and what you can appreciate about their answers.

It's just a way to open discussion, to chat with nothing too stressful, nothing to ego-lead, just a little bit of fun.

If you're playing by yourself, use the notes section in this companion to write down your answers for today, then maybe next month do it again to see how your answers have changed.

Find yourself really picturing that land and all the things in it that would make you happy.

And just in case you were wondering, my national drink would be a cherry whiskey because I love cherries and I really love a good whiskey. And my national dish would have to be chocolate parsnips because that sounds wonderful!

So to start...

What is the name of YOUR land?