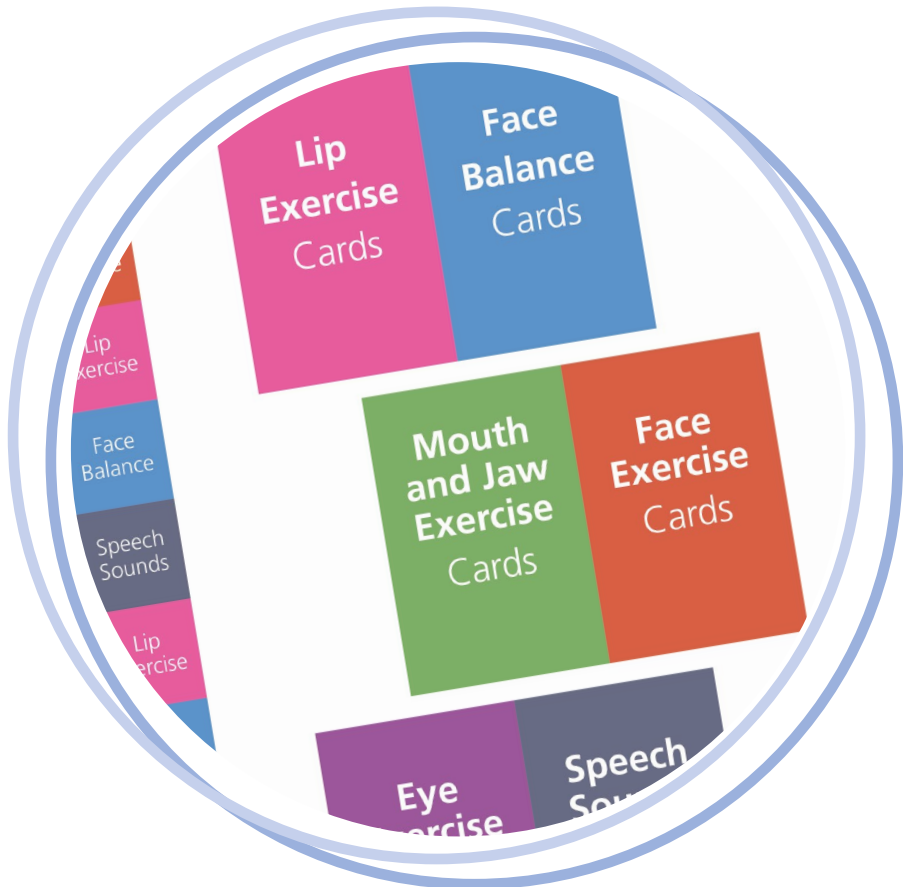


# My Face Game

The Oxford Facial Palsy Unit

## Instructions



## You will need to:

- Download the “My Face Game” from the website here: [www.ouh.nhs.uk/facialpalsy](http://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!***

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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