

The 5 Ways to Wellbeing Game

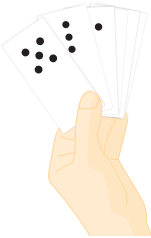
Preparation:

Up to 5 players race to the finish, over 49 tiles. 10 of the tiles have 5 lucky actions and 5 have some not so lucky actions.

How to play:

These are the steps to how to play the game.

1. Choose a character (supplied on the next page) to play as and put it on the start tile.
2. Youngest player starts. After shuffling the number cards (supplied on the next page), the player picks one and moves that many spaces. If you land on a solid block of colour or and image, you are safe and your turn has ended.
3. If you land on an action tile, read it aloud and then move forward or backward the required tiles specified.
4. the first person to the finish wins. Good luck!



Original design by competition winner Tiffany, Smitham Primary School Croydon

The pieces

