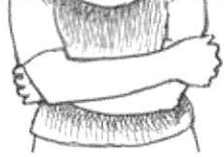







# Ashland County Brainy Resilience Game



CARDS

WHEN THINGS GET TENSE - at School, Home or with Friends – THESE HELP TO CALM & WISE THINKING	
	Cross your arms in front of you, far enough to bring your palms almost to your sides.  Squeeze and hold for five to ten seconds.
	Close your eyes and pretend you are walking in a field of flowers of many colors.  Pick a flower.  Open your eyes and pretend to give the flower to someone you love.
	Imagine you have a big birthday cake with candles.  Breathe in hard. Don't let your breath go!  Now blow out all the candles as you count to five.
	Imagine you have sticky palms.  Put your hands together and push hard to make them stick.  Slowly count to fifteen.
	Put one hand out in front of you, fingers spread.  Trace your hand with the index finger of your other hand.  Breathe in when you're going up the finger and breathe out when you're going down the finger.
	Place your index finger across your "mustache".  Press gently and count to ten.

## GAME INSTRUCTIONS:

Group the cards by color and put them face down, in separate stacks. Each player selects a figure to move around the board. Set out the spinner near the gameboard. To pick the first player, have players count starting with 1,2,3, etc. The last player to say a number plays first.

If you play more than one game, then start the count with a different player each time. (Feel free to decide first player a different way!)

**HOW TO PLAY:** Each player begins at start space and uses the spinner to move their figure the number of spaces on the spinner. Player picks a card matching the color on the space they land. Follow directions on the card. Stay on space until next turn. Next player gets a turn. Winner is first player to get to finish.

