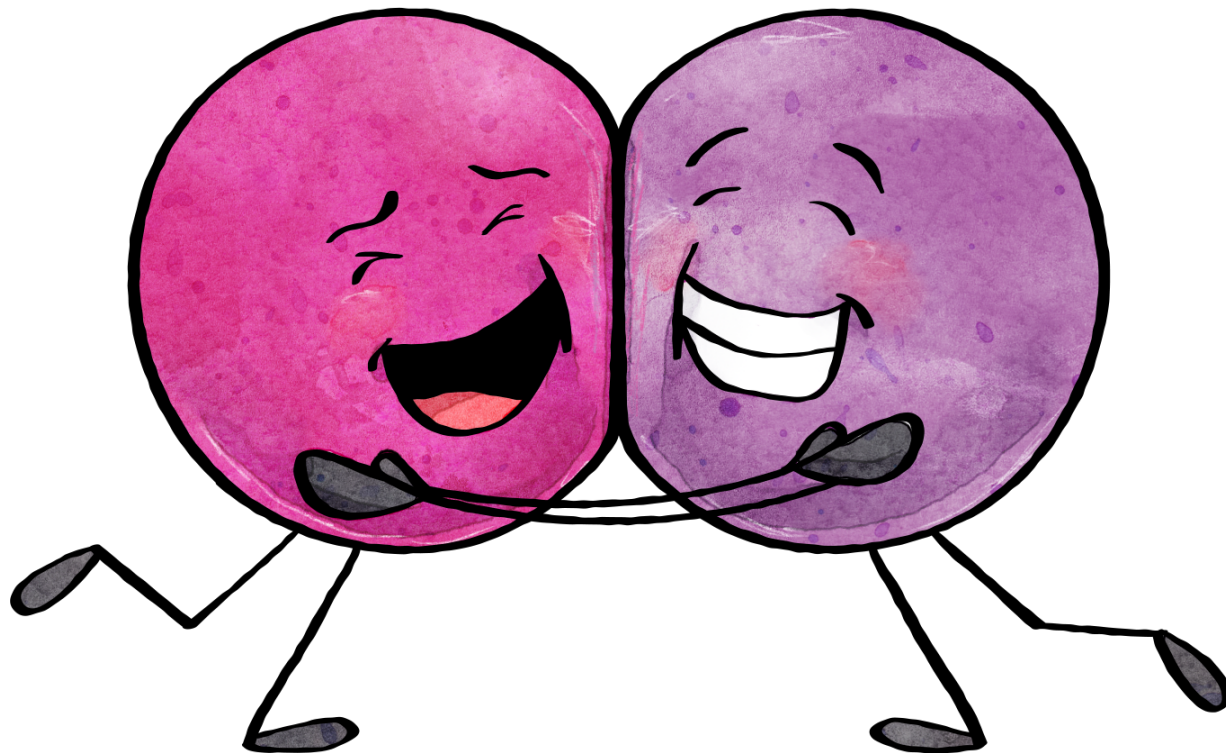


WHO HAS HEALTHY FRIENDSHIPS?



A BOARD GAME TO STRENGTHEN HEALTHY FRIENDSHIPS

DIRECTIONS:

GOAL OF THE GAME:

The first player to get to the end of the board, wins.

BEGIN THE GAME:

2-4 players sit in a circle around the game board

Each player rolls the die to determine who starts.

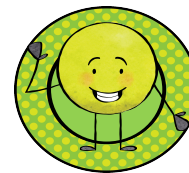
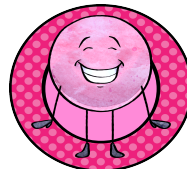
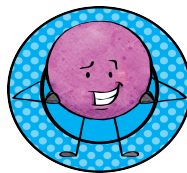
Player who rolls the highest number goes first.

First player chooses a game piece and rolls the die again to determine the number of spaces to move on the board. If you land on a space with directions, you must follow those directions. Your turn is over when you land on an empty space.

Play goes in clockwise direction after the first player.

In order to win at the end, the player must roll the exact number to land on the final space. If players rolls an odd number, they can roll again until they land on an even number.

