

WELCOME TO
PLAY TO HEAL.

Where conversation becomes
connection.

**“The most fun you’ll ever have
having some of the most important
conversations of your life.”**





WHAT PLAY TO HEAL IS **A Global Movement** **of Healing Through Play**

Play to Heal is a collection of dialogue-based games that help people connect more deeply, with themselves and with others.

Each game opens a door to understanding, compassion, and shared humanity.

**You are not being tested –
you are being invited!**

WHY WE PLAY

Because Connection Heals

In a world that often asks us to stay guarded,
Play to Heal offers something different – a chance
to pause, breathe, and speak from the heart.

When we dare to be real, healing happens naturally.



WHAT TO EXPECT

How It Works

Each game has questions and prompts that spark **meaningful dialogue**. You will take turns responding, listening, and sharing reflections.



THE SPIRIT OF PLAY

Simple Agreements for Our Time Together



Listen to understand, not to judge.



Speak from the heart.



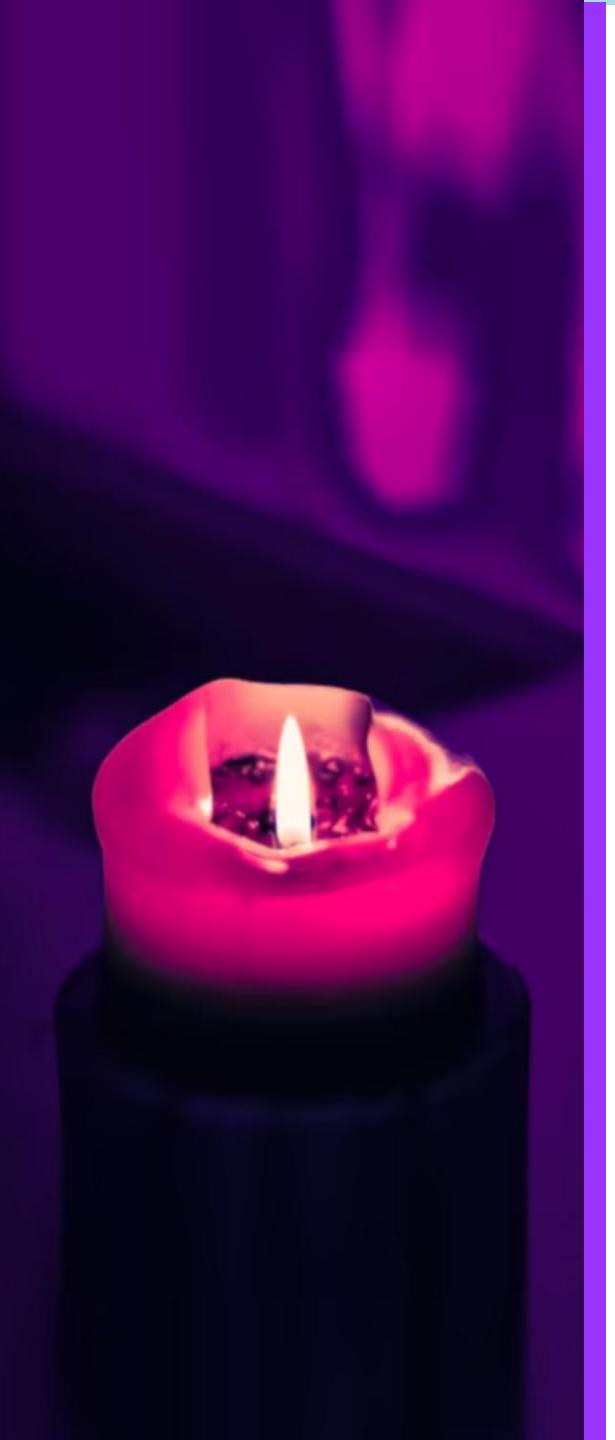
Keep what's shared here private.



Let laughter and tears both have space.



Honor everyone's pace and voice.

A photograph of a single lit candle. The candle is white and has a bright, flickering flame. It is set against a dark, almost black, background which makes the light from the candle stand out. The candle is positioned on the left side of the frame.

EMOTIONAL SAFETY

You Are **Safe Here**

Sometimes a question or story might stir emotion — that's okay. You can pause, breathe, or pass at any time. There is no pressure to share — your presence alone matters.

