

# Dos & Don'ts

## To Remember While Playing

# SCARY GAMES

### With Friends

## Dos



Keep the lights on



Play with others



Know what scares you



Beware of exaggerations



Use positive self-talk

## Don'ts



Overthink



Try to be perfect



Imagine the worst



Choose games that might affect people with a serious heart condition or anxiety



Have any unpredictable jumpscare