



# 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

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## ACKNOWLEDGEMENTS

This game acknowledges the efforts of Frank Baker and Jeb Cubbs, the inventors of American string cheese as well as Jim McClure, the creator of the Tear-able RPG.

This game would not be possible without my Patreon supporters, particularly Arvey Basa, DC, Doonami Art, Jonathan Moua, Marcela Lopez, Marty Choderek, Morgan Gate-Leven, POCGamer, Toni Kraja, & Will Jobst. Last, but not least, it is important to acknowledge that Shel Kahn, Will Jobst, and Jeeyon Shim showed me that narrative games don't need dice or paper.