

The Connection Playbook: Fun & Engaging Games for Heartfelt Gatherings



Welcome to the world of Authentic Relating games! This playbook is your guide to unlocking deeper connections and experiencing more joy in your relationships through playful interaction and heartfelt sharing.

Inside, you'll discover a collection of fun and easy games designed to spark meaningful conversations, foster genuine connection, and create a space for laughter and authentic expression. Whether you're gathering with family, friends, or colleagues, these games can help you break down barriers, build trust, and create lasting memories.

How to Use This Playbook

1. Choose a game that resonates with you and your group. Consider the occasion, the group size, and the level of familiarity among participants.
2. Create a safe and supportive environment. Encourage open communication, active listening, and respect for everyone's perspectives.
3. Embrace the spirit of playfulness. Let go of expectations, have fun, and allow yourself to be surprised by the connections that emerge.



Section 1

Icebreaker Games

Section 2

Empathy-Building Games

Section 3

Games for Deeper Connection

Section 1: Icebreaker Games

These games are perfect for breaking the ice and creating a comfortable atmosphere for authentic sharing.

1. "Two Truths And A Lie"

- **Each person shares three statements about themselves – two truths and one lie.**
- **Others guess which statement is the lie.**
- **This game encourages playful interaction and helps people learn interesting facts about each other.**

2. "If You Could Have Any Superpower..."

- **Each person shares what superpower they would choose and why.**
- **This sparks fun conversations and reveals people's values and desires.**

"Never Have I Ever..."

- **Each person takes turns making "Never have I ever..." statements.**
- **If others have done the thing mentioned, they put a finger down.**
- **This game can lead to laughter and surprising discoveries.**

2. "Human Bingo"

- **Create bingo cards with squares like "Has traveled to another continent," "Loves to dance," or "Can play a musical instrument."**
- **Participants mingle and find people who match the squares.**
- **This encourages interaction and helps people find common interests.**

Section 2: Empathy-Building Games

These games cultivate understanding, compassion, and deeper connection with others.

1. "Active Listening Partner"

- **Pair up and take turns sharing a personal story or experience.**
- **The listener practices active listening skills, reflecting back what they hear and asking clarifying questions.**
- **This strengthens communication skills and fosters understanding.**

2. "Eye Gazing"

- **Partners gaze into each other's eyes for a set amount of time (1-5 minutes).**
- **This can create a sense of deep connection and nonverbal communication.**

3. "Mirroring"

- **Partners face each other and mirror each other's movements.**
- **This playful activity promotes nonverbal communication and builds rapport.**

4. "Emotions Charades"

- **Write different emotions on slips of paper (e.g., joy, sadness, anger, fear).**
- **Participants take turns acting out the emotions without speaking.**
- **Others guess the emotion being portrayed.**
- **This game helps people recognize and understand emotions in themselves and others.**

Section 3: Games for Deeper Connection

These games encourage sharing personal stories and experiences, fostering trust and intimacy.

1. "I Appreciate You Because..."

- **Each person shares something they appreciate about another person in the group.**
- **This fosters gratitude and strengthens bonds.**

2. "Share a Rose, Bud, and Thorn"

- **Each person shares a "rose" (something positive), a "bud" (something they're looking forward to), and a "thorn" (a challenge they're facing).**
- **This fosters empathy and creates a space for vulnerability.**

3. "Storytelling Circle"

- **Each person shares a personal story related to a specific theme (e.g., "a time I felt brave," "a lesson I learned," "a moment of joy").**
- **This encourages vulnerability and deepens connection.**

4. "Values Sharing"

- **Each person shares their top 3-5 core values (e.g., honesty, kindness, creativity).**
- **Discuss how these values shape their lives and relationships.**
- **This game fosters understanding and reveals what's important to each person.**

We hope you enjoy these Authentic Relating games and that they bring you closer to the people you love. Remember, the key is to approach these activities with an open heart, a playful spirit, and a willingness to connect on a deeper level.



P.S. Want to experience the transformative power of authentic relating in a truly magical setting? Stay tuned for an exciting announcement from Mystics Playground!

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