GAME PIECES (CUT OUT AND LAMINATE)



SUGGESTIONS

PRINTING THE BOARD:

USE CARD STOCK

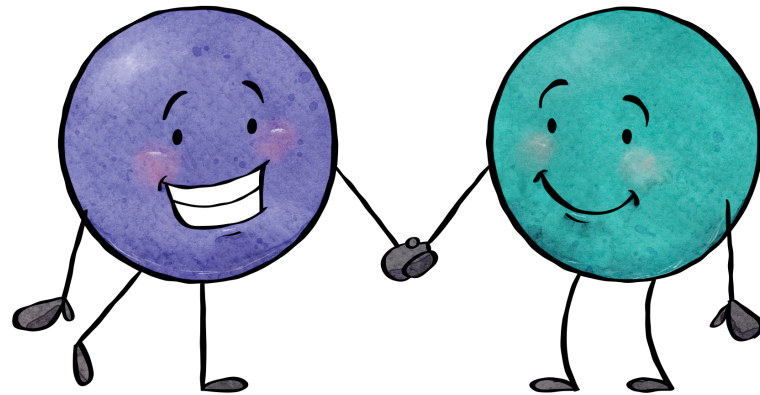
USE COPY PAPER AND LAMINATE

USE COPY PAPER AND ATTACH IT TO THE INSIDE OF A FOLDER
TO MAKE A "FOLDER GAME" TO BE USED AS A CENTER OR
SMALL GROUP LESSON

GAME PIECES:

LAMINATE THE PROVIDED GAME PIECES

USE ROCKS OR BEADS



Healthy FriendSHiPS

START

TAKE 2 CARDS
TAKE A CARD
TAKE A CARD
TAKE A CARD
 Take a card & move double the amount of spaces.
TAKE A CARD

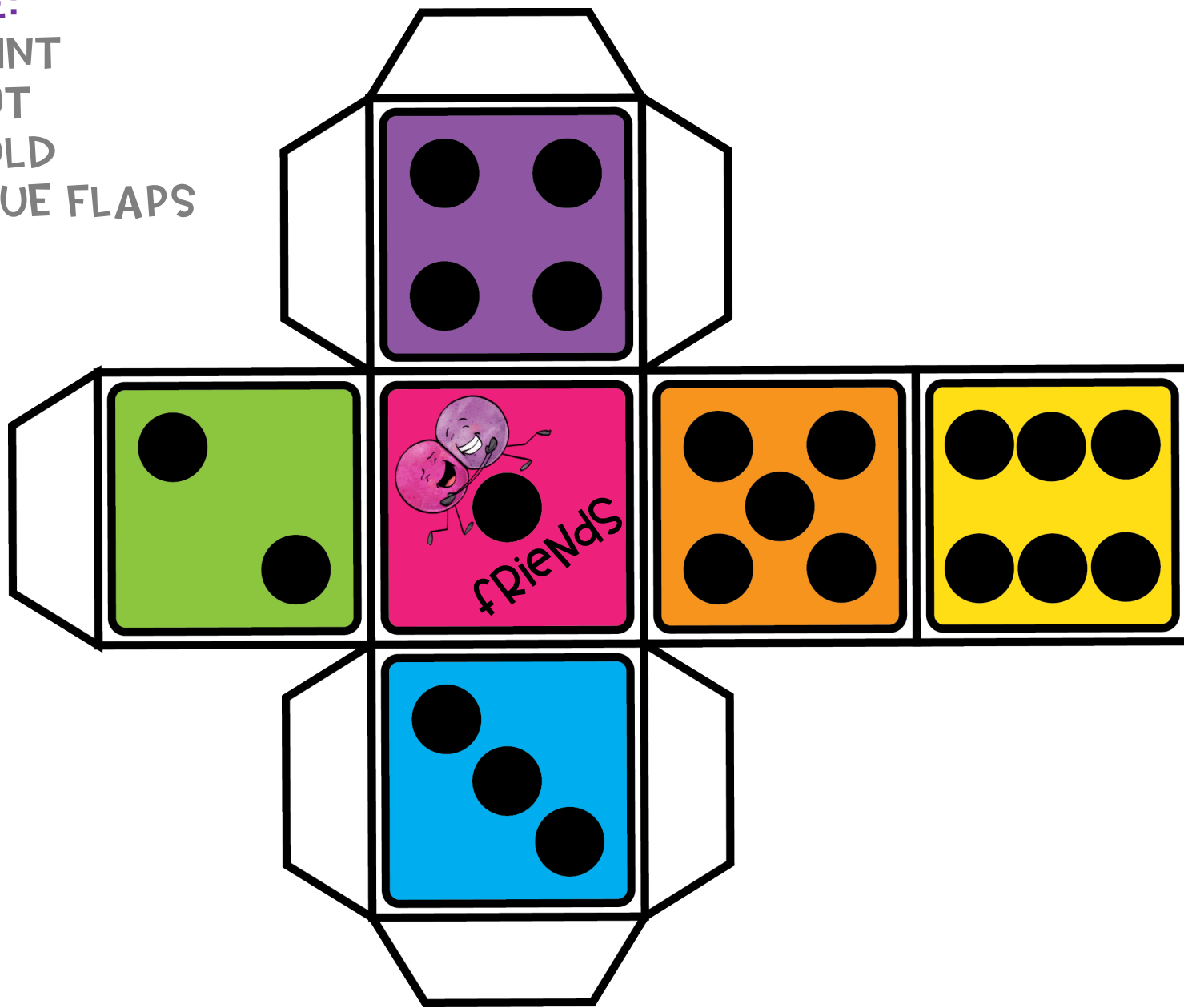
SWITCH PLACES WITH ANYONE
TAKE A CARD
TAKE A CARD
 Lose a turn.

