BGT™

Board Game Therapy™

Extended Edition

Marvel Champions: The Card Game

TABLE Method™ Game Guide



Play. Connect. Grow.

INSIDE THIS GUIDE

How to use this guide

An extended TABLE Method™ companion for Marvel Champions: The Card Game. The game is not included; play by the rulebook in your box.

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START HERE

For a first session, read pages 4 to 6, pick the session plan for your role, and print the desk card and agreements card. Everything after that is there when you need it: more prompts, more debrief questions, adaptations, and fixes for common problems.

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AT A GLANCE

Marvel Champions: The Card Game at the table

A cooperative card game: each player is one hero, and the team works together to stop a villain run by the game. A TABLE Method™ companion for a game you already own. This guide does not include the game.

Edition	Fantasy Flight Games Learn to Play book, core set (2019 file), introductory scenario
Players	1 to 4 (p.2; villain hit points per player, p.6)
Session plan	Learning session: the introductory scenario, about 90 minutes BGT window; may end unfinished
Materials	Core set; introductory scenario with the Spider-Man, Captain Marvel and Rhino decks; expert set, deck building and expansions left out

PLAY BY THE RULEBOOK IN YOUR BOX

This summary is a session aid, not a substitute for the published rules, and it leaves out details. Fantasy Flight Games Learn to Play book, pp.2 to 19 and 23. Card text, the deck lists, deck customization (pp.20 to 22) and the separate Rules Reference are not summarized. Editions differ; if your rulebook says something different, follow your rulebook.

In the BGT book: Independent TABLE Method companion facilitation; no book chapter placement or tested outcome is asserted.

How the game works, in brief

Players work together as heroes against a villain run by the game. On your turn you may change form once, play cards by paying resources, use basic powers and allies to attack or thwart, and trigger actions. Then the villain phase places threat on the main scheme, the villain activates against each player, and new encounter cards come out. The team wins together by defeating the final villain stage; the villain wins if its scheme is completed or all players are eliminated.

1. Setup: each player selects one identity card alter-ego side up, sets hit points and shuffles their deck; obligation cards go into the encounter deck and nemesis sets are set aside. For the first game, play with one or two players using Spider-Man and Captain Marvel against Rhino (pp.4,5,6).
2. The villain's hit points are the number on its card times the number of players. Each player draws up to their hand size and may mulligan unwanted cards (pp.6,7).
3. Each round has a player phase and a villain phase. On your turn you may change form once, play cards, use basic powers, use allies and trigger actions, in any order (p.10).
4. Pay a cost by discarding cards for their resource icons; resources beyond the cost are lost. Each player may have up to three allies in play (p.11).
5. Villain phase: place threat on the main scheme; the villain activates once against each player, scheming against an alter-ego and attacking a hero; then each player is dealt and reveals an encounter card (pp.14,15,16).
6. Defeat the final villain stage and the players win together. The villain wins if it completes its scheme or all players are eliminated (p.9).

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THE TABLE PLAN

Why this game, and how to set it up

Each round asks the team to share a plan while every player still makes their own choices, and to decide when a hero should rest as their alter-ego. That gives a clear way to talk about cooperation, asking for help and pacing effort, all inside the game.

T **Target.** Notice how players share a plan without taking over each other's turns, how they decide when to change form, and how the table treats a villain attack as a game event.

Relational demand: Choose discussion depth with participants; no formal stage or ability rating is assigned.

A **Assess.** Check the player count, the time, and whether the game serves today's goal.

- Does everyone want a cooperative superhero card game of about 90 minutes?
- Can each player read cards and track hit points with chosen support?
- Do we have 1 to 4 players?

B **Build.**

- Show one round with sample cards: play an ally, use a basic thwart, then resolve one villain activation. Reset the samples first.
- Agree Pass for optional reflection, Pause for a break and Fold to halt play immediately for the whole table, plus a visible signal. These are session agreements, not new game actions.
- Offer reflection after the villain phase, never in the middle of a turn. A real Fold halts the whole table immediately.

