BGT™

Board Game Therapy™

Extended Edition

The Lord of the Rings: Fate of the Fellowship

TABLE Method™ Game Guide



Play. Connect. Grow.

INSIDE THIS GUIDE

How to use this guide

An extended TABLE Method™ companion for The Lord of the Rings: Fate of the Fellowship. 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

The Lord of the Rings: Fate of the Fellowship at the table

A cooperative journey game: players guide two characters each, protect Frodo and complete objectives before hope runs out (pp.2,9,19). A TABLE Method™ companion for a game you already own. This guide does not include the game.

Edition	Z-Man Games English WEB rulebook ZMGPSM0101 (2025 file)
Players	1 to 5: setup lists 1, 2, 3, 4 and 5 players (pp.8,24); solo play has its own changes (p.22)
Session plan	BGT learning window: 90 minutes of play, not a publisher duration; may close unfinished
Materials	Base game; introductory difficulty and the suggested first objectives

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. Z-Man Games English WEB rulebook ZMGPSM0101, PDF pp.4 to 22 and p.24. The PDF is image only, so every page was read by OCR at 300 dpi. Page numbers here count PDF pages. The setup lists 1 to 5 players (pp.8,24). No age or playing duration is printed. Theme note: the setting is a perilous journey across Middle-earth with troops, battles and havens (pp.2,9); printed terms such as troop, battle and stronghold are kept as printed. 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

The players work as one team. Each player controls two characters, and the team must protect Frodo while shadow troops and Nazgul move across the board. On a turn, a player does actions, draws two player cards and then resolves shadow cards. The team wins when Frodo completes the Destroy the One Ring objective after all the other objectives; it loses if hope reaches zero (pp.2,10,19).

1. A turn has three steps: do actions, draw 2 player cards, then draw shadow cards; the player on the left goes next (p.10).
2. Do up to 4 actions with one of your characters and up to 1 with the other, finishing one character before starting the other (p.10).
3. The actions are Travel, Fellowship, Prepare, Muster, Attack and Capture; many cost symbols, which you spend by discarding a matching card or returning a token (pp.9 to 15).
4. Draw shadow cards as many times as the threat rate shows, resolving the top or bottom half as the deck shows a red flag or a black banner (p.16).
5. A hand may hold at most 7 cards; discard or play events down to 7 (p.15).
6. The team wins when Frodo completes the Destroy the One Ring objective, which comes after all other objectives; the team loses when hope reaches 0 (p.19).

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THE TABLE PLAN

Why this game, and how to set it up

The team shares one result while each player still chooses their own actions. That gives a clear way to talk about giving and taking advice, shared risk and recovering after a setback, all inside the game.

T **Target.** Notice how advice is offered, how the active player decides and how the table treats a lost haven or lost hope 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 game, and has the group agreed to the setting after a preview?
- Can each player read cards and symbols with chosen support?
- Do we have 1 to 5 players?

B **Build.**

- Show one turn with sample pieces: two actions, drawing 2 player cards and one shadow card. 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 at the end of a turn, never in the middle of one. A real Fold halts the whole table immediately.

L **Lead.**

- Name a lost haven or lost hope as part of the game, not one player's fault.
- Let the active player decide after advice.
- 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 Z-Man Games rules at the introductory difficulty. Advice is welcome and the active player decides. 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	90 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 full turn	Are the three turn steps clear?
After hope is lost	Did that feel like a game event?
At close	Did we win, lose, 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 action helped the team most?
Self	Did you have enough time to plan your turn?
Us	Did the active player get to decide?
Life or Work	If you choose: how do you take advice and still decide?
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

The setting is a fight against a dark power, with troops, battles and a threat that grows. A loss is shared, and some players may feel blamed for it.

A WORKABLE ADJUSTMENT

Preview the setting before choosing the game and accept a no without a reason. Use the introductory difficulty, plan out loud and the hope readback. Advice stays open and the active player decides. 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 a setback belongs to the whole team, 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

Preview the journey and battle setting and confirm consent before choosing this game; then check that everyone wants a cooperative game before teaching.

COACH

Invite one voluntary focus on giving advice and deciding as a team. A result is not a rating of people.

LICENSED CLINICIAN

Confirm consent for the battle setting within your own practice, and offer another game without needing a reason; do not read 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 2 rulebook settings or practices (not separate variants) and 2 BGT house rules.

FROM THE RULEBOOK · NOT A SEPARATE VARIANT

Introductory difficulty

RULE CHANGE	The setup recommends starting with the introductory game, which builds the player deck in 4 stacks instead of 5 (p.8).
TARGETS	A gentler first game.
SUITS	Tables new to the game.
WATCH FOR	Agree it before setup.
DEBRIEF PROMPT	“Did the gentler deck help?”

