

POSITIVITY BOARD GAME

 Big Life Journal

HOW TO ASSEMBLE

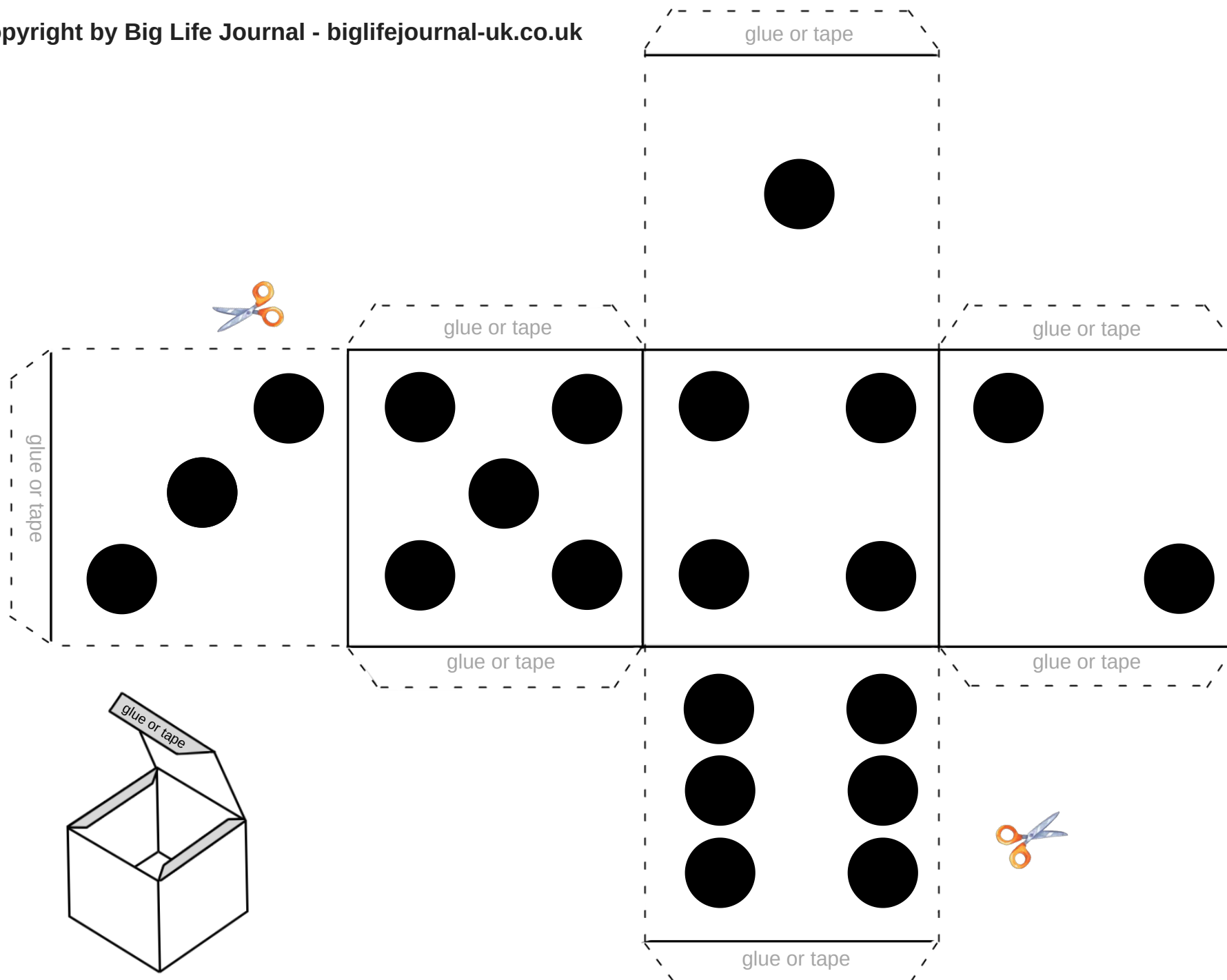
1. Print both pages of the game. To assemble, cut out the bottom white part of page 1 on the solid line and tape to the top of page 2 to form the board.
2. Get a game die from another board game or print and assemble the paper die on page 3.
3. Choose small items as your game board pieces such as small rocks, figurines, or small blocks.

HOW TO PLAY

1. Roll the die and move the correct number of spaces on the board. For example, if you roll a 2, move two spaces on the board.
2. Do the activity or answer the question in the square you landed on. If there is no activity, it's the next player's turn.
3. If you land on a square with a ladder, move your game piece up the ladder to a new square. If you land on a square with the snake, slide down the snake to the lower square.
4. The game is over when all players reach the "Finish" square!

36 Say your favourite affirmation or quote.	37 What is something you can't wait to try?	38 What is something you feel proud about?	39 Name your biggest strength.	40 FINISH 
35 Tell someone what you like about them.	34 What do you enjoy learning about?	33 CHOOSE to have a GREAT DAY	32 What's the coolest thing you've ever seen?	31 Do 5 squats. 
26 	27 What do you like about yourself?	28 Stretch or do a yoga pose.	29 What's your favourite thing to wear?	30 What's your favourite food?
25 Sing and dance to your favourite song.	24 Give someone a high five!	23 Who did you help recently?	22 Make your silliest face.	21 YOU'VE GOT THIS

16 Which sound makes you laugh?	17 <i>you</i> -ARE- UNSTOPPABLE	18 Give yourself a big hug for 20 seconds.	19 Say something kind to yourself.	20 YOU ARE KIND
15 YOU ARE LOVED	14 What are you grateful for?	13 Take 3 deep breaths.	12 CHALLENGES make you STRONGER	11 What would you like to get better at?
6 Tell a joke.	7 Hop on one leg for 30 seconds.	8 When do you feel the happiest?	9 Who do you admire?	10 What place do you want to visit?
5 What made you laugh today?	4 What did you learn today?	3 What's your favourite part of the day?	2 START	





EPISODE 23 GUIDE

IN THIS EPISODE, CHILDREN WILL

- discover how to focus on the **positives**
- travel to **Hong Kong**
- be inspired by **Dr. Jamie Chiu**, psychologist and founder of The Brightly Project

DISCUSSION QUESTIONS

- What kind of bridges would you like to build in your brain? (positivity bridge, kindness bridge, gratitude bridge, etc.)
- How do you make the positivity bridges in your brain stronger? (by using it more often and finding positive things in any situation)
- Who is the most positive person you've ever met? What qualities did you appreciate about them? What can you do to be more like them?

TRY THESE ACTIVITIES

1. Use the **7-Day Positivity Challenge** (in our [Challenges Kit](#)) to encourage a more positive attitude in your child. Each activity takes only a few minutes and helps rewire your child's brain to be more positive.
2. Use our printable **10 Uplifting Ways to Go About Your Day** (in the [Positivity & Connection Kit](#)) to share uplifting moments throughout the day.
3. Repeat **Growth Mindset Affirmations** (in our [Growth Mindset Printables Kit](#)) with your children to increase self-esteem, promote positive thinking, and change negative self-talk.
4. Check out the **Podcast Activity Kit** for Seasons 1 & 2. The kit includes engaging activities to boost self-esteem, teach the importance of learning from mistakes, encourage resilience and more!

*The **Big Life Kids Podcast** is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Play, and other platforms. Listen to [Episode 23](#) on Apple Podcast (also available on other platforms). All kits can be found on biglifejournal-uk.co.uk.*

Big Life Journal

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