



STRING CHEESE | A SNACKABLE GAME OF CONTEMPLATION

String Cheese: A Snackable Game of Contemplation is an analogue game for one person that involves the mindful consumption of string cheese. This is a gamified introspective exercise that encourages you to take a brief moment out of your day to eat a snack, have a self-reflective moment, and express gratitude.

A BRIEF NOTE ON STRING CHEESE

String cheese has been around for quite some time, just not always in the form we're familiar with. For instance, in Slovakia, people make a form of hand-pulled strings of braided salty sheep's milk cheese called *korbáčiky*. In Russia and Georgia, people make a form of string cheese called *tenili* from sheep's milk and cream fermented in a salted and dried veal stomach.

The string cheese most people might be aware of are a completely different story. Since the mid-1970s, string cheese is made by heating and stretching low-moisture mozzarella. This aligns the milk proteins, making it possible to peel "strings" from a larger cylinder. Now that you've got a basic understanding of string cheese, let's move onto the set up.

SET UP

You need one stick of string cheese and if you'd like, a paper journal and something to write with.

THE CHEESE

Chew slowly, taste every bite, and swallow deliberately. With every string you pull and consume, ask yourself one of these questions:

How am I feeling about this day?
What is something you'd like to accomplish today?
What steps are you taking to accomplish your goals?
When was the last time you cooked a meal for yourself?
Are there things I've agreed to do, but do not want to?
What did I learn about myself today?
What can I do to be a unique expression of...me?
What can I do to show that I'm serious about self-care?
Where is my attention going at this moment?
How am I not being generous (with my words, presence, or time)?
What do I need to let go?

At the end of your contemplative snack, remember that you are **nourished**, **sustained**, and **loved**.

CREDITS

Written by Daniel H. Kwan
[@danielhkwan](https://twitter.com/danielhkwan)
danielhkwan.com
patreon.com/danielhkwan

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