

The Oxford Facial Palsy Unit

My Face Game

Instructions



You will need to:

- Download the “My Face Game” from the website here: www.ouh.nhs.uk/facialpalsy
- Cut out the “**My Face Game**” picture cards and arrange into categories. Only include the cards that match the exercises that have been prescribed to your child by their Facial Rehabilitation Specialist.
- Place the cards on the correct category on the game board.
- Get a dice and as many counters as you have players.
- Load a copy of the “Know My Face” video on your computer or tablet, ready to help with the exercises.

Instructions

- To start, all players join in with the face warm-up/massage part of the “**Know My Face**” video.
- Then take it in turns to roll the dice and move your counter around the board. When your counter lands on a category (such as ‘Face Balance’), choose an exercise card from that pile.
- On your computer or tablet, move the cursor along the video to the time shown in the top right hand corner of your playing card and do the exercise along with the video.

You could also use the playing cards for your child’s facial exercise program with another board game.

Have fun!

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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May 2016
Review: May 2019
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