L **Lead.**

- Name a villain attack as part of the game, not a remark about a person.
- Leave every card and form choice with its owner, even in a team game.
- Read card text aloud on request without advising.

E **Extract and Extend.** Debrief in order: Board, Self, Us, Life or Work, Extension. Ask what participants make of the game. Do not tell them.

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FACILITATOR SEQUENCE

Running the session

Opening script

> *"We play the Fantasy Flight Games rules, core set, introductory scenario. We read cards aloud when asked and never choose for someone. Pass skips reflection, not a turn. Pause offers a break; Fold halts play and we close unfinished."*

Suggested timing

SEGMENT	TIME
Agreements and fit	5 min
Teach and reset	20 min
Play within chosen window	85 min
Optional reflection	12 min
Close and reset	3 min

Adjust to your group and to the official rules. Use the agreed session boundary; an early close is unfinished, not a new official victory.

Planned pauses

WHEN	ASK
After the first round	Is the round structure clear?
After a villain phase	Did that feel like a game event?
At close	Did the team or the villain win, or is this unfinished?

Agreements and signals

Pass: say Pass to skip reflection without explaining; in-game decisions still follow the matched rulebook. Pause: say "pause" for a break. Fold: say "fold" or use the agreed nonverbal signal, and play halts for the whole table. No explanation is required.

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EXTRACT AND EXTEND

The five-rung debrief

Start at the board every time. Each person decides how far to go, and the group can end at any rung. Passing on any rung is allowed, and the later rungs are optional.

RUNG	QUESTION
Board	Which card helped you most?
Self	Did you have enough time to plan your turn?
Us	Did advice stay invited in our team?
Life or Work	If you choose: how do you decide when to rest?
Extension	Which table agreement would you keep next time?

LISTEN FOR THE PARTICIPANT'S MEANING

If someone connects the game to life or work, ask what fits and what does not. If no connection fits, leave the moment in the game. The person who played decides what it means.

Closing check

"What would you like to keep, try, or leave at the table?"

Record a chosen step only if that belongs in your normal role and documentation.

FOLD OR CHANGE COURSE

Signals: say "pass" to skip optional reflection, not an invented game move, "pause" for a break, and "fold" to stop taking part, or use the agreed card or gesture. If anyone folds, halt play at once. Check in privately, not in front of the group, and offer choices: a break, watching, changing the activity, or ending. The game can end without a deep debrief, and no one owes an explanation.

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FACILITATOR JUDGMENT

Fit, access, and repair

The participant's account carries more weight than a guess about their behavior.

A LIKELY PINCH POINT

In a team game, faster players may plan whole turns for others unasked. A villain attack can feel personal.

A WORKABLE ADJUSTMENT

Use the phase call and plan on request. Ask before giving any advice. Agree on any adjustment before play, and name it as an adaptation. Do not require anyone to disclose a disability or explain their needs to the group.

AFTER TENSION

End blaming remarks, restate that the villain's attacks are part of the rules, offer a break, and close unfinished if wanted. Describe the sequence, not a motive. Accept a pass. Continue only if the group is ready.

Different roles, same game

HOST OR TEACHER

Check that everyone wants a cooperative superhero card game before teaching.

COACH

Invite one voluntary focus on asking for help. Results are not ratings of people.

LICENSED CLINICIAN

Confirm consent for a superhero theme with villains and fights within your own practice; do not read card choices or a result as a clinical sign.

An accessible alternative is better than insisting on a rule that prevents someone from taking part. Say when you are adapting a rule, and agree on it before play. The rule variations come next.

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RULE VARIATIONS

Rule variations for different goals

Small rule changes let one box serve different goals. Each variation below names the change, the objective it targets, the group it suits, what to watch for, and a debrief prompt. This guide has 1 official variant, 1 rulebook setting or practice (not a separate variant), and 2 BGT house rules.

