Let’s Play Minecraft!

Brought to you by:

Presented By:
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About the Presenters:

**Sophia Ansari** is a Licensed Professional Clinical Counselor, author, educator, and co-founder of the Let’s Play Therapy Institute. Sophia co-hosts *Hero Nation*, a podcast on the Geek Therapy Network, which celebrates diversity in the media and explores how to use geek culture in therapy. Sophia earned her Bachelor of Science degree in Biology from Wright State University and her Master of Arts in Mental Health Counseling from the University of Cincinnati.

**Josué Cardona** is a mental health professional, educator, author, and researcher. He is co-founder of the Let’s Play Therapy Institute and founder of Geek Therapy, where he teaches how to use popular media to understand, teach, and help others. Josué holds a M.S. in Mental Health Counseling and trained at the Albert Ellis Institute in NYC.

https://letsplaytherapy.org/
Minecraft Story Mode on Netflix is an adaptation of its video game counterpart.
What is Minecraft?

In *Minecraft*, players explore a blocky, procedurally-generated 3D world, and may discover and extract raw materials, craft tools, build structures or earthworks, and depending on game mode, can fight computer-controlled "mobs," as well as either cooperate with or compete against other players in the same world. These modes include a survival mode, in which players must acquire resources to build the world and maintain health, and a creative mode, where players have unlimited resources. Players can modify the game to create new gameplay mechanics, items, and assets (minecraft.gamepedia.com).
Minecraft: Build Social and Cognitive Skills

**Easy access**
- Open sandbox format makes anything possible
- Resources can be used in formulas to create other tools (complex tools can be built-circuits, trains, houses)
- If you can dream it, you can build it!

**Helps to regulate emotions**
- Mindfulness, relaxing, create beautiful imagery, it’s fun!

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Minecraft: Build Social and Cognitive Skills

**Inspires Exploration, Creativity, Teamwork, and Problem Solving**
- Provides mastery and control
- Improves cognitive abilities
- Identity play

**Cooperative Play**
- Builds strong social ties
- Build a community together
- Explore together
- Fight monsters together
## Game modes

**Creative Mode**
- Build, build, build!
- Unlimited resources and every craftable item is available to you in the inventory.
- You are invulnerable.
- Fly mode

**Survival Mode**
- Must gather resources from the environment around you (shelter, tools)
- Not invulnerable
- Monsters can (and will) attack you.
- Hunger - You will need to gather and cook food
- Challenging and rewarding

**Adventure Mode**
- Survival mode, but can't destroy blocks

## The Minecraft Dimensions

- **The Overworld** - Earth-like geography

- **The Nether** - Hell like place with lots of lava, stone, and creatures/monsters.

- **The End** - Purgatory where the player encounters the Minecraft equivalent of an End Boss, the Ender Dragon.
What You’ll Need to Play

Computer Versions
• Windows, Mac OS X, and Linux

Console / Handheld
• PlayStation 3, 4, Vita; Xbox 360, One;
• Nintendo Wii U, 3DS, Switch

Mobile
• IOS, Android, Windows Phone

Try Minecraft for FREE
Free demo version of the game for your platform of choice.
• The demo allows you to play the game for 100 minutes (roughly five in-game Minecraft days); you can reset the demo and play it again, but you’re always limited to 100 minutes before you must reset the world.
• https://www.minecraft.net/en-us/demo

Activities: Mining for Social Skills and Emotional Regulation Skills
SOCIAL-EMOTIONAL LEARNING WITH MINECRAFT

Announcing a new SEL content pack for Minecraft: Education Edition. This set of lessons and immersive worlds will help students develop social-emotional skills and educators create more inclusive classrooms.

https://education.minecraft.net/social-emotional-learning/

Virtual rides and mindfulness
Autcraft

Autcraft, created by Stuart Duncan, is a semi-private Minecraft server and online community formed around those with Autism Spectrum Disorder.

www.autcraft.com

Playing Minecraft can help these players meet their social goals and gain the positive effects of socialization.


TED Talk
https://www.youtube.com/watch?v=iclWth_VvBs&t=14s

A FREE 66-page book full of processing questions and activities!

For a Free copy visit:
CBT: Mining for Positive Thoughts

- Use the “creepers,” “skeletons,” and “zombies” to represent the negative thinking and feelings. As client battles monsters, ask them to identify a negative thought or feeling.
- Client can then build a structure; each block can represent a positive attribute/thought.
  - Client can guide you on a tour of a building or structure they have created. Identify the positive thoughts of sharing this accomplishment.

FREE Minecraft Themed Managing Anger Activity

FREE Minecraft 5 Point Scale to help with self-regulation

http://www.jacobsfamblog.com/2014/03/self-regulation-minecraft-5-point-scale.html

FREE Minecraft 5-Point Scale (version 2)
https://www.schoolcounselingfiles.com/anger-management-activities.html
FREE Minecraft Would You Rather Handouts

https://www.teacherspayteachers.com/Product/Minecraft-Would-You-Rather-FREEBIE-3438664

FREE book of 30+ (No Prep) Minecraft Activities


Idea 6: Magic Button

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<tr>
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<th>Language Arts</th>
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<tr>
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<tr>
<td>Author</td>
<td>Ansari, S. &amp; Cardona, J.</td>
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Device: Any

Idea: In the game players can move forward, back, left and right. In creative mode players can

"I have the students if they had the opportunity to design a new special button that would

This activity encourages the players. To question how the game was made and to remember

Extension: Using paper ask your kids to draw a whole new game based on the magic button.

Idea 27: Story Scene

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Game mode: Creative

Device: Any

Idea: There’s a fun mini-game that many Minecraft players have played online based on the

In this idea we’ll take an idea from a book and recreate the scene. Players can make this as in

Extension: Bring in some history to your class by encouraging the players to pick a historical

Ansari, S., & Cardona, J. (2020)
Minecraft in Counseling

- “When you play Minecraft, I want you to build a couple of these things and we’ll talk about it next time you come in.”
- Create your world and name it
- Create your own backstory (how did your character get to where they are?)
- Therapist and client (or family members and client) can work together to create resources and explore the landscape together.
- Go on a mindful hike in the mountains.
- Scavenger Hunt
- Create a memorial for a lost loved one.
- Build-a-House Technique (Family Play Therapy Technique)
- Perspective taking-fly mode vs. on the ground
- Build challenge (“You have 15 minutes to create a maze, tree-house,” etc.)
- Collaborate! Work together to create structures and worlds. Each individual takes responsibility for a different element of the project.
Cooperative Play in Minecraft

- LOCAL VS ONLINE PLAY (REALMS, SERVERS)
- LESS DIRECTIVE, CO-OP IN MINECRAFT
- MORE DIRECTIVE? MINECRAFT DUNGEONS

Let’s Play Together!
Josué on PSN, XBL: JayCard
Switch Friend Code:
SW-1860-2362-3140

Play Now!

https://classic.minecraft.net/
References


Upcoming Trainings!

• *Let’s Play Roblox!* – June 12 at 12 PM PT / 2 PM CT / 3 PM ET

• To register and join our mailing list visit:
  • https://letsplaytherapy.org/