

WELCOME TO LEGEND LAND A MINECRAFT ADVENTURE!



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HELLO, FRIEND!

Guess what? We're going on a special adventure to a place called Legend Land.

It's a world filled with fun, that was created using the game Minecraft.



This isn't just any Minecraft world; it's a totally unique and special one made just for us to explore and enjoy together!

You might play it differently to how you usually play Minecraft, but it has lots of fun quests and legendary items waiting for you.



OUR SPECIAL QUEST

In Legend Land, you will go on quests with a psychologist, from a computer in your house or school. The meeting will start using Zoom, and you can say hello and see your psychologist.

Then we will go into the game and play together with Zoom over the top. That way our characters can play together AND we can see and speak to each other.



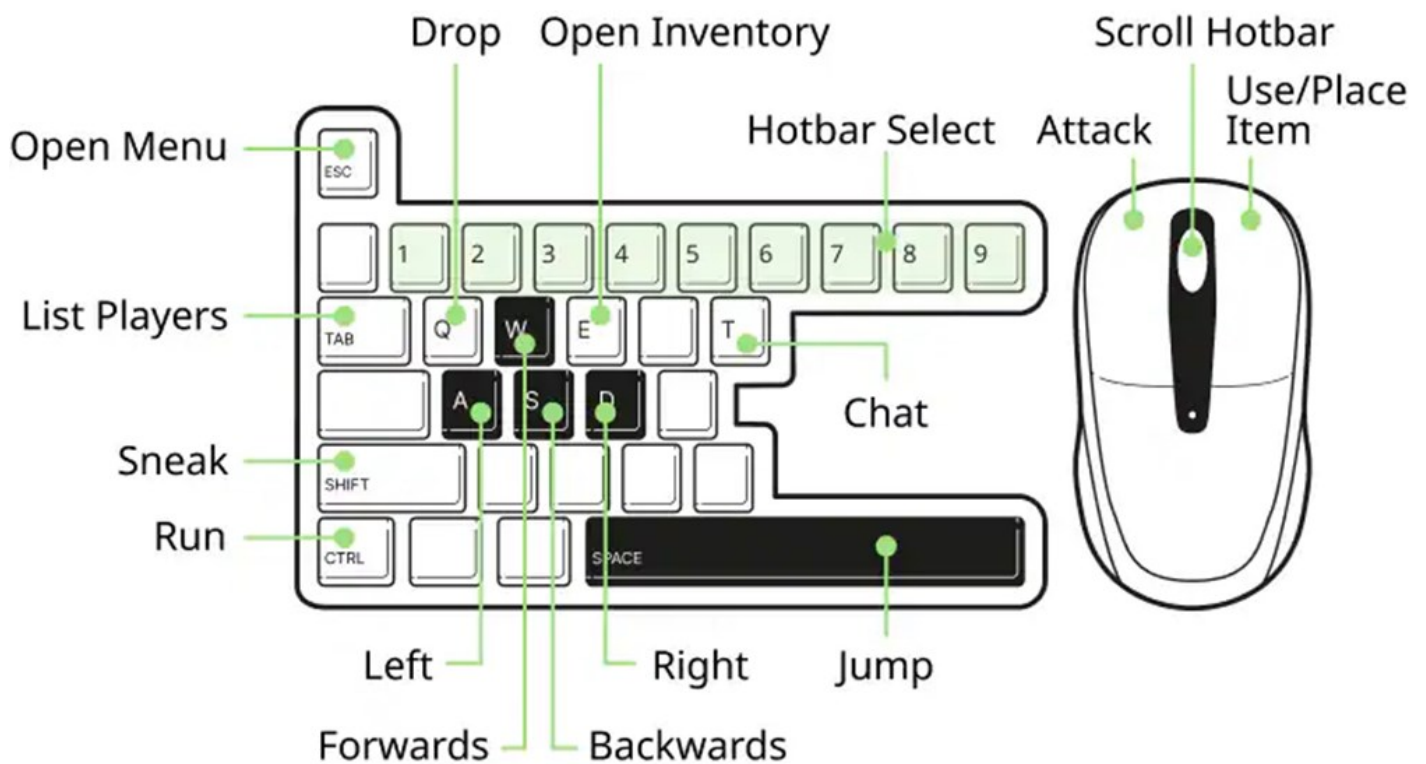
Each session starts in Mojo the Mindful's house. He is the Great Wizard of Legend Land and helps us to check in with how we are feeling.

Then we start our adventure of exploring the different quests within Legend Land!

A NEW WAY TO PLAY

You might have played games on an iPad or a console before. Playing Minecraft on a PC is a bit different, but I know you're going to be great at it!

Let's learn how the keyboard and mouse work. It's okay if it feels tricky at first, we can help when you get to Legend Land.