TAKE A CARD
 Take a card & give it to the person who just had a turn.
TAKE A CARD
TAKE A CARD
TAKE A CARD

Place cards Here.

CONGRATS!
 you HAVE
 HEALTHY
 FRIENDSHIPS!

DIE:
PRINT
CUT
FOLD
GLUE FLAPS



YOU MADE A HURTFUL COMMENT TO A FRIEND BECAUSE YOU WERE JEALOUS THAT THEY WENT TO THE MOVIES WITH ANOTHER FRIEND. MOVE BACK 3 SPACES.

YOU COMPLIMENTED A FRIEND WHO WON AN AWARD. MOVE UP THREE SPACES.

YOU APOLOGIZED FOR BEING GRUMPY. MOVE UP 2 SPACES.

YOU LET YOUR FRIEND PICK THE MOVIE. MOVE UP ONE SPACE.

YOU SHARED YOUR LAST PIECE OF CANDY WITH YOUR FRIEND. MOVE UP 2 SPACES.

YOU HELPED A FRIEND WITH THEIR HOMEWORK INSTEAD OF DOING SOMETHING MORE FUN. MOVE UP TWO SPACES.

YOU GAVE UP YOUR SEAT FOR YOUR FRIEND. MOVE UP TWO SPACES.

YOU SUGGESTED A COMPROMISE WHEN YOU WERE IN AN ARGUMENT WITH A FRIEND. MOVE UP TWO SPACES.

YOU GAVE UP YOUR FREE TIME TO HELP A FRIEND WHO LOST THEIR PHONE. MOVE UP 2 SPACES.

YOU WERE ANNOYED BY YOUR FRIEND, SO YOU TALKED ABOUT THEM BEHIND THEIR BACK. MOVE BACK 4 SPACES.

YOU LAUGHED AT YOUR FRIEND WHEN THEY TRIPPED AND FELL IN THE HALLWAY. MOVE BACK 3 SPACES.

YOU LISTENED TO YOUR FRIEND WHEN HE/SHE WAS SAD AND SHOWED CONCERN. MOVE UP 2 SPACES.

WHEN YOUR FRIEND WAS TALKING TO YOU AT THE LOCKER, YOU WERE LOOKING AROUND AT WHAT EVERYONE ELSE WAS DOING & DIDN'T SEEM INTERESTED IN WHAT THEY SAID. MOVE BACK 3 SPACES.

YOU WANT YOUR FRIENDS TO GET YOUR APPROVAL BEFORE THEY BECOME FRIENDS WITH NEW PEOPLE. MOVE BACK 3 SPACES.

YOU TELL YOUR FRIENDS HOW TO DRESS BECAUSE YOU DON'T LIKE THEIR STYLE. MOVE BACK 4 SPACES.

