

This game is all about making you feel **happy** and **positive**!

You can play it with 2 or more people. You could get your family involved!

All you need is this sheet, **counters**, and a **dice**.

Positivity Board Game

Rules:

- 1) Youngest player starts.
- 2) Role the dice to see how many moves you should make.
- 3) If you land on the bottom of a **ladder**, go up! If you land on the head of a **snake**, go down! (Nothing happens if you land at the bottom of a snake or top of ladder.)
- 4) If the space you land has a **positivity task**, do the task before the next player has their turn.
- 5) Be kind and have fun!

32 Say 1 thing that makes you happy.	33	34 Dance for 30 seconds.	35	36 Give a compliment to the person on your right.	37	38 Give a compliment to yourself!	FINISH
31	30 Do a breathing exercise for 30 seconds.	29	28 Say 1 thing you are grateful for.	27	26	25 Do 10 star jumps.	24
16 Say 1 kind thing somebody has done for you.	17	18 Draw a picture of something that makes you happy.	19	20 Say 1 thing that has made you happy today.	21	22 Tell a silly joke	23
15	14	13 Say 1 thing that makes you smile.	12	11 Say 1 kind thing you have done for somebody.	10	9 Do 5 star jumps.	8
START	1 Do a breathing exercise for 20 seconds.	2	3 Give a compliment to the person on your left.	4	5 Dance for 10 seconds.	6	7 Say 1 thing you are grateful for.