

# Being Kind to Your Mind

Explore ways in which you can keep your mind healthy and emotions balanced during the term, while racing to the Christmas holiday.

A game for two to four players.

## You will need:

- a dice;
- a counter for each player.

## Rules:

Roll the dice, move your counter that number of spaces and follow the instructions given on the square you land on.

START

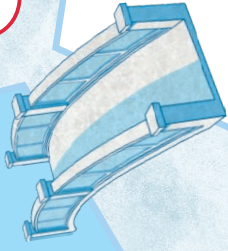


You've practised the school play all day which meant lots of sitting and listening. You know it must be done but you're feeling a little frustrated. When you're home, you go outside to play, run around and have fresh air. Move on two spaces.

It's the day of the Christmas party. You eat a lot of treats. The next day you make sure you drink lots of water and eat a more balanced diet. Move on two spaces.

After a busy day at school you get home and choose a calm activity. You play with your construction kit, then do some drawing. You give your mind a much-needed break. Move on two spaces.

You didn't get the part you were hoping for in the school play. You're disappointed but decide to make the best of the part you've been given. Move on two spaces.



You've been feeling a little worried about everything Christmas involves. You spend some time talking things through with someone you



You've been feeling a little worried about everything Christmas involves. You spend some time talking things through with someone you trust and who can help you. Move on two spaces.

It's nearing the end of term. You've had fun but you're exhausted. You make sure you have an early night and get all the sleep you need. You feel much more refreshed in the morning. Move on two spaces.

You've been falling out with your friends more than usual and you feel sad. You take time to understand that everyone is tired and ready for a break and that you all need to work together to look after each other. Move on two spaces.

You made it! Use all you have learnt to help you be kind to your mind this term and over the holidays.

**FINISH**