YOU ANSWERED A TEXT WHILE YOUR FRIEND WAS TALKING TO YOU. GO BACK 3 SPACES.

YOU ALWAYS LET YOUR FRIEND GO FIRST BECAUSE THEY ARE PUSHY AND YOU JUST WANT PEACE. MOVE BACK 3 SPACES FOR NOT SETTING HEALTHY BOUNDARIES.

YOU TOLD SOMEBODY A SECRET THAT YOUR FRIEND TOLD YOU. MOVE BACK 3 SPACES.

YOUR FRIEND HAS BEEN SMELLING FUNNY FOR A FEW DAYS. INSTEAD OF TELLING THEM, YOU ASK OTHER FRIENDS IF THEY SMELL IT TOO. MOVE BACK 2 SPACES.

YOU OFFERED THE LAST BITE OF CAKE TO YOUR FRIEND BEFORE JUST TAKING IT YOURSELF. MOVE UP 2 SPACES.

YOU FEEL GUILTY WHEN YOUR BFF IS NOT AROUND & CANNOT HAVE FUN WITHOUT THEM. MOVE BACK 2 SPACES.

YOU CHECK UP ON YOUR FRIEND TO MAKE SURE THEY ARE DOING WHAT THEY SAY THEY ARE GOING TO DO. GO BACK 3 SPACES. (*TRUST)

YOU LOVE TO GOSSIP ABOUT OTHERS BECAUSE IT MAKES YOU FEEL IMPORTANT. MOVE BACK 2 SPACES.

YOU STOPPED SPEAKING TO YOUR FRIEND BECAUSE YOU HEARD A RUMOR ABOUT THEM AND YOU WON'T LET THEM DEFEND THEIR SIDE. MOVE BACK 2 SPACES.

YOU HAVE GIVEN YOUR FRIEND DOZENS OF SECOND CHANCES TO MAKE UP FOR UNNECESSARY DRAMA & GOSSIP. MOVE BACK 3 SPACES FOR NOT SETTING HEALTHY BOUNDARIES.

YOU ALWAYS SEEM TO BE THE ONE GIVING IN SO THAT YOUR FRIEND CAN HAVE THEIR WAY. GO BACK 2 SPACES FOR NOT SETTING HEALTHY BOUNDARIES AND NOT COMPROMISING.

YOU GET GENUINELY EXCITED FOR YOUR FRIEND (NOT JEALOUS) WHEN THEY SUCCEED AT SOMETHING. MOVE UP 3 SPACES.

YOUR FRIEND WON AN AWARD THAT YOU WANTED. YOU COMPLAIN TO OTHER FRIENDS THAT IT IS UNFAIR. MOVE BACK 2 SPACES.

YOU DON'T NEED YOUR BEST FRIEND AROUND IN ORDER TO HAVE A GOOD TIME. MOVE UP 3 SPACES FOR BEING HEALTHY AND INDEPENDENT.

YOU DON'T LIKE THE WAY YOUR FRIEND DRESSES BUT YOU DON'T SAY ANYTHING BECAUSE IT MAKES THEM HAPPY. MOVE UP 2 SPACES.

YOUR FRIEND ASKS FOR YOUR LAST PIECE OF GUM. YOU SPLIT IT WITH THEM. MOVE UP ONE SPACE FOR CREATING A WIN-WIN SITUATION.

YOUR FRIEND HAS A NEW FRIEND THAT YOU DON'T LIKE. YOU BAD MOUTH THAT PERSON SO THEY WILL STAY AWAY FROM THEM. MOVE BACK 2 SPACES.

YOU SEE YOUR FRIEND DROP THEIR BOOKS IN THE HALL BUT YOU ARE LATE TO CLASS SO YOU PRETEND NOT TO SEE IT. MOVE BACK 2 SPACES.

YOU LIED TO YOUR FRIEND SO THEY WOULD DO WHAT YOU WANTED TO DO. MOVE BACK 2 SPACES.

YOU STUCK UP FOR YOUR FRIEND WHEN YOU HEARD OTHERS GOSSIPING ABOUT THEM. MOVE UP 4 SPACES.

YOUR FRIEND FORGOT ABOUT YOUR BIRTHDAY SO YOU DIDN'T SPEAK TO THEM FOR A WEEK. MOVE BACK 2 SPACES.