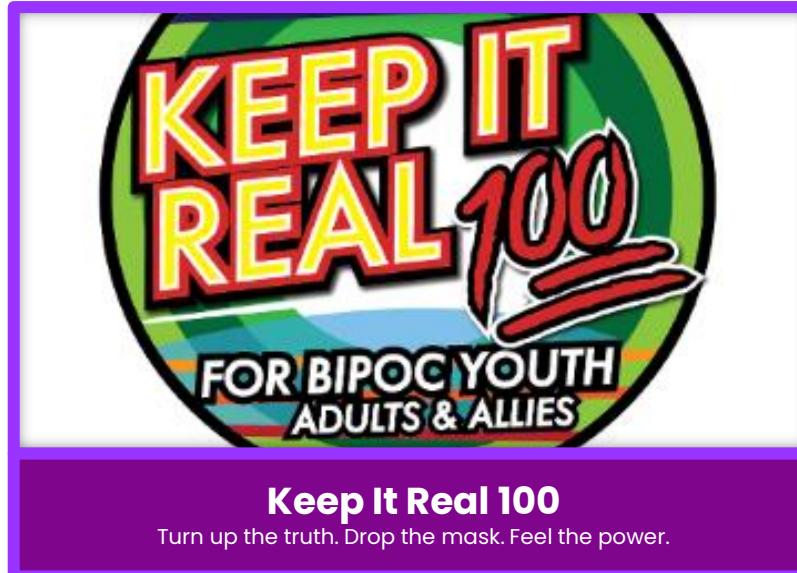
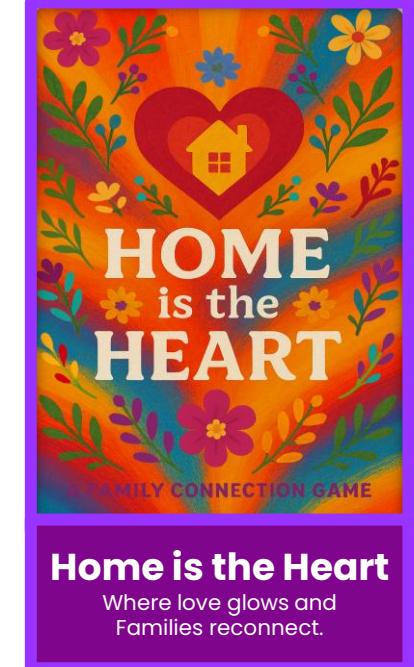
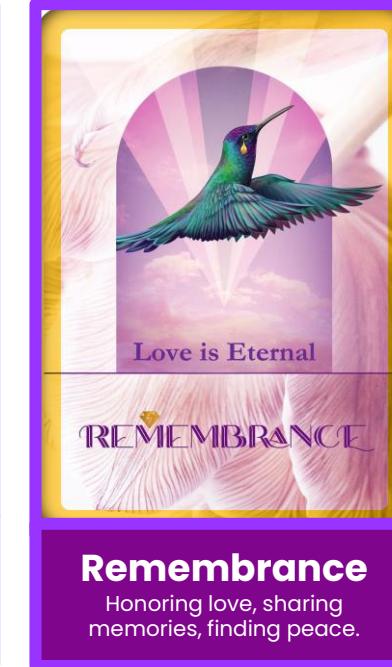
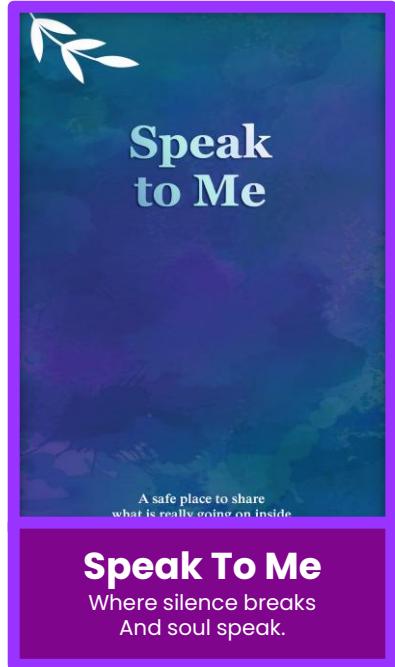
Silence is also participation.

MEET THE GAMES

Each Game Has Its Own Magic

From grief and resilience to inclusion and connection, each Play to Heal game opens a new kind of conversation.

The more you play, the more you grow.



Keep It Real 100

Turn up the truth. Drop the mask. Feel the power.



Call It Out Loud

Stand for kindness. Speak with courage.

CLOSING & INVITATION

Let the Play Begin

As we play, remember:

- There's no winning or losing.
Only learning, laughter, and connection.
- Healing does not happen in silence –
it happens when we share.

Play. Connect. Belong.



GRATITUDE

Thank You for Being Here

Your openness makes this space come alive.
Every story shared becomes a thread in the
global tapestry of healing.

**Together, we are building a more
connected world – one game at a time.**

