

2minutes... *The good time to be happy!*

Results of scientific studies⁽¹⁾ on happiness have proven that human relationships are essential and excellent for well-being, guarantee serenity, memory and health. Raphaëlle de Foucauld, therapist and educator, imagined these games to maintain an essential well-being. These games are built on principles of positive psychology.

Intelligent cards, full of meaning designed by professionals

Integrating a pragmatic approach in positive psychology, Raphaëlle de Foucauld, therapist and educator for over ten years, has worked with families convinced that quality human relationships are primordial to live better.

“In today’s life, time is limited between work and home, we forget to spend quality time with people around us.”

Persons who are in touch with their families, friends and social circle lead happier lives.



Raphaëlle de Foucauld, therapist and educator and 2 minutes games founder.



A game to increase and develop complicity time.

Consequently, Raphaëlle de Foucauld decided to create simple and concrete tools to encourage quality relationships and favor relationship.

The concept of **2 minutes games** was then born. 52 cards to take the time to be happy. Quick, easy and positive for all.

A set of 4 games available

- **2 minutes, mon amour!**® to encourage communication within the couple (in french-english-spanish)
- **2 minutes, Dad!**® for quality family time (in french only)
- **2 minutes together!**® for intergeneration connections (in french-english-spanish)
- **2 minutes Girls!**® to lighten the mental stress of women (in french only)

The rules of the games are simple and easy to follow

Each box is composed of 52 cards. There is a simple phrase on each card. Everybody takes turns to reply in 2 minutes or more. A positive dialogue follows around souvenirs, thoughts, daily feelings or projects. This encourage a quality time to share.



1. Study of Adult Development – Harvard Medical School. Study conducted on 724 men during 75 years from 1939 – 2013



52 cards to encourage quality relationships and favor relationship.

Emotional Intelligence games

“Reconciling a balance of life, self-realization and remaining connected with your surrounding with optimism and enthusiasm are ingredients for a rich and fulfilled life.” stresses Raphaëlle de Foucauld.

Sharing positive emotions allows open-mindedness, encourages action and produces flexible, welcoming, creative and receptive behaviours, says Barbara Lee Fredrickson, American professor in Psychology at the University of North Carolina, in her book ‘Love 2.0’. This vision is one the goal and one of the benefits of the **2 minutes games**.

Working on our life competences and putting forward our talents are the keys to happiness.

“It goes without saying that life is filled with ups and downs, and emotions such as fear, anger, sadness are also part of life. However, our capacity to enjoy the present moment encourages positive feelings and make us feel happier” attests Raphaëlle de Foucauld.



Live the moment

These cards are a human adventure, a subtle and amusing way to get to know each other better and to create links.

Positive and easy dialoging are meaning full. Everything has been conceived to encourage laughter and enjoy the present moment. “This is like an iceberg, seeming simple and light, the game works on the roots of relationship and encourages the joy of living in the present moment” says Raphaëlle de Foucauld.

Working on life competences, and to put forward your talents are the keys to happiness

Introduced in 1998 by Martin Seligman, positive psychology is the science of happiness. It is “the study of the conditions and processes that contribute to fulfillment or the optimal functioning of individuals, groups and institutions.”

Positive psychology⁽²⁾ focuses on what is going well and on the potential positive aspects of the individual in order to promote a feeling of well-being and accomplishment of the individual and others.

Encourage relationships is good for your health.

The **2 minutes games** are based on the latest studies of these principles:

- “Adopting gratefulness in daily life is essential” says Raphaëlle de Foucauld
- “Tripling your positive words versus negative betters the feeling-good emotion... These cards are an excellent way to achieve this ratio; to focalise on the positive, to share and spread positivism around you.”



2 minutes games can be used everywhere

2 MINUTES TOGETHER!®

52 cards to discuss: young and old exchange happy memories, unusual anecdotes, dreams and projects, refocuses on the joys of life, share positively souvenir.

The four themes of the cards ressaure the communication and moment of happiness with joy and lightheart: Dialogue and complicity are established, links are created and transmission between generations are promoted.

2 minutes together!® is for :

- ✓ Families and all generations who want to understand better each other;
- ✓ Seniors who need dialogue, transmission and contact with their family and professional entourage;
- ✓ Caregivers who wish to put more humanity into a sometimes heavy daily life.



“ The essential with the family: we used 2 minutes together! at the end of a meal, children, grandchildren and grandparents played. We spent unforgettable moments.

Sofia – 38 years old

“ 2 minutes together! is available to all of our caregivers; it's a great way to start a dialogue. It's a listening and caring activity full of kindness. Our caregivers never leave it.

Beatrix, manager of a caregiver agency

Benefits :

- ✓ Share life experiences and background in a playful and positive dialog;
- ✓ Start a dialogue between generations that is sometimes difficult to create;
- ✓ Create a moment of escape in a daily routine that is sometimes difficult;
- ✓ Focus on the positive moments of life with cheerfulness, joy and lightness.



2 minutes together! awards:

10^{ème} édition
Silver Night
Les Trophées SilverEco® 2018

FRENCH CERTIFICATION

TESTÉ ET
APPROUVÉ
par les
SENIORS
AFNOR Certification



LAUREAT



BI NATIONAL AWARD
FRANCE-QUEBEC

**POSITIVE POINTS
OF 2 MINUTES GAMES**



The 2 minutes games is:

Innovating: positive psychology for all

Universal: for all families, being together since 3 months or 40 years

Rewarding: Win-win for all while being happy

Festive: Maximum complicity, laughs and discoveries in a short while

Practical: Small and easy format, can be used anywhere

Quick and simple: Everybody picks a card and replies in 2 minutes

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