

Ready to play

5 min · 1 / 6

Choose one focus and agree on when to stop.

1

2 min

Check that everyone wants to play and has time. Agree on an end time and the next break.

2

2 min

Choose one shared focus, such as asking for help or giving short messages.

3

1 min

Say the agreement aloud. Choose a game that suits the players' age and experience.

Discuss afterwards

What will I practise today?

Times are suggestions. Adapt to age and individual needs. Choose age-appropriate games and practise with a parent or coach. Take longer breaks whenever needed.

Short, useful messages

10 min · 2 / 6

Practise saying what you know and what you need.

1

2 min

Choose a situation in the game. Separate something you saw from something you are guessing.

2

3 min

Keep it short: where, what you saw and what help you need. Ask a teammate to repeat the key point.

3

1 min

Put the headset and screen aside briefly. Give everyone space to speak.

4

3 min

Swap roles and try another situation. Describe the action rather than criticising the person.

5

1 min

Choose one phrase to use next time.

Discuss afterwards

Did my teammate understand what I meant?

Times are suggestions. Adapt to age and individual needs. Choose age-appropriate games and practise with a parent or coach. Take longer breaks whenever needed.

Work with a teammate

10 min · 3 / 6

Agree on roles, swap places and support each other.

1

2 min

Choose a simple shared task in an age-appropriate game. Agree on who does what.

2

3 min

Try the task together. Say what you are doing and check that your teammate is ready.

3

3 min

Swap roles and try again. Give both players room to suggest a change.

4

2 min

Name one helpful thing your teammate did. Agree on one thing to repeat.

Discuss afterwards

How did I make things easier for my teammate?

Times are suggestions. Adapt to age and individual needs. Choose age-appropriate games and practise with a parent or coach. Take longer breaks whenever needed.

A break away from the screen

5 min · 4 / 6

Make room for movement and time away from the game.

1

1 min

Finish an agreed part of the game and put the mouse, phone and headset aside.

2

3 min

Choose a short walk, gentle movement or a change of sitting position that suits you. Look away from the screen.

3

1 min

Check whether to continue, take a longer break or finish. A longer break is always an option.

Discuss afterwards

Did I need a longer break?

Times are suggestions. Adapt to age and individual needs. Choose age-appropriate games and practise with a parent or coach. Take longer breaks whenever needed.

After a mistake

3 min · 5 / 6

Name your reaction and choose a next step.

1

1 min

Take an agreed break. Name how you feel, such as frustrated or disappointed, without blaming others.

2

1 min

Look away from the game. Rest your hands or change position if that suits you.

3

1 min

Choose one next action you can control. Decide together whether to continue or stop.

Discuss afterwards

What next step can I choose?

Times are suggestions. Adapt to age and individual needs. Choose age-appropriate games and practise with a parent or coach. Take longer breaks whenever needed.

Finish well together

5 min · 6 / 6

Review the teamwork and finish as agreed.

1

2 min

Let every player name one helpful action from someone else. Discuss more than wins and scores.

2

2 min

Choose one shared focus for next time. Agree on time and breaks.

3

1 min

Close the game and choose something away from screens. A disappointing result does not automatically move the agreed end time.

Discuss afterwards

What will we take into the next session?

Times are suggestions. Adapt to age and individual needs. Choose age-appropriate games and practise with a parent or coach. Take longer breaks whenever needed.