



From Jennifer Ann's Group®

Before You Play

New Sun is an educational game focused on resilience and family, where players guide three siblings as they navigate the challenges of a lockdown. The game involves selecting activities to help characters manage their emotions, such as anxiety, boredom, and anger, while learning coping strategies.

The Purpose of the Game

- This game is about teaching you to manage your emotions and learn resiliency during tough times.
 - You don't have to share aloud, but can you think of a tough time that you have previously faced?
-

Emotions During Difficult Situations

- With your assigned partner, use the next three minutes to make a list of how people show resilience in global situations.
 - List as many global situations and events/emotional responses to those events as possible.
-

Resiliency

- When people use coping strategies to manage their emotions and stressful situations, they are

resilient!

What is resiliency?

- Resiliency is the ability to bounce back after facing something hard. It means finding ways to handle stress or problems and keep going, even when things are tough. For example, if you get a bad grade or face a difficult situation with a friend, resilience helps you stay positive, learn from it, and try again.
-

About New Sun

Resiliency

+

Family

= Navigating Life's Challenges

LET'S PREPARE TO PLAY!



During the Game

- We want you to have lots of fun while you are playing the game, but we also want you to think about how the characters cope with their challenges.

During the Game

- Record the emotional responses of characters on your note taking sheet as you play.

AFTER PLAYING...



After Playing the Game

- How did the characters' actions influence their emotions?
-

After Playing the Game

- What coping strategies did you find most effective to help the characters manage their emotions?
-

After Playing the Game

- Growing Resiliency
 - Use this time to learn more about growing resiliency. How does it relate to emotional regulation and stress response?
-

After Playing the Game

- Based on your research of emotional regulation, stress response, and trauma-informed coping strategies, what activities would you add to the game to further support the characters in coping with their emotions?
-