

How to Play the Plukkido Games?

Methodology Guide



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The Course of the Game in 10 Steps

1 Preparation

Make sure you unpack the game alone, without your child. Place the board on a noticeable magnetic surface. Do not place the pieces on the board just yet: put them into the bag and hide them from your child.

2 Familiarise Gradually

While pointing at the board, ask your child what they think the picture is doing in your house. After you have listened to their ideas, explain to them that it is a magic window to Fairyland. Tell them that you have been hearing from other moms about helping elves who come to families to make their days brighter. Explain that they may have visited your family this time and that's why the picture is there. See if they can guess what the elves look like and make sure you show genuine interest and enthusiasm. Keep saying things like, "I wonder when they will arrive?" or "What would they look like?"

3 The First Step: Hooray, the Elf Sends a Letter!

Let us take over for a while at this point. We have created introduction letters to help you prepare for the games, in which the Elf introduces himself and the other characters in the game. He also draws your child's attention to the fact that magical things are only going to happen if they do well. Feel free to swap the boy Elf with the girl character for this task if you feel more comfortable with this.

You can find these here: [Benefitto Letter](#), [Land Letter](#). Read out the letter to your child or even print it. For more fun, you may want to hide it in your child's room or drop it in the post. If they don't notice it at first, help them find it and then read it out. If you play the game with younger kids (2-3 years), you may want to tell them what the letter is about using your own words rather than reading it out.

4 Warm-up Game: The Elves Will Notice All Good-doings

Time for you to take back the control! This is when your contribution becomes crucial. Our motto is "Notice the good and comment on it!"



What does this mean in practice? Keep an eye on your child's behaviour and move the board (put a new piece on or move the existing pieces) whenever they do well at something. Do this immediately or with a bit of a delay, as your schedule makes it possible. Help them understand what behaviour or actions have resulted in the change on the board. You may as well lean close to one of the pieces pretending you are listening to their voice and then say it out loud. Children tend to enjoy this kind of playfulness and often react in a cute and unexpected way.

5

Games to Improve Specific Behaviour: New Week, New Mission!

It's playtime now! The letters containing 12 weekly adventure stories and gaming plans called '[Elfletters](#)' were designed to help you resolve specific parenting issues or problematic situations by encouraging cooperative behaviour using the language of fairy tales. The issues addressed range from sibling rivalry through tidying up and temper tantrums to eating problems. Just choose the letter with the problem you want to focus on and follow its instructions to navigate through the adventure using positive affirmative communication and practicing the expected behaviour.

Each letter contains several tasks to help your child improve their behaviour in the desired way. You may not want to avoid overloading your child with assignments so feel free to skip some parts.

The important thing is that you adjust the length and the content with the age and the abilities of your child.

Each letter ends with detailed guidelines for the parents containing preparations, instructions on how to set up and move the board and additional tips. Feel free to change the story or the tasks according to your own or your child's needs.

6

Moving the Board

Whether you move the board privately in order to retain the "magical" element in the game play or go upfront about it, is your choice. Bear in mind that thinking in terms of playing and magic still comes naturally to a child making anything in the game possible. Therefore, you



shouldn't worry too much about shattering the illusion by moving the pieces around while your child is present. If they should ask you about this or look disappointed, explain to them that you are helping the Elf. You may as well want to let them take the pieces that the Elf conjured up from the bag and put them on the board themselves. This option is supported by the Elfletters as well.

7 When Do the Pieces Move?

Move the board only when your child behaves or does well at what the Elf has asked of them. If that happens, give them immediate and sufficient positive feedback (especially when playing with 2-3-year-olds) until they get used to the idea that they can affect the movement on the board with their behaviour. Later on, it gets easier and easier to gauge how often you need to give feedback and how much time and energy you need to put into running a successful game.

