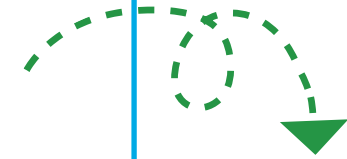


# Start



# End

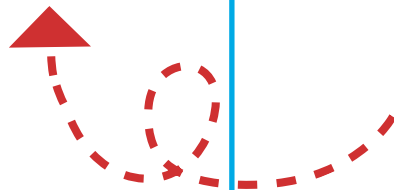
## Game rules:

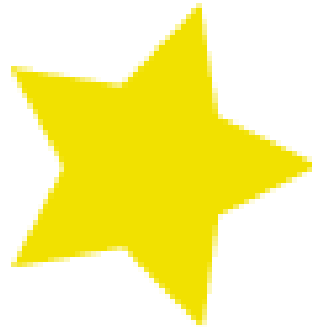
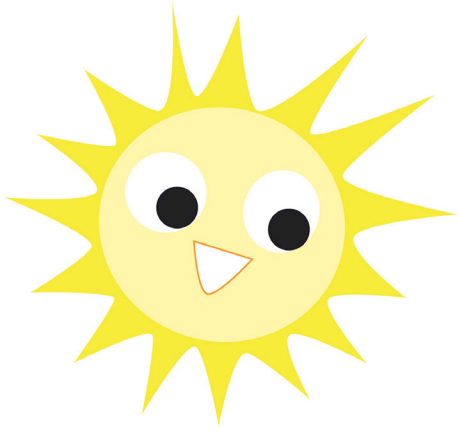
Both players choose a token from the next page, cut them out and place them on the Start box.

Then take it in turns to roll the dice and move the number of spaces shown.

When you land on a box tell the other player something related to the word in the box or answer the question shown.

You can play this game as many times as you like, and can change the words and questions if you want.





## Notes for practitioners:

The aim of the game is to build a sense of trust with the child or young person. It allows them to openly discuss their thoughts and feelings, without feeling like they are being questioned. It is made to feel like a game, as you are also supposed to join in and share your thoughts and feelings.

To prepare the board game, write down words, such as 'happy/sad', or for older children more complex words like 'anxious/stressed' in each of the boxes; example below. Use words that relate to a particular issue that you want to discuss with the child or young person. You can write down questions if you feel this would work better.

You and the child or young person should choose a token from the second page and cut it out to use in the game.

You can play the game as many times as you feel necessary, and you can change the words/questions each time you play.

List of suggested words to use:

Angry/calm  
Happy/sad  
Love/hate  
Like/dislike  
Safe/unsafe  
Scared/confident  
Good/bad