FROM THE RULEBOOK · NOT A SEPARATE VARIANT

Solo game

RULE CHANGE	One player guides Frodo and Sam plus 4 other characters, passing a solo token along the row (p.22); a host may play it before teaching.
TARGETS	Play alone or learn first.
SUITS	Hosts new to the game.
WATCH FOR	The host plays alone before the session.
DEBRIEF PROMPT	“Did the solo game help the teach?”

BGT HOUSE RULE · NOT AN OFFICIAL RULE

Plan out loud

RULE CHANGE	Before acting, the active player may say their plan aloud; others offer ideas only if asked, and the active player decides.
TARGETS	Keep shared plans clear.
SUITS	Tables new to the game.
WATCH FOR	Ideas only; the active player chooses.
DEBRIEF PROMPT	“Did the shared plan help?”

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BGT HOUSE RULE · NOT AN OFFICIAL RULE

Hope readback

RULE CHANGE	After the shadow step, one player may read aloud the hope and threat rate tracks.
TARGETS	Make the stakes clear.
SUITS	Groups new to the tracks.
WATCH FOR	Read only; no blame.
DEBRIEF PROMPT	“Were the tracks clear?”

BGT ADAPTATIONS ARE NOT Z-MAN GAMES RULES

A BGT house rule is a facilitation adaptation written for this guide. It is not part of the official rules of The Lord of the Rings: Fate of the Fellowship, 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 own actions; advice is open and the active player decides. A lost haven or lost hope is a game event for the whole team, not a mistake by a person. We agreed to the setting after a preview and read cards aloud on request.

BGT session agreement: Pass skips optional reflection, not a legal turn. Pause offers a break; Fold halts the whole table immediately. Close unfinished if the team has not won or lost 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**	Preview the journey and battle setting and confirm consent before choosing this game; then check that everyone wants a cooperative game before teaching. Agree Pass/Pause/Fold and the closing plan before teaching.
Teach and reset	**20 min**	Show one turn with sample pieces: two actions, drawing 2 player cards and one shadow card. Reset the samples first.
Play with choice	**90 min**	Offer reflection at the end of a turn, never in the middle of one. A real Fold halts the whole table immediately. Let the active player choose each action after any advice; read text only on request.
Optional reflection	**12 min**	Which action helped the team most? Did the active player get to decide? 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 The Lord of the Rings: Fate of the Fellowship 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 giving advice and deciding as a team. A result is not a rating of people. Agree Pass/Pause/Fold and the closing plan before teaching.
Teach and reset	**20 min**	Show one turn with sample pieces: two actions, drawing 2 player cards and one shadow card. Reset the samples first.
Play with choice	**90 min**	Offer reflection at the end of a turn, never in the middle of one. 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 action helped the team most? Did the active player get to decide? 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 135 minutes. Shorten play before you shorten the agreements or the close.

Before you start

□ Your copy of The Lord of the Rings: Fate of the Fellowship 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 the battle setting within your own practice, and offer another game without needing a reason; do not read 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 turn with sample pieces: two actions, drawing 2 player cards and one shadow card. Reset the samples first.
Play with choice	**90 min**	Offer reflection at the end of a turn, never in the middle of one. A real Fold halts the whole table immediately. Notice tension when hope drops; offer Pause without needing an explanation.
Optional reflection	**15 min**	Which action helped the team most? Did the active player get to decide? 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 135 minutes. Shorten play before you shorten the agreements or the close.

Before you start

□ Your copy of The Lord of the Rings: Fate of the Fellowship 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 turn	Introductory difficulty, samples first.	Board: actions, cards, shadow step.
Protect choices	Repeat with plan out loud.	Self/Us: advise only when asked.
Choose scope	Play to a win or a loss.	Extension: keep a friendly table 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 at the end of a turn, never in the middle of one. A real Fold halts the whole table immediately. Every prompt can be passed.

BEFORE PLAY

“Has everyone agreed to the setting after a preview?”

“How long is our window?”

“What reading support is wanted?”

“Which visible signal means Fold?”

BETWEEN TURNS

“How is everyone's energy?”

“Were choices left with their owners?”

“Is the pace still comfortable?”

“Is everyone comfortable continuing?”

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?”

CLOSING

“Did we win, lose, or close unfinished?”

“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 action helped most?
- Which turn felt biggest?
- Which character did you enjoy?

