

• THE FAMILY HEALTH GAME •

**START
HERE**

Have you reached out to an extended family member today?
Yes - move forward 2 spaces
No - move back 2 spaces

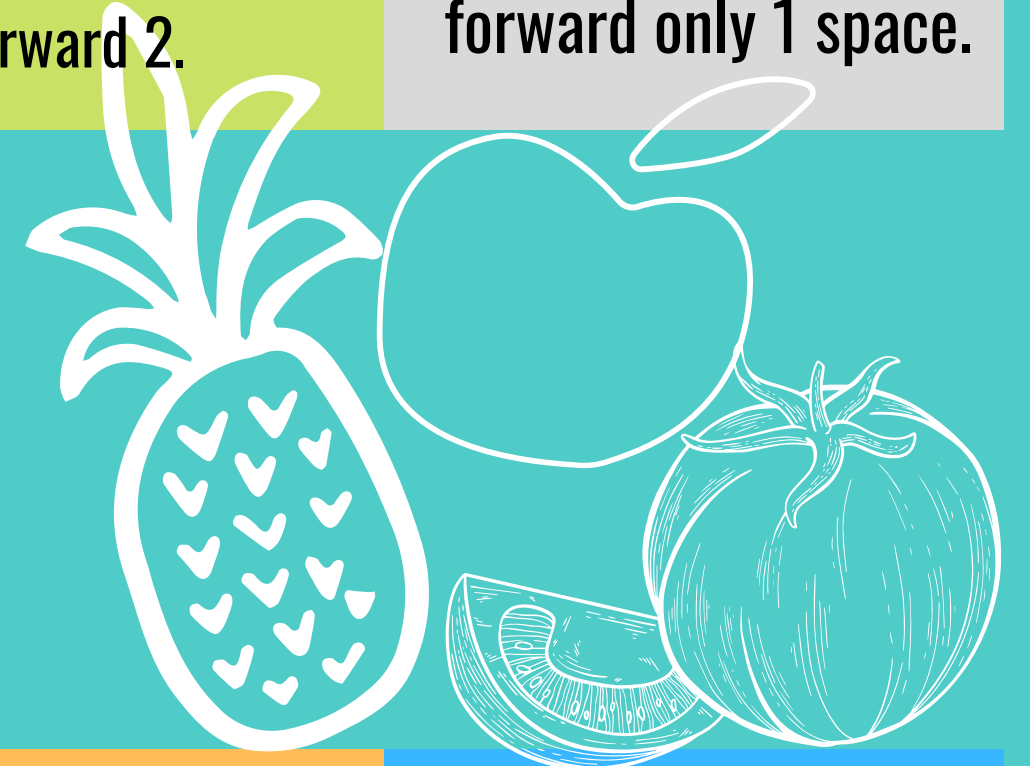
Pick a partner & each do 10 jumping jacks. Then both move forward 1 space

QUICK:
Name a risky substance that you should avoid and why it is bad for you. Then move forward 3 space.

Have the youngest player stand up & see if they can touch their toes. Then you move forward 1 space, youngest moves forward 2.

If you have given a family member a hug today, move forward 2 spaces. If not move forward only 1 space.

Have you eaten a vegetable today?
Yes - move forward 2 spaces
No - go back to START



YAY! You met your weekly exercise goals. Follow the arrow

QUICK:
How many hours should you sleep each night? Then move forward 1 space

Pick a dance move that everyone else playing must do! Then move forward 1 space.

What is the most important meal of the day? Move forward 1 if answered correctly

YAY! You ate all 3 heart healthy meals today. Move forward 1 space.



QUICK:
Name as many vegetables as you can in 20 seconds. Then move forward 1 spaces.

Pick a partner and make up a handshake with them. Then you both move forward 1 space.

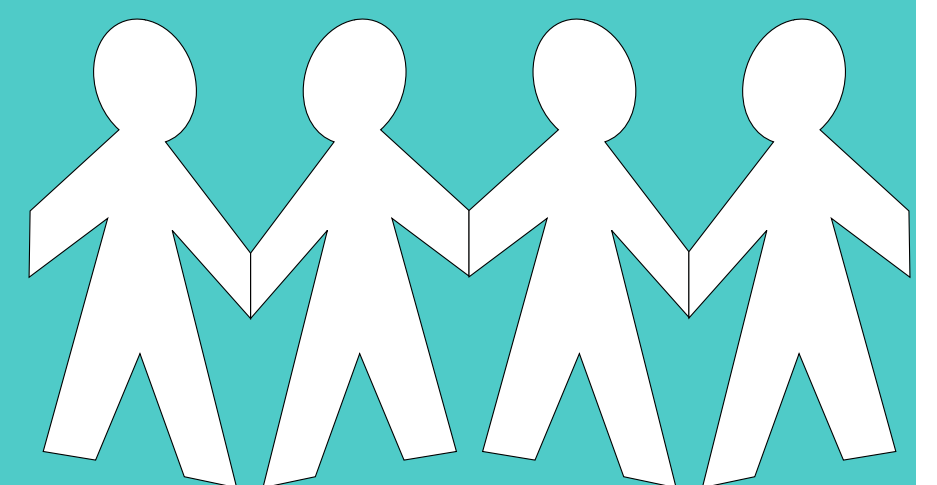
Did you spend time outside today?
Yes - move forward 2
No - move back 2

Name 1 thing you look forward to when you wake up. Then move forward 1 spaces.

Oh no :(you fell climbing the tree! Move back to START.

Have you eaten a fruit today?
Yes - move forward 2
No - move back 3 and grab a fruit to snack on

QUICK:
Name as many ways you can exercise as you can in 20 seconds. Then move forward 1 space.



Name something that made you smile today :)
The move forward 1 space

Say 1 nice thing about everyone who is playing the game <3
The move forward 2 space.

Name one way you manage your stress. Then move forward 1 space.

What are the 6 core areas of health?
Move forward 1 if answered correctly.
Move back 1 if answered incorrectly.

FINISH