YOUR FRIEND HATES FISH, BUT YOU LOVE IT. YOU DON'T EAT IT ANYMORE TO KEEP THEM HAPPY. MOVE BACK 2 SPACES.

YOUR FRIEND IS ALWAYS GETTING TOO CLOSE TO YOU AND MAKING YOU FEEL UNCOMFORTABLE. YOU TELL THEM POLITELY THAT YOU HAVE A PERSONAL SPACE BUBBLE THAT MAKES YOU FEEL FUNNY WHEN PEOPLE CROSS IT. MOVE UP 3 SPACES FOR HAVING HEALTHY BOUNDARIES.

YOUR FRIEND SEEMS MAD. YOU ASSUME THEY ARE MAD AT YOU SO YOU ACT MEAN BACK TO THEM WITHOUT ASKING THEM WHAT IS WRONG. MOVE BACK 1 SPACE.

YOU SAID SOMETHING HURTFUL WHEN YOU WERE HUNGRY. YOU APOLOGIZE LATER AND ASK HOW YOU CAN MAKE IT UP TO THEM. MOVE UP 3 SPACES.

YOU AND YOUR FRIEND DO NOT AGREE ON POLITICS. YOU AGREE TO DISAGREE AND NOT DISCUSS THAT TOPIC AROUND EACH OTHER. MOVE UP 3 SPACES.

YOU BRAG ABOUT YOUR GOOD GRADES KNOWING THAT YOUR FRIEND STRUGGLES WITH THEIR WORK. MOVE BACK 2 SPACES FOR MAKING THEM FEEL BAD.

YOU TEASE YOUR FRIEND ABOUT THEIR SIZE BECAUSE THEY SEEM TO THINK IT'S FUNNY TOO. MOVE BACK 3 SPACES FOR TEASING ABOUT APPEARANCE.

YOU ENCOURAGE YOUR FRIEND TO TRY A NEW HOBBY THAT THEY ARE INTERESTED IN LEARNING. MOVE UP 3 SPACES FOR BEING SUPPORTIVE.

YOU HOLD A GRUDGE FOR ALL THE THINGS YOUR FRIEND HAS DONE THAT MADE YOU MAD. YOU BRING THOSE UP WHEN YOU ARE IN A BAD MOOD. MOVE BACK 2 SPACES FOR NOT FORGIVING AND FORGETTING.

WHEN YOUR FRIEND ASKS YOU NOT TO TALK ABOUT SOMETHING THAT IS HURTFUL TO THEM, YOU RESPECT THEIR WISHES. MOVE UP 2 SPACES.

YOU HAVE A HABIT OF CALLING PEOPLE BAD NICK NAMES BECAUSE YOU GET A LAUGH. YOUR FRIEND HAS ASKED YOU TO STOP AND YOU DID. MOVE UP 2 SPACES FOR WORKING ON YOUR BEHAVIOR AND NOT GETTING DEFENSIVE.

YOU LOG INTO YOUR FRIENDS SOCIAL MEDIA ACCOUNT TO SNOOP AROUND. GO BACK 3 SPACES FOR NOT RESPECTING THEIR PRIVACY.

YOUR FRIEND WAS BORN WITH A DISABILITY. YOU DON'T SEE THEM AS ANY DIFFERENT THAN YOU.. MOVE UP 3 SPACES FOR BEING KIND & ACCEPTING.

YOUR FRIEND HAS A LOT OF SCHOOL SUPPLIES AND YOU ARE OUT. YOU TAKE SOME WITHOUT ASKING. MOVE BACK 2 SPACES.

YOU BROKE YOUR FRIEND'S SCIENCE PROJECT (AN ACCIDENT) BUT NOBODY SAW YOU DO IT. YOU TELL YOUR FRIEND AND OFFER TO FIX IT. MOVE UP 3 SPACES.

YOUR FRIEND WANTS YOU TO QUIT YOUR TEAM BECAUSE YOU DON'T HAVE AS MUCH TIME TO HANG OUT WITH THEM ANYMORE. YOU QUIT. MOVE BACK 3 SPACES FOR BEING TOO DEPENDENT ON YOUR FRIEND.