FROM THE RULEBOOK · NOT A SEPARATE VARIANT

Introductory game

RULE CHANGE	For the first game, play with one or two players using Spider-Man and Captain Marvel against Rhino (p.4).
TARGETS	A smaller first game.
SUITS	Tables new to the game.
WATCH FOR	Agree heroes before setup.
DEBRIEF PROMPT	“Did the first game size suit us?”

OFFICIAL VARIANT · IN THE RULEBOOK

Expert set

RULE CHANGE	Add the expert encounter set to a scenario, in addition to the standard set, to raise its difficulty (p.19).
TARGETS	A harder game for groups who know it.
SUITS	Groups who have played the introductory game.
WATCH FOR	Agree before setup; no pressure.
DEBRIEF PROMPT	“Did the harder game suit us?”

BGT HOUSE RULE · NOT AN OFFICIAL RULE

Phase call

RULE CHANGE	At the start of each phase, one player names it; others confirm only if asked.
TARGETS	Keep the round easy to follow.
SUITS	Tables new to the round.
WATCH FOR	Name the phase only; no advice.
DEBRIEF PROMPT	“Was the round clear?”

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BGT HOUSE RULE · NOT AN OFFICIAL RULE

Plan on request

RULE CHANGE	Before a turn, a player may ask the table for ideas; others offer them only when asked, and the player decides.
TARGETS	Keep shared plans invited.
SUITS	Cooperative groups new to the game.
WATCH FOR	The active player decides.
DEBRIEF PROMPT	“Did advice stay invited?”

BGT ADAPTATIONS ARE NOT FANTASY FLIGHT GAMES RULES

A BGT house rule is a facilitation adaptation written for this guide. It is not part of the official rules of Marvel Champions: The Card Game, and no publisher endorsement is asserted. Tell players when you are using one, and agree on it before play. Use one variation at a time so you can see what it changes.

Our game-specific agreement

Each player owns their hero, cards and choices, even though we win or lose together. A villain attack is a game event, not a remark about a person. We offer plans only when asked, read cards aloud on request, and let each player decide their own turn.

BGT session agreement: Pass skips optional reflection, not a legal turn. Pause offers a break; Fold halts the whole table immediately. Close unfinished if neither the team nor the villain wins in the window. These are facilitation boundaries, not an official timed victory.

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SESSION PLANS BY ROLE

Session plan: host or teacher

WHO THIS PLAN IS FOR

For hosts, teachers and librarians choosing a game that fits their group. Offer a useful teach and an optional concrete conversation, not an assessment.

SEGMENT	TIME	WHAT TO DO
Welcome and fit	**5 min**	Check that everyone wants a cooperative superhero card game before teaching. Agree Pass/Pause/Fold and the closing plan before teaching.
Teach and reset	**20 min**	Show one round with sample cards: play an ally, use a basic thwart, then resolve one villain activation. Reset the samples first.
Play with choice	**85 min**	Offer reflection after the villain phase, never in the middle of a turn. A real Fold halts the whole table immediately. Let each player choose cards, form and targets; read text only on request.
Optional reflection	**12 min**	Which card helped you most? Did advice stay invited in our team? Later rungs stay optional; accept a pass and no personal inference.
Close and reset	**3 min**	Name the actual ending or mark unfinished. Ask keep, try or leave. Record public process notes only, following your role and privacy duties.

Total: about 125 minutes. Shorten play before you shorten the agreements or the close.

Before you start

- ☐ Your copy of Marvel Champions: The Card Game is complete, and you have read the rulebook in your box.
- ☐ Seats let everyone see and reach the play area.
- ☐ The agreements card is printed or on display.
- ☐ You know which variation, if any, you will use, and you will name it before play.
- ☐ You know what your setting expects if someone needs support.

STAY INSIDE YOUR ROLE

Stay at the Board and Us rungs unless the group moves on by itself. If something personal comes up, listen, thank the person, and return to the game. If someone seems to need support, follow your setting's own procedure.

