

Mindforge — Concept Poster

Print this and pin it up — an at-a-glance map of the Mindforge cast and the ideas each one carries. Come back to it whenever you want to remember who teaches what.

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Meet the cast — and what each one teaches

Character	What they carry
Inside	Self-awareness — emotion + thought + body awareness; 'Notice. Don't fix.'
Settle	Self-management — regulation + impulse + stress; 'One breath. Then I choose.'
Open	Social awareness — perspective + empathy + context; 'Their world. Then ours.'
Touch	Relationship skills — communication + boundaries + repair; 'Say it small. Listen big.'
Choose	Responsible decision-making — values + consequences + action; 'What matters? Then I act.'
Vane	Names the exact feeling, not just good or bad, because the precise word points the way to what actually helps.
Ballast	Helps you stay steady inside a big feeling, like the weight that keeps a boat from tipping while the wave passes.
Vantage	Climbs to where someone else is standing, so you can see what they see instead of guessing.
Darn	Mends a small everyday rift early, before a little tear becomes a big hole.
Forecast	Looks down the road of a choice to see where it leads, so your future self gets a vote too.

Key ideas at a glance

The big concepts this cast helps you master:

- Emotions & Self-Awareness
- Self-Management & Goal Setting
- Empathy & Perspective Taking
- Communication & Relationship Skills

- Conflict Resolution & Decision Making
 - Stress Management & Resilience
 - Digital Wellness & Screen Balance
 - Identity, Belonging & Mental Health Literacy
 - Psychology & Neuroscience
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