YOU ASK YOUR FRIEND NOT TO TEASE YOU ABOUT YOUR SIZE ANYMORE. MOVE UP 4 SPACES FOR SETTING HEALTHY BOUNDARIES.

WHEN YOU ARE IN A BAD MOOD, YOU SAY MEAN THINGS TO YOUR FRIEND. MOVE BACK 2 SPACES.

WHEN YOUR FRIEND IS TALKING TO YOU, YOU FACE THEM AND LOOK IN THEIR EYES SO THAT THEY KNOW YOU ARE PAYING ATTENTION. MOVE UP 2 SPACES FOR BEING A GOOD LISTENER.

YOUR FRIEND HATES YOUR NEW SHOES & TELLS YOU NOT TO WEAR THEM. YOU WEAR THEM ANYWAY AND TELL THEM THAT YOU DON'T NEED THEIR APPROVAL. MOVE UP 2 SPACES FOR BEING INDEPENDENT.

YOU ARE EMBARRASSED BY YOUR FRIEND'S LAUGH. YOU TELL THEM TO STOP LAUGHING AROUND YOU. MOVE BACK 2 SPACES FOR NOT BEING ACCEPTING.

YOUR FRIEND BORROWS YOUR CLOTHES AND NEVER RETURNS THEM. YOU CONTINUE TO LET IT HAPPEN. MOVE BACK 2 SPACES FOR NOT SETTING BOUNDARIES..

YOUR FRIEND IS BOSSY AND POUTS. YOU JUST DO WHAT THEY SAY TO KEEP THEM HAPPY. MOVE BACK 3 SPACES FOR NOT SETTING HEALTHY BOUNDARIES.

YOU HIT YOUR FRIEND WHEN THEY DON'T DO WHAT YOU DEMAND. MOVE BACK 5 SPACES FOR BEING PHYSICALLY ABUSIVE.

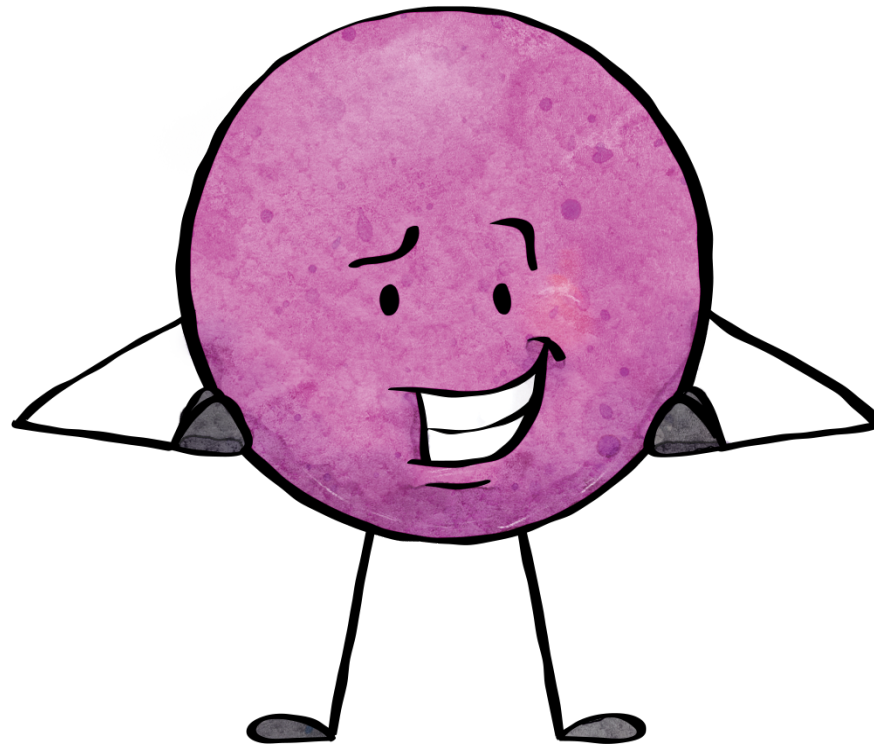
YOU CALL YOUR FRIEND MEAN NAMES WHEN THEY DON'T AGREE TO DO WHAT YOU WANT TO DO. MOVE BACK 4 SPACES FOR BEING VERBALLY ABUSIVE.

