

Story of a Sweater

A sweater can tell a thousand stories or give a thousand hugs. Inspired by my grandmother's pink sweater I inherited and the stories it tells. A game (or meditation) for one player.

You will need a six-sided die (d6) and a favorite sweater. Pick a sweater (or other garment, but for simplicity we'll call it a sweater) that holds a special memory or good feelings to you; this can be anything, from a handknitted sweater made by your great grandparent, a sweater your grandfather got you for your birthday when you were seven, your mother's sweater from when she was in college, your sibling's sweater they wore to prom, a sweater you bought at the store in your favorite color, or any other sweater that means something to you, no matter how much or how little it means. All it needs is a front, a back, and maybe even some sleeves — and good memories associated with it.

Put on the sweater. While you're wearing the sweater, **you are safe and you are valid**. If you feel uncomfortable and want to stop, stop and come back when you're ready. If you roll something you don't want to have happen, choose a different option or make up your own. The game is **not important when compared with your happiness and safety**.

Over the course of the game, you will create a sweater and its history, through many owners, following the journey of the sweater from the start of its life to the last scraps of yarn being tossed.

Starting with the back, roll d6 for each part of the sweater. The back is the first owner or the creator of the sweater; reflect or play out how they got it and what they do with it. Next, repeat for the front, to find out the next event in the life of the sweater and reflect or play out that owner's history with the sweater. Roll once for each sleeve, getting other owners and events in the life of the sweater. If you want, the last part is the additional things — trim, ribbing, button bands for cardigans, collar, edging, etc. Either this or the last sleeve is the latest (or last/final) owner; how do they get rid of it and what happens to it afterwards?

d6	Back	Front	Sleeve (roll twice, once for each sleeve)	Additional
1	grandparent making it for a grandchild	given to family member (who? Why?)	your choice	borrowed (by whom? Why)
2	parent buying it for child	sold at garage sale	lent to a friend, never returned	found in a thrift store

3	kid's present for holidays	donated (where?)	left somewhere (did someone pick it up? Where?) — animals?	given as a present (by whom? To whom?)
4	teen buying it at the mall	stolen (from where and by whom?)	stored in a box, discovered by accident (who found it? Why was it left there?)	your choice
5	found on the street, blowing in the wind	your choice	well loved, until it wore out and needed repairs (did it get repaired? Who repaired it? Why was it so well loved?)	stolen from bag (why?)
6	your choice	lost (where? Why?)	sold (by whom? To whom? Why?)	loved until it fell apart (who loved it so much?)