

# POSITIVITY

# BOARD GAME



## HOW TO ASSEMBLE

1. Print both pages of the game. To assemble, cut out the bottom white part of page 1 on the solid line and tape to the top of page 2 to form the board.
2. Get a game die from another board game or print and assemble the paper die on page 3.
3. Choose small items as your game board pieces such as small rocks, figurines, or small blocks.

## HOW TO PLAY

1. Roll the die and move the correct number of spaces on the board. For example, if you roll a 2, move two spaces on the board.
2. Do the activity or answer the question in the square you landed on. If there is no activity, it's the next player's turn.
3. If you land on a square with a ladder, move your game piece up the ladder to a new square. If you land on a square with the snake, slide down the snake to the lower square.
4. The game is over when all players reach the "Finish" square!

<p>36</p> <p>Say your favourite affirmation or quote.</p>	<p>37</p> <p>What is something you can't wait to try?</p>	<p>38</p> <p>What is something you feel proud about?</p>	<p>39</p> <p>Name your biggest strength.</p>	<p>40</p> <p><b>FINISH</b></p> 
<p>35</p> <p>Tell someone what you like about them.</p>	<p>34</p> <p>What do you enjoy learning about?</p>	<p>33</p> <p><b>CHOOSE</b> to have a <b>GREAT DAY</b></p>	<p>32</p> <p>What's the coolest thing you've ever seen?</p>	<p>31</p> <p>Do 5 squats.</p> 
<p>26</p> 	<p>27</p> <p>What do you like about yourself?</p>	<p>28</p> <p>Stretch or do a yoga pose.</p> 	<p>29</p> <p>What's your favourite thing to wear?</p>	<p>30</p> <p>What's your favourite food?</p>
<p>25</p> <p>Sing and dance to your favourite song.</p>	<p>24</p> <p>Give someone a high five!</p>	<p>23</p> <p>Who did you help recently?</p>	<p>22</p> <p>Make your silliest face.</p>	<p>21</p> 

<p>16</p> <p>Which sound makes you laugh?</p>	<p>17</p> <p><i>you</i> -ARE- UNSTOPPABLE</p>	<p>18</p> <p>Give yourself a big hug for 20 seconds.</p>	<p>19</p> <p>Say something kind to yourself.</p>	<p>20</p> <p><i>YOU ARE KIND</i></p>
<p>15</p> <p><i>YOU ARE LOVED</i></p>	<p>14</p> <p>What are you grateful for?</p>	<p>13</p> <p>Take 3 deep breaths.</p>	<p>12</p> <p><i>CHALLENGES</i> <i>make you</i> <i>STRONGER</i></p>	<p>11</p> <p>What would you like to get better at?</p>
<p>6</p> <p>Tell a joke.</p>	<p>7</p> <p>Hop on one leg for <b>30</b> seconds.</p>	<p>8</p> <p>When do you feel the happiest?</p>	<p>9</p> <p>Who do you admire?</p>	<p>10</p> <p>What place do you want to visit?</p>
<p>5</p> <p></p>	<p>4</p> <p>What made you laugh today?</p>	<p>3</p> <p>What did you learn today?</p>	<p>2</p> <p>What's your favourite part of the day?</p>	<p>1</p> <p><b>START</b></p> <p></p>



# 25 INSTANT family POSITIVITY BOOSTERS



CREATE A FAMILY BUCKET LIST



HELP SOMEONE



GO ON A HIKE



GO ON A TREASURE HUNT



MAKE A FAMILY TREE



FIND A CLOUD ANIMAL



BAKE BISCUITS

BEDTIME CUDDLE AND CHAT



READ OUT LOUD



HAVE A DANCE PARTY



TAKE A ROADTRIP



FAMILY FILM NIGHT



VOLUNTEER



MAKE PAPER AIRPLANES

PLAY "SILLY SIMON SAYS"



BLOW BUBBLES

LOOK AT THE STARS



PLAY HIDE & SEEK

TELL JOKES



PLANT SOMETHING

MAKE A CRAFT



PLAY A BOARD GAME



CHANGE AMBIANCE

JOURNAL TOGETHER



**YOUR EFFORT**  
is the **Key!**



**I love that**  
**you**  
**keep going!**



**I am proud of your**  
**perseverance!**



**I LOVE THAT YOU**  
**challenge** yourself!



**I love your**  
**creative**  
**solutions!**



**Your mistakes**  
**help you**  
**GROW!**



**I am proud that you**  
**TRY NEW**  
**THINGS!**



**Your persistence**  
**can move**  
**MOUNTAINS!**