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SESSION PLANS BY ROLE

Session plan: coach

WHO THIS PLAN IS FOR

For coaches and team leads. Let participants choose a process to notice. Scores and decisions are not ratings of people or evidence of transfer outside play.

SEGMENT	TIME	WHAT TO DO
Choose a focus	**5 min**	Invite one voluntary focus on asking for help. Results are not ratings of people. Agree Pass/Pause/Fold and the closing plan before teaching.
Teach and reset	**20 min**	Show one round with sample cards: play an ally, use a basic thwart, then resolve one villain activation. Reset the samples first.
Play with choice	**85 min**	Offer reflection after the villain phase, never in the middle of a turn. A real Fold halts the whole table immediately. Ask before giving a prompt; accept any legal play without asking why.
Optional reflection	**17 min**	Which card helped you most? Did advice stay invited in our team? Later rungs stay optional; accept a pass and no personal inference.
Close and reset	**3 min**	Name the actual ending or mark unfinished. Ask keep, try or leave. Record public process notes only, following your role and privacy duties.

Total: about 130 minutes. Shorten play before you shorten the agreements or the close.

Before you start

- ☐ Your copy of Marvel Champions: The Card Game is complete, and you have read the rulebook in your box.
- ☐ Seats let everyone see and reach the play area.
- ☐ The agreements card is printed or on display.
- ☐ You know which variation, if any, you will use, and you will name it before play.
- ☐ You know what your setting expects if someone needs support.

STAY INSIDE YOUR ROLE

Keep the focus on the skill the group chose, not on judging individuals. Do not interpret game moves as evidence about a person. Life or Work links are optional and come from participants.

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SESSION PLANS BY ROLE

Session plan: licensed clinician

WHO THIS PLAN IS FOR

For licensed clinicians within their own training, consent, license and records practice. This session shape is not a treatment plan, diagnostic tool or clinical protocol.

SEGMENT	TIME	WHAT TO DO
Purpose and consent	**7 min**	Confirm consent for a superhero theme with villains and fights within your own practice; do not read card choices or a result as a clinical sign. Agree Pass/Pause/Fold and the closing plan before teaching.
Teach and reset	**20 min**	Show one round with sample cards: play an ally, use a basic thwart, then resolve one villain activation. Reset the samples first.
Play with choice	**85 min**	Offer reflection after the villain phase, never in the middle of a turn. A real Fold halts the whole table immediately. Notice upset after damage or a loss; offer Pause without needing an explanation.
Optional reflection	**15 min**	Which card helped you most? Did advice stay invited in our team? Later rungs stay optional; accept a pass and no personal inference.
Close and reset	**3 min**	Name the actual ending or mark unfinished. Ask keep, try or leave. Record public process notes only, following your role and privacy duties.

Total: about 130 minutes. Shorten play before you shorten the agreements or the close.

Before you start

- ☐ Your copy of Marvel Champions: The Card Game is complete, and you have read the rulebook in your box.
- ☐ Seats let everyone see and reach the play area.
- ☐ The agreements card is printed or on display.
- ☐ You know which variation, if any, you will use, and you will name it before play.
- ☐ You know what your setting expects if someone needs support.

STAY INSIDE YOUR ROLE

This guide is not a treatment plan, assessment, or outcome measure. Use it only where it fits your license, training, and setting. Consent, clinical fit, confidentiality, and documentation remain your responsibility.

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SESSION PLANS BY ROLE

A three-session series

For groups that meet more than once. Each session uses the core plan in this guide; the series only changes the setup and the debrief focus. Skip or repeat a session whenever the group needs it.

SESSION	SETUP	DEBRIEF FOCUS
Learn a round	Introductory scenario, samples first.	Board: heroes, villain, scheme.
Protect choices	Repeat with the phase call.	Self/Us: ask before advising.
Choose scope	Try another hero against Rhino.	Extension: keep a friendly team agreement.

