

# The well-being game

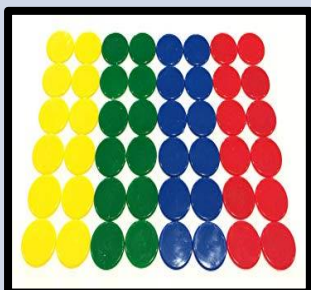
What you will need to play the game.



A Dice



People to play with.



Coloured Counters  
(1 for each player)

**FINISH  
WINNER**

**START  
HERE**

5

Tell us three things to help keep us healthy?

Go back three spaces

Name three things that can be bad for our health?

6

Tell the group 4 things that can help people relax?

7

Describe your ideal day.

19

4

What might you do when you are feeling angry?

Name 3 things that can happen to our body when we are feeling anxious?

8

Go back 10 spaces and miss a turn

18

3

Sometimes we can feel a little sad, what can we do to help us when we feel like this?

2

9

Go forward 7 spaces and take an extra turn

Can you name 6 types of exercise?

17

16

1

Can you tell us three songs that make you smile?

Describe your perfect calm place, somewhere you can relax?

10

What can we do to help us get a good nights sleep?

15

11

Go forward 3 spaces and take an extra turn

Name 3 things we can do to help people know we care?

12

What 3 new activities would you like to try?

13

14