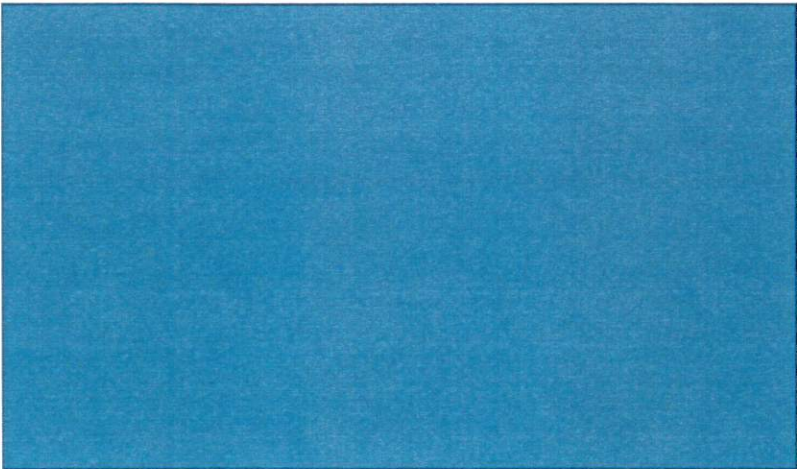
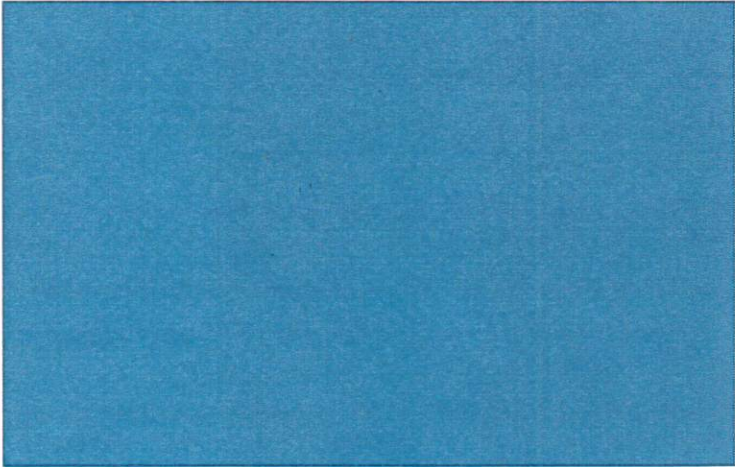
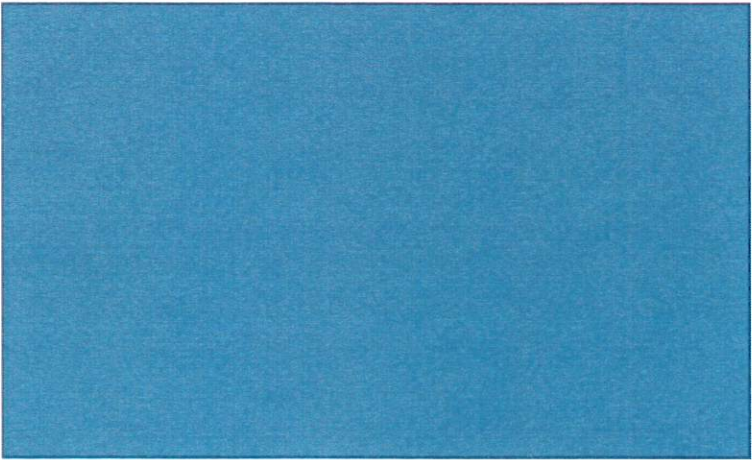
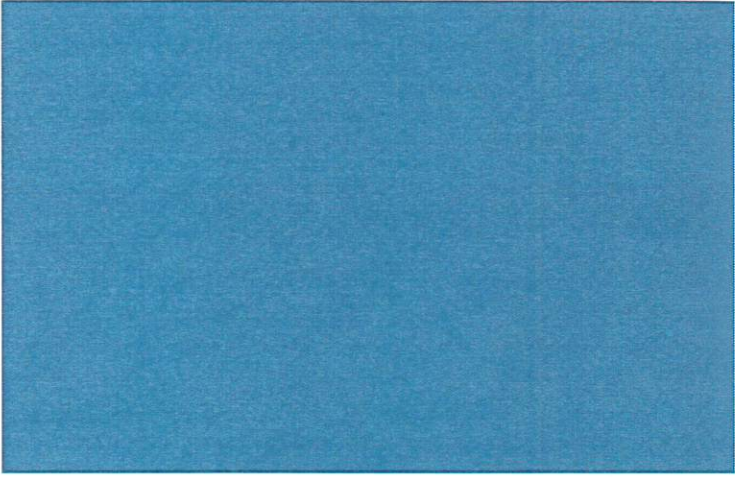
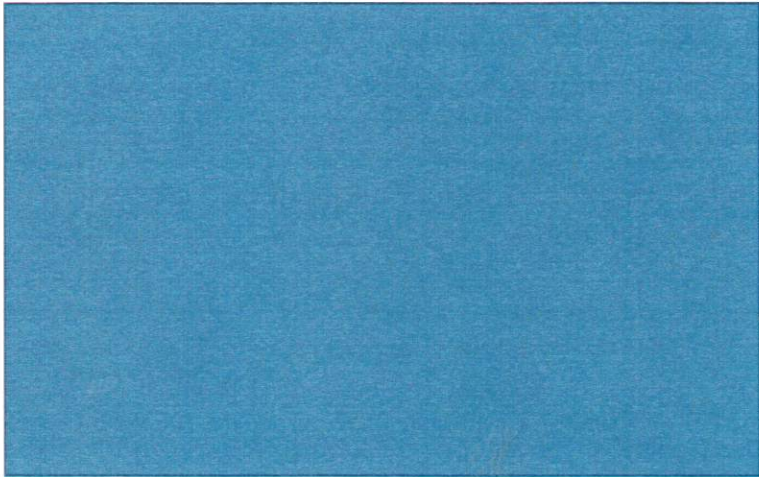
**NOTE:** After you understand what the game is about, use blank cards to write your own game activities.

**OPTION:** Decide a special reward for the winner--- choose rewards such as picking favorite food for snack, picking a fun group or family activity, having someone do a simple chore for them, etc. Make it fair and fun!

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# Ashland County Brainy Resilience Game



Start								
<div>I care  I figure it out  I'm calm</div>								
						Finish		
	<div>I'm lovable    I'm helpful</div>							