Between sessions

- Use the title-specific session log for setup, public process and actual ending. Never turn it into a ranking, diagnosis or promised progress measure.
- Open each session by asking what people remember from last time. Passing is fine.
- Change only one thing at a time: one variation or one new rule.
- Close the series by asking what the group would like to keep doing together.

A NOTE ON PROGRESS

A series gives a group more practice with the same game. It does not promise any change outside the game. If a participant names a change they have noticed, that is their observation to share or keep.

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FACILITATE WITH DEPTH

Facilitator prompt bank

Pick one or two prompts, not all of them. Offer reflection after the villain phase, never in the middle of a turn. A real Fold halts the whole table immediately. Every prompt can be passed.

BEFORE PLAY

"Are we playing the introductory scenario?"

"Is everyone comfortable with the superhero theme?"

"What reading support is wanted?"

"Which visible signal means Fold?"

AFTER A HARD MOMENT

"Is that a game event or a remark about a person?"

"Would a short break help?"

"Did anyone ask for advice?"

"Would we rather pause or close unfinished?"

BETWEEN TURNS

"How is everyone's energy?"

"Was every choice its owner's?"

"Is the pace still comfortable?"

"Is everyone comfortable continuing?"

CLOSING

"Did the team or the villain win?"

"If we close now, do we record unfinished?"

"Which agreement helped most?"

"What would you keep, change or leave?"

HOW TO ASK

Ask the whole table, then wait. Accept short answers and silence. Reflect what you heard in the participant's words, not yours. If a prompt lands badly, say so, and move on.

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FACILITATE WITH DEPTH

Debrief question bank

Extra questions for each rung of the five-rung debrief. Use them to replace or follow the core question, one rung at a time. The later rungs stay optional, and the Life or Work questions are always offered as a choice.

BOARD

- Which card did you play first?
- Which ally helped most?
- Which round felt biggest?

SELF

- Were the cards readable?
- Did the length suit you?
- Did a villain attack bother you?

US

- Did we leave choices to their owners?
- Did advice stay invited?
- Did each player own their hero?

LIFE OR WORK

- If you choose: how do you ask for help?
- If you choose: how do you decide when to rest?
- If you choose: how do you share a plan?

EXTENSION

- Would you try another hero?
- Would plan on request suit us?
- Would you choose this game again?

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FACILITATE WITH DEPTH

Adapting for ages, group sizes, and access

Ages

Rating boundary	The Fantasy Flight Games product page lists 14+; the Learn to Play book prints no age.
Reading load	Read one identity card together first.
Session length	The product page lists 45 to 90 minutes.
Requested support	Agree literal readback without choosing cards.

Group sizes

1 player	One hero; villain hit points for one player (p.6).
2 players	The suggested size for the first game (p.4).
3 or 4 players	Villain hit points per player (p.6); one encounter card each (p.16).
More than 4	Choose another activity.

Accessibility

Vision	Read cards aloud on request.
Hearing	Announce each phase clearly.
Motor	A helper moves tokens and dials as directed.
Language	Teach one round with sample cards first.
Attention	Offer a break after a villain phase.

The Fantasy Flight Games product page lists 14+; the selected Learn to Play book prints no age. Readiness, theme and access notes are facilitation choices, not publisher requirements. Agree on any adaptation before play and name it as an adaptation. Nobody has to disclose a disability or explain a need to the group.

Choice and support agreement

Each player owns their hero, cards and choices, even though we win or lose together. A villain attack is a game event, not a remark about a person. We offer plans only when asked, read cards aloud on request, and let each player decide their own turn.

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FACILITATE WITH DEPTH

Troubleshooting

Common problems at the table, with something to try first. If a fix does not work, close the session unfinished rather than forcing play. A short good game beats a long hard one.

IF THIS HAPPENS	TRY THIS
Form changed twice in a turn	Change form once each round, on your own turn.
A fourth ally played	Up to three allies; discard one to play another.
Extra resources saved	Resources beyond the cost are lost.
Healing above maximum	You cannot heal above maximum hit points.
Villain activates once in total	It activates once against each player.
Basic power in the wrong form	Use the form that has that power.
Who wins	The team wins together, or the villain wins.
Window ends early	Record unfinished; do not declare a result.