In order to avoid conflicts arising from the fact that the pieces cannot be moved at any time, explain to your child that the picture shows what is happening in Elfland if they do well and that random moves do work. However, children prefer to take the pieces in hand from time to time, so make sure that they have the chance to do this during the course of the game, e.g. let them end an adventure by acting the story out freely and give their own interpretation of the events or even taking the plot further. When they have finished playing with the pieces, put everything back to its place on the board or in the bag to get ready for the next adventure.

8 Playtime and Closure

Although the stories are designed to run for a week, playtime can be abridged or extended. If you feel that your child needs more time to internalise the skills the current game addresses, you may want to add a few extra playful challenges to the original storyline (e.g. a mole blocks the sheep's way, so he gets frightened and has to pass by the molehill). If your child is doing really well and you would like to move on to a different adventure, use the magic flute to get the sheep into the sheepfold immediately and close the story.



9

How to Start a New Adventure?

Children usually find it natural when you take the pieces of the previous adventure off the board and put the new ones up in preparation for the next adventure. But you may want to avoid setting up the board when they can see you. Alternatively, you can give them a playful explanation. e.g. the Elf ushered the animals behind the other hill because Billy saw a wolf or they were in the way for the birthday party etc.

10

Be Creative and Spontaneous

If you have got the hang of the game or you are simply creative enough, you can come up with your own stories and rules. But in order to stay efficient, we recommend you to keep to the following 10 methodological rules regardless of whether you utilise on the Elfletters or use your own stories.



10 Methodological Rules to Play a Successful Plukkido Game

1

Notice the Good

Nothing pleases a child more than when people around them notice and comment on what they are good at rather than criticising them for what they cannot do. Positive affirmation strengthens their self-confidence and reduces the behaviour that causes conflicts.

2

Never Use the Game for Disciplining

Never tell your child that the tree leaves or the Elf are going to fall etc. if they fail to do something or you think that they have done something bad. This would elicit distrust towards the elves and exhaust their motivation. Choose to encourage by telling them that the Elf has his faith in them and he knows that they can make it. Alternatively, you may want to praise them for having avoided the undesired behaviour for a long time.

3

Observe and Call Their Attention to the Situation Before the Hassle

If you wish to get rid of an undesired form of behaviour, do not discipline your child when it occurs. Instead, choose to reaffirm situations when they manage to avoid it by moving the board. This is a very important point. *See below for more details.*

4

Appreciate Small Achievements

If your child makes a small step towards the desired behaviour but you feel that they may have got stuck, refer to the game and if possible, reward even small achievements by moving ahead in the adventure.

5

Make Changes to Stories

Variety makes an exciting game. Feel free to make changes to the stories whenever you feel like it.



6

Discuss the Weekly Adventure and Characters

You may want to make out-of-the-blue references to the current adventure and the elves. Your child will surely be happy to talk about it and they will, therefore, become more committed to completing the mission. Say things like, "Wow, the Elf would be so proud of you now. Let's tell him when we get home, shall we?"

7

Involve Your Child in Setting Up the Rules

Children who tend to go into denial when told what to do would often take up more difficult tasks voluntarily. Ask your child what would make them content and what the Elf should focus on. Find out what they want to do better next week.

8

Don't Give Up

Don't let a difficult day kill your play passion. You may want to loosen the rules a bit: if your child is tired or sick, be more lenient and get the elves to cheer them up. Compensate this by asking for more effort or good-doings the next day. This is a good way of promoting mutual trust and increasing your child's commitment to the game as well as releasing some tension.

9

Set an Example

If your kid loses their enthusiasm or interest in the game, switch roles for a week. Choose an **Elfletter**, read it and agree with your child that from now on you are going to control the story with your good-doings and behaviour. Your child and the Elf will join forces in checking how well you do. Then, if they feel like it, your child can take turns with you in doing well. This switch is useful for two reasons: as children often model their behaviour on that of the parents, this will improve their cooperation skills as well as their focus in a playful manner.

10

Monitor Your Own Mood Changes

Notice the good but not only in your child. Be aware of your own progress and appreciate if you feel less stressed about communicating with your child. Be proud and happy about your shared results and your own success as a parent.



