

## Among the Sleep

Previous compulsory steps / Prior students' knowledge	None
Learning objectives	Understand and recognize the main theme; understand the use of metaphors and symbols; Raise awareness about alcoholism and the impact it has on the community and the family
Subjects	English as a Foreign Language, Social sciences, Psychology
Recommended Age	15 - 18
Material needed	PC
Sequence duration	3 hours
Individual or group activity	Individual activity
Expected production	Written analysis of the video game
Skills developed	Empathy, Social skills, Critical thinking
Price range of the game	<20€
Extension / differentiation activities	Lesson or workshop on alcoholism and addictions, the effects it has on individuals and the community, prevention of alcoholism
Similar games to use with the approach of the sequence	Papo & Yo

## Step by step: how to implement the sequence

- **Step 1 Introduction of the game and the assignment (10 minutes)**

**Important to consider:** this game may be emotionally challenging for students.



Screenshot 1: David's room. Source: <https://www.krillbite.com/among-the-sleep>

In this pedagogical sequence, we will use the game Among the Sleep: Enhanced Edition. Among the Sleep is a first-person survival action-adventure video game. The player explores the game from a view of a toddler, David, and for most of the game, the player is accompanied by a teddy bear, Teddy. The game is set in the 1990s and starts with David's second birthday celebration. The player is followed by two monsters throughout the game: a female figure and a trench-coat wearing figure. Blurred vision, scraping sounds and a slow lullaby indicate the monster's presence. The player has to



hide under tables or chairs or run away from the monsters. If the player does not run away from the monsters quickly enough, the game is over.



Screenshot 2: Walking down the stairs from David's point of view. Source:

<https://www.krillbite.com/among-the-sleep>

Before playing the game, you can show the [Among the Sleep: Enhanced Edition Launch Trailer](#), or you can play the game with your students for a couple of minutes. Tell the students that after playing the game, they will write an analysis of the game.



Screenshot 3: Room during the night. Source: <https://www.krillbite.com/among-the-sleep>

- **Step 2: Students play the game at home (120 minutes)**

This game takes around 2 hours to finish. Encourage students to pay attention to symbolism and emotional responses in the game.

- **Step 3: Written analysis of the game (20 minutes)**

After playing, students should write a short analysis of the game on the following points:

- What is the main theme of the game?
- How is the game played?
- Which other themes and concepts does the game address?



- Which metaphors do you notice in the game?
- Why does the house look different during the night? What happens then?
- The game is played through the eyes of a 2-year-old. How does that affect the game and the topic it addresses? How would the experience be different if you played it through the eyes of an older child or a teenager?
- What do you think was the creators' intent in making this game from child's perspective?
- There are monsters that follow you throughout the game. What or who do they represent?
- How does the game address the issue of alcohol abuse? What role does alcohol play in the game?
- How does the story end?
- How did you feel while playing the game?

- **Step 4: Debrief and discussion (30 minutes)**

As the game addresses a topic that may be emotional for some students, it is important to take time to debrief after the gaming session and to reflect on the students' experiences. To guide the discussion, you can use the points in Step 3 so the discussion will closely follow students' written assignment. Check whether they understand the main theme of the game, the metaphors, and the symbolism. This game can also be used to discuss the consequences that alcoholism has on the whole family.

### How to get the game?

You can get the game on Epic Games: <https://www.epicgames.com/store/en-US/p/among-the-sleep-enhanced-edition> Or on Steam:

[https://store.steampowered.com/app/250620/Among\\_the\\_Sleep\\_Enhanced\\_Edition/](https://store.steampowered.com/app/250620/Among_the_Sleep_Enhanced_Edition/)

## References:

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Krillbite Studio (2017) Among the Sleep: Enhanced Edition. Norway: Krillbite Studio. <https://www.krillbite.com/among-the-sleep>

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Webster, A. (April 18<sup>th</sup>, 2013). Fear through the eyes of a child: 'Among the Sleep' is a very different horror game. The verge. <https://www.theverge.com/2013/4/18/4239112/among-the-sleep-horror-game-through-the-eyes-of-a-child>

Wilde, T. (May 30<sup>th</sup>, 2014). Among the Sleep Review. PC Gamer. <https://www.pcgamer.com/among-the-sleep-review/>