WHEN TO END PLAY

Signals: say “pass” to skip optional reflection, not an invented game move, “pause” for a break, and “fold” to stop taking part, or use the agreed card or gesture. If anyone folds, halt play at once. Check in privately, not in front of the group, and offer choices: a break, watching, changing the activity, or ending. The game can end without a deep debrief, and no one owes an explanation.

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ONE-PAGE DESK CARD

Marvel Champions: The Card Game: quick guide

Standalone printable desk card. Print this page for the facilitator's seat. The game is supplied separately.

BEFORE

Show one round with sample cards: play an ally, use a basic thwart, then resolve one villain activation. Reset the samples first. Agree Pass for optional reflection, Pause for a break and Fold to halt play immediately for the whole table, plus a visible signal. These are session agreements, not new game actions.

SAY

> *"We play the Fantasy Flight Games rules, core set, introductory scenario. We read cards aloud when asked and never choose for someone. Pass skips reflection, not a turn. Pause offers a break; Fold halts play and we close unfinished."*

DURING

After the first round: "Is the round structure clear?"

After a villain phase: "Did that feel like a game event?"

At close: "Did the team or the villain win, or is this unfinished?"

DEBRIEF IN ORDER

1. Board: Which card helped you most?
2. Self: Did you have enough time to plan your turn?
3. Us: Did advice stay invited in our team?
4. Life or Work: If you choose: how do you decide when to rest?
5. Extension: Which table agreement would you keep next time?

> FOLD: to stop taking part, say "fold" or use the agreed signal. PASS: say Pass to skip reflection without explaining; in-game decisions still follow the matched rulebook. PAUSE: say "pause." NO INFERENCE: ask participants what, if anything, a game moment means to them.

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PRINTABLE · TABLE AGREEMENTS

Our table agreements for Marvel Champions: The Card Game

Print and place in the middle of the table, or read aloud before play.

PASS

Skip a question or a share. No reason needed.

PAUSE

Take a break. The table waits.

FOLD

Stop taking part. Play halts for the whole table, and no one asks why.

We agree that

☐ Each player owns their hero, cards and choices, even though we win or lose together. A villain attack is a game event, not a remark about a person. We offer plans only when asked, read cards aloud on request, and let each player decide their own turn.

☐ Game moves are game moves. We ask what something meant instead of guessing.

☐ Play halts if anyone folds, and we check in quietly, not in front of everyone.

☐ Sharing is a choice. We ask each other to respect what is shared, but other participants cannot promise confidentiality, so share only what you are comfortable with. The facilitator will explain how privacy works here, including any legal, clinical, or safeguarding duties that come first.

☐ Our nonverbal signal is: _____

Our adaptations today

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PRINTABLE · SESSION PLANNING SHEET

Session planning sheet: Marvel Champions: The Card Game

Date _____ Group _____ Players _____ Time available _____

MY ROLE TODAY

☐ Host or teacher ☐ Coach ☐ Licensed clinician, within my license

TARGET (T)

Which cooperation moment will we notice?

ASSESS (A)

Theme comfort, reading load and player count

BUILD (B)

Fantasy Flight Games rules, introductory scenario

LEAD (L)

How will I avoid steering anyone's turn?

EXTRACT AND EXTEND (E)

Which public moment and optional prompt will we revisit?

IF TIME RUNS SHORT

Close unfinished if neither the team nor the villain wins in the window

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PRINTABLE · TRACKER

Scenarios and rounds log

Record player count, the scenario, public moments and the actual ending. Do not rate play.

SESSION	COUNT / SCENARIO	PUBLIC MOMENT	ENDING	NEXT AGREEMENT
1				
2				
3				
4				
5				
6				
7				
8				

House printable for voluntary process notes, not an assessment or a replacement for required records. Do not retain private content or infer traits.