How to Handle Difficulties While Playing?

Uninterested Children and How to Involve Them



Don't Force It but Don't Give Up Either!

If your child goes into denial or gets offended by the elves (this may happen due to the pressure of expectations), do not panic! If that happens, do not ask them to play the game or do something for the elves.

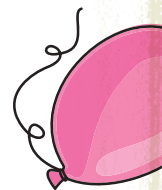
Find a way to go around the problem. For example: place the empty board on the fridge door or wherever you normally use it. Put the Elf or any other piece that your child likes on the board. Add a few new pieces every day and make sure you do it privately.

Sometimes when your child is there, walk up to the Elf, put your ear close to him pretending you can hear him talk and say things like “Did you say something, Alfie? What? Really? Wow! Now, that’s a surprise! No, I promise, I won’t tell anyone”.

Sooner or later your child’s curiosity will win and they will ask you questions to find out whom you have been talking to; if it was really the Elf or not and what he said. You can tell him that it was indeed the Elf and he explained to you why the new pieces appeared on the board. Don’t continue unless they keep asking for more.

If they ask you to tell them what the pieces mean, first pretend to mildly refuse, saying that you have promised the Elf not to tell anyone. If you feel that you have managed to raise their interest enough, tell them that you have to ask the Elf if you can tell it to anyone.

Pretend that the Elf agrees and name the things that your child has done well and explain that the Elf has sent them the pieces as a reward. (*E.g.*: He said that he’d sent the balloons to a fair-haired little boy who has big, brown eyes and who loves fire trucks. This little boy was very kind to his little brother earlier because he’d let his brother play with



his favourite fire truck. This made the Elf especially content because he knows how much this boy likes to take care of his trucks.)

This trick works because children like secrets and this way, they will not feel pressed to make the achievement that the Elf and their parents have given them.

Adjust to Your Child!

Feel free to adjust your communication to the age and abilities of your child. This includes how you read the Elf letters as well. Your 2-year-old may understand these letters more easily if you use your own words while reading them. For a 6-year-old, you may want to print the letters and hand them over to them or read them together. As for older kids, find out what they want to do better next week and what the Elf should focus on.



No Disciplining. But How? Rewarding the “Undone”

Moving the Focus

Avoiding disciplining is difficult for most families especially in situations with increased stress. We hope that this methodology guide will help you get rid of penalising your child altogether. However, we know that there are situations when you feel that nothing else will help, so we would like to make an alternative suggestion for such cases.

In situations where the behaviour that you would normally penalise does not occur, tell your child how much you like it this way, how much the Elf is happy about it and move ahead in the story. Your child will surely appreciate the focus being shifted from their failures to their successes. The unexpected present of parental attention is going to affect them in a great way and you will also feel much better.

Just try it!



Elfletters for Parenting Issues

Our stories are designated as letters written to your child by the game elf. Each **Elfletter** contains a story background and the instructions for an exciting motivational adventure with a game time spanning from 2 to 5 days. The letters come complete with additional tips and tricks for each parenting situation.

To start the adventure, choose the **Elfletter** that fits your current parenting situation, print it, read it out to your child and have fun! Feel free to download an editable version of each letter and adjust the text to your specific needs or go creative and create your own **Elfletters** to get the most out of your Plukkido game.

Choose the **Elfletter** that fits your current parenting situation:

- Temper tantrums, defiance
- Eating issues
- Bedtime problems
- Getting dressed
- Sibling rivalry
- Socialization and naptime
- Tidying up
- Potty training
- Patience
- Cooperation
- Fear and anxiety
- Aggression

Here you can find the [Elfletters for Benefitto and Land online](#).

Contacts



We are available for assistance with further problems and concerns backed up by the experiences of several thousand families who have used Plukkido. We would also be interested to hear your success story too! So let's connect!

Web: www.plukkido.com

Email: info@plukkido.com

Facebook: facebook.com/plukkidogames

Twitter: www.twitter.com/plukkidogames



www.plukkido.com