YOUR FRIEND ALWAYS LETS YOU CHOOSE WHAT TO DO AND LET'S YOU GO FIRST AT EVERYTHING. YOU WIN ALL OF THE ARGUMENTS. MOVE BACK 2 SPACES FOR NOT COMPROMISING.

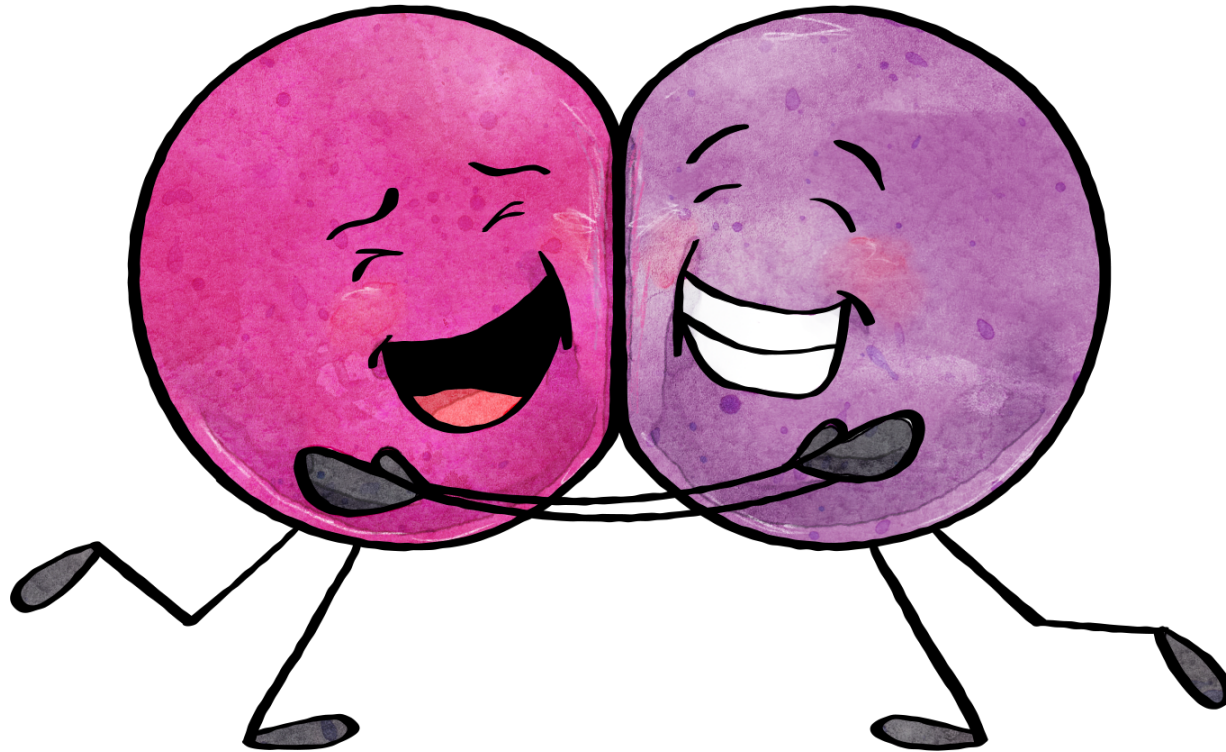
YOUR FRIEND IS BEING RUDE TO YOUR OTHER FRIENDS. YOU POINT IT OUT TO THEM AND ASK THAT THEY STOP (IN A POLITE, DIRECT WAY) MOVE UP 3 SPOTS FOR SETTING HEALTHY BOUNDARIES.

YOUR FRIEND SAYS THAT THEY ARE BEING ABUSED BUT WANTS YOU TO KEEP IT A SECRET. YOU TELL AN ADULT ANYWAY BECAUSE IT IS THE RIGHT THING TO DO. MOVE UP 5 SPACES.

HEALTHY FRIENDS
ACCEPT YOU
& WON'T TRY TO CHANGE YOU!



HEALTHY FRIENDS
COMPROMISE
WHEN THEY DISAGREE



HEALTHY FRIENDS
Set BOUNDARIES OR RULES
FOR HOW TO TREAT EACH OTHER