SELF

- Were the cards and symbols readable?
- Did the length suit you?
- Did a setback bother you?

US

- Did the active player decide?
- Was advice invited?
- Did everyone have a say?

LIFE OR WORK

- If you choose: how do you take advice?
- If you choose: how do you share a risk?
- If you choose: how do you recover after a setback?

EXTENSION

- Would the introductory difficulty suit us next time?
- Would planning out loud 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	No age is printed in the retained rulebook (pp.1 to 24).
Reading load	Read one region card and one shadow card together first.
Session length	The 90-minute play window is BGT planning, not a publisher duration.
Requested support	Agree literal readback without choosing actions.

Group sizes

1 player	Solo game with Frodo and Sam plus 4 characters (p.22).
2 players	6 events and 4 starting cards each (p.8).
3 to 5 players	Events and starting hands by count (p.8).
More than 5 here	Choose another activity.

Accessibility

Vision	Read cards and symbols aloud on request.
Hearing	Announce each shadow card clearly.
Motor	A helper moves figures and troops as directed.
Language	Teach one turn with sample pieces first.
Attention	Offer a break at the end of a turn.

The selected rulebook 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 own actions; advice is open and the active player decides. A lost haven or lost hope is a game event for the whole team, not a mistake by a person. We agreed to the setting after a preview and read cards aloud on request.

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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
Too many actions	Up to 4 with one character and up to 1 with the other (p.10).
Moving another player's character	Ask permission first (p.10).
More than 7 cards	Discard or play events down to 7 (p.15).
How many shadow cards?	As many as the threat rate shows (p.16).
Top or bottom half?	Red flag top, black banner bottom (p.16).
Destroying the Ring early	Only after all other objectives (p.19).
Hope reaches 0	The whole team loses (p.19).
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

The Lord of the Rings: Fate of the Fellowship: quick guide

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

BEFORE

Show one turn with sample pieces: two actions, drawing 2 player cards and one shadow card. 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 Z-Man Games rules at the introductory difficulty. Advice is welcome and the active player decides. Pass skips reflection, not a turn. Pause offers a break; Fold halts play and we close unfinished."*

DURING

After the first full turn: "Are the three turn steps clear?"

After hope is lost: "Did that feel like a game event?"

At close: "Did we win, lose, or is this unfinished?"

DEBRIEF IN ORDER

1. Board: Which action helped the team most?
2. Self: Did you have enough time to plan your turn?
3. Us: Did the active player get to decide?
4. Life or Work: If you choose: how do you take advice and still decide?
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 The Lord of the Rings: Fate of the Fellowship

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 own actions; advice is open and the active player decides. A lost haven or lost hope is a game event for the whole team, not a mistake by a person. We agreed to the setting after a preview and read cards aloud on request.

☐ 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: The Lord of the Rings: Fate of the Fellowship

Date	Group	Players	Time available

MY ROLE TODAY

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

TARGET (T)

Which shared moment will we notice?

ASSESS (A)

Session length, reading load, player count and consent to the setting

BUILD (B)

Z-Man Games rules, introductory difficulty

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 the team has not won or lost in the window

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PRINTABLE · TRACKER

Journey and hope log

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

SESSION	COUNT / TURNS	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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Participant Reflection

Name or group (optional): _____ Date: _____ Game: The Lord of the Rings: Fate of the Fellowship _____

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 action helped the team most?

SELF

Did you have enough time to plan your turn?

US

Did the active player get to decide?

LIFE OR WORK

If you choose: how do you take advice and still decide?

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 designer (Matt Leacock), and its publisher are given only to identify the game. This guide is not affiliated with, endorsed by, or sponsored by Z-Man Games, the owner credited as ©MEE, or any rights holder. The Lord of the Rings and related names may be trademarks of their owner, credited in the official rulebook as ©MEE, and are used here only to identify the game.

Sources

Official Z-Man Games English WEB rulebook for The Lord of the Rings: Fate of the Fellowship (SKU ZMGPSM0101, official filename; PDF created 2024-12-27, modified 2025-03-10), downloaded from a game file catalog host because no publisher-hosted copy could be retrieved. 24 pages, image only with no text layer, so the text was read by OCR at 300 dpi. Setup lists 1 to 5 players (pp.8,24); no age or playing time is printed. https://nastol.io/storage/games/files/the_lord_of_the_rings_fate_of_the_fellowship/941149/ZMGPSM0101_Rulebook_English_WEB.pdf (retained November 16, 2026; SHA-256 37137b287aecbae264595265465de217f3a4b66b175a5ecfeb06edefb0aecbcd). 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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