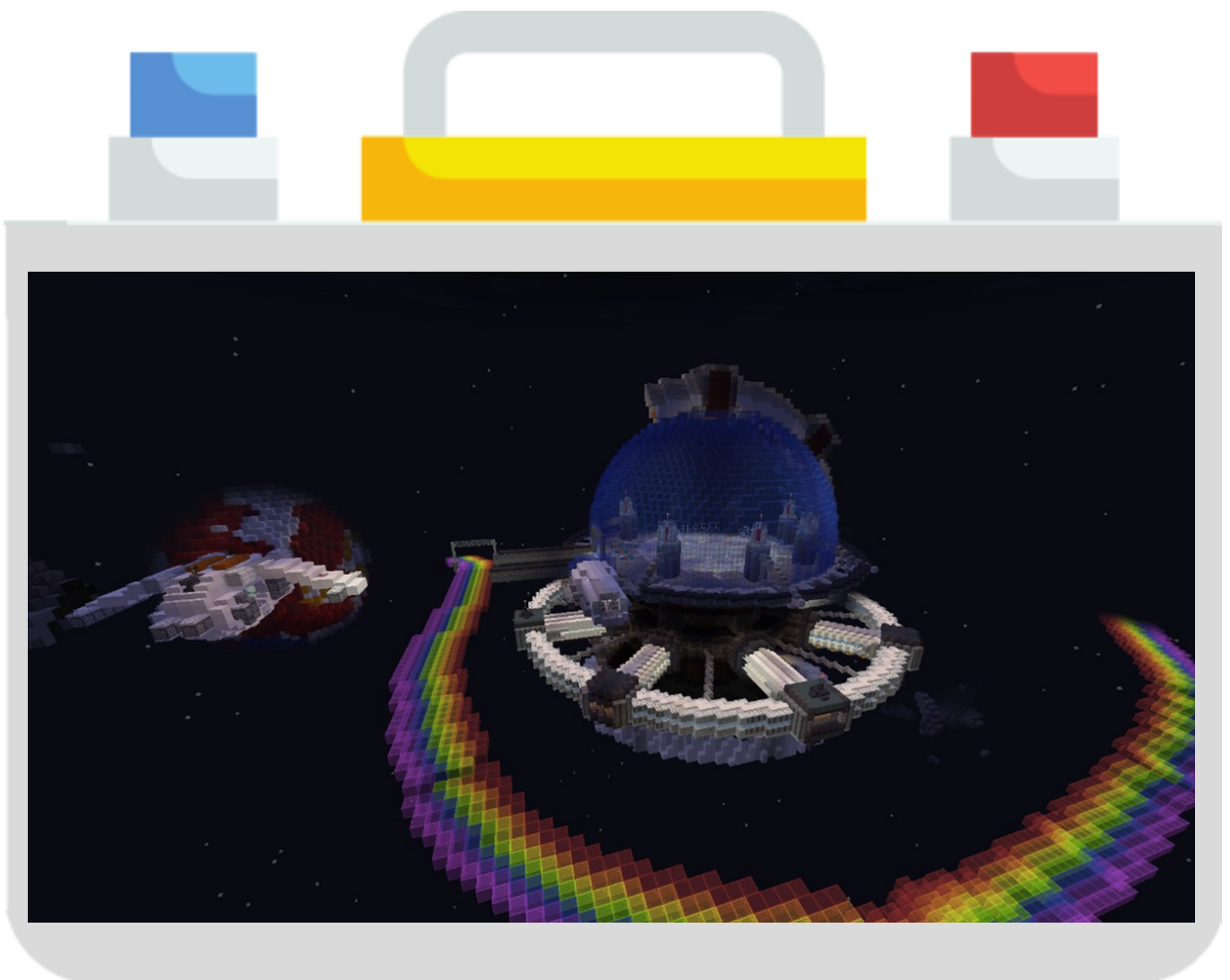


You don't need to know all the controls for your first session, but the keys highlighted in black are good to know 😊.

LET'S GO ON A QUEST!

After we meet in Mojo's house and check how we feel, we will pick one of the different activities or quests in Legend Land. These quests help us understand ourselves, each other and the world.

Did you know that everyone has a Brain Battery? In this quest you will learn about the things that can drain or recharge your brain's energy, and how we feel when our brain's battery is high or low.



LET'S GO ON A QUEST!

Are you ready to travel back in time to learn why we have anxiety, and about the flight, flight, and freeze response?

This can help you understand anxiety, anger, and shutting down. Later we can go on another adventure to help you when you experience one of these responses.



LET'S GO ON A QUEST!

Did you know that your thoughts, bodies, behaviours, and emotions are all connected.

Get ready to fly Pigzy to the different Islands to learn how they are connected for you. Then we can challenge the unhelpful thoughts in a different quest.



ARE YOU READY FOR YOUR ADVENTURE IN LEGEND LAND?

There is so much more to explore together, and we hope to see you in there, Legend!