After-session notes (for the facilitator)

Note how the session ran, not judgments about people. If your role requires records, follow your own setting's rules instead of this sheet.

What went well, and where did the plan not fit?

Rules, setup, or access changes for next time

Next session I will try (variation, prompt, or timing)

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R

REPRODUCIBLE SHEET · MARVEL CHAMPIONS: THE CARD GAME

Participant Reflection

Name or group (optional): _____ Date: _____ Game: Marvel Champions: The Card Game _____

Use only if a written reflection fits the setting. You decide whether to share or submit this sheet. Your facilitator will explain any collection or storage before use. A spoken or drawn reflection works too. The five response boxes are fillable on screen.

My choice: keep this private / share a part / pass.

BOARD

Which card helped you most?

SELF

Did you have enough time to plan your turn?

US

Did advice stay invited in our team?

LIFE OR WORK

If you choose: how do you decide when to rest?

EXTENSION

Which table agreement would you keep next time?

You can pass on any prompt. Leave it blank, write “pass,” or draw instead. No reason needed. Play is a prompt for reflection, not proof about a person.

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Independent companion

The game's name, its designers (Michael Boggs, Nate French and Caleb Grace), and its publisher are given only to identify the game. This guide is not affiliated with, endorsed by, or sponsored by Fantasy Flight Games, Marvel, or any rights holder. Marvel and related names may be trademarks of Marvel and are used here only to identify the game.

Sources

Publisher-authored Fantasy Flight Games Learn to Play book for Marvel Champions: The Card Game (copyright 2019 FFG; PDF modified 2019-10-25), linked as Learn to Play from the Fantasy Flight Games product page and served from the Asmodee file host. 24 pages. The book prints one to four players; the product page lists 1 to 4 players, 14+ and 45 to 90 minutes. https://cdn.svc.asmodee.net/production-fantasyflightgames/uploads/2026/09/mvc01_learn_to_play_eng-compressed.pdf (retained November 10, 2026; SHA-256 357c9be2010723dd3e8831e81eb140567d0d93f83b803a9040dcad2b8f2730b9). This is a facilitation summary, not a replacement for the matched rulebook. Check the rulebook in your box for your printing. Variations marked "Official variant" appear in that source, and variations marked "From the rulebook" use a setting, recommendation, or practice the rulebook describes rather than a separate variant. Variations marked "BGT house rule" are original adaptations and are not official rules. Session plans, prompt banks, adaptation notes, troubleshooting, and printables are original facilitation material written for this guide.

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Scope and evidence boundary

This is a facilitation guide for structured play. It does not diagnose anyone, and the game is not therapy by itself. Board Game Therapy is not inherently psychotherapy. This product is an educational and facilitation resource for structured play and optional reflection. It is not a psychological assessment, screening tool, diagnosis, validated outcome measure, treatment plan, or treatment protocol, and no educational, social, behavioral, or clinical outcome is guaranteed. Teachers, coaches, hosts, and other facilitators work within their own role and their organization's policies. Licensed professionals who use it in clinical services remain responsible for clinical fit, informed consent, confidentiality, documentation, and the standards of their license.

Evidence. Research on board games covers many games, settings, and populations, with real methodological limits. Two general reviews: Gauthier, A., et al. (2019). Board Games for Health: A Systematic Literature Review and Meta-Analysis. Games for Health Journal, 8(2), 85-100. doi.org/10.1089/g4h.2018.0017. Noda, S., Shirotsuki, K., & Nakao, M. (2019). The effectiveness of intervention with board games: a systematic review. BioPsychoSocial Medicine, 13, 22. doi.org/10.1186/s13030-019-0164-1. Neither review evaluated the TABLE Method™ or this product. The TABLE Method™ and these variations are practice guidance, not a validated intervention. Nothing here promises that what happens in the game will carry over elsewhere.

> If someone is in distress, end the game and use the support your setting already names. In a crisis, contact local emergency services or a crisis line.

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