

Myo-Family Fun Card Game: "Snow Much Fun!"

(Playing Card Edition)

Objective:

Encourage family participation in Myofunctional Therapy exercises using a standard deck of playing cards.

Game Setup:

- **Players:** 2–6 players
- **Materials Needed:**
 - Standard deck of 52 playing cards
 - Timer (1 minute)
 - Small rewards (optional, like stickers or treats)



How It Works:

Each suit and card value represents a specific Myofunctional exercise or challenge. Players draw cards and perform the associated task.

Card Assignments:

Suits = Exercise Categories

- **Hearts** ♥ : Tongue Exercises
Examples:
 - Ace: "Icicle Hold": Hold your tongue on the roof of your mouth for 20 seconds.
 - 2: "Snowball Taps": Tap your tongue on the roof of your mouth 10 times.
 - 3–10: Hold your tongue in the correct posture for a number of seconds matching the card value.
 - Face Cards: "Sliding Sled": Slide your tongue along the roof of your mouth back and forth 10 times.
- **Diamonds** ♦ : Breathing Exercises
Examples:
 - Ace: "Blow the Blizzard": Practice controlled nasal breathing with long, steady exhales.
 - 2–10: Alternate nostril breathing for a number of cycles matching the card value.
 - Face Cards: "Winter Wind": Inhale deeply through your nose, exhale humming for as long as you can.



- **Clubs** ♣ : Lip Exercises

Examples:

- Ace: "Snowman Squeeze": Press your lips together and hold for 10 seconds.
- 2–10: Lip pops or smacks matching the card value.
- Face Cards: "Candy Cane Carry": Hold a straw or pencil between your lips (no teeth!) for 15 seconds.

- **Spades** ♠ : Challenges & Wild Cards

Examples:

- Ace: "Snowball Throw": Pick another player to perform any exercise from the deck.
- 2–10: Hum a tune while keeping your tongue in the correct position for a number of seconds matching the card value.
- Face Cards: Group challenges! Example: "Snowman Build": The group must complete tongue taps together, racing to finish first.

How to Play:

1. **Set the Scene:**
Shuffle the deck and place it face down in the center of the group. Players take turns drawing cards.
2. **Draw a Card:**
 - Perform the exercise or challenge assigned to the suit and value of your card.
 - Use the timer if needed for timed holds or repetitions.
3. **Earn Points:**
 - 1 point for completing an exercise.
 - 2 points for winning a group challenge.
4. **Special Rule for Jokers:**
If a Joker is drawn, the player chooses an exercise for everyone to perform together!

Winning the Game:

After all cards have been drawn, the player with the most points wins. Celebrate with winter-themed rewards like a family snow dance or cozy treats!

Game Variations:

- **Speed Round:** Set a timer for the entire game (e.g., 15 minutes). Players rush to complete as many cards as possible.
- **Teams:** Divide into teams, taking turns drawing cards and assigning exercises to teammates.

This deck-based version of "Snow Much Fun!" ensures everyone gets involved while making Myofunctional Therapy engaging and memorable. ❄️

