

BOARD GAME INSTRUCTIONS



CARDS



The **THINK cards** have questions on mental health and isolation, most often they are true or false or multiple choice.



The **ACT cards** contain different "actions" you can take to reach out to someone, make a connection, get to know your neighbours OR it could be a physical action like jumping jacks!



The **ENGAGE cards** are conversation starters. With these cards *everyone who is playing answers the question.*



Maybe when you were playing there was an ACT card that you thought, "that is a good idea, I could do that". At the end of the game, take a blank **COMMITMENT card** and write that down to take home with you.

GETTING STARTED



- 1** Stand or place your game piece on the “start” square.
- 2** Each player rolls the dice, the person with the highest roll goes first. In the event of a tie, the person with the most recent birthday will go first.
- 3** At the start of your turn, roll the dice and move the number of spaces you roll. The person to your right pulls a card from the correct pile and reads the question aloud – and then the answer.
- 4** For the **ENGAGE cards**, each player answers the question on the card.
- 5** When a player reaches the final square, the game ends. Everyone takes a minute to fill out at least one commitment card and share with the group.

