

POSITIVITY

BOARD GAME



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 favorite 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.



27
What do you like about yourself?

28
Stretch or do a yoga pose.

29
What's your favorite thing to wear?

30
What's your favorite food?

25
Sing and dance to your favorite song.

24
Give someone a high five!

23
Who did you help recently?

22
Make your silliest face.



<p>16</p> <p>Which sound makes you laugh?</p>	<p>17</p> <p><i>you</i> -ARE- UNSTOPPABLE</p>	<p>18</p> <p>Give yourself a big hug for 20 seconds.</p>	<p>19</p> <p>Say something kind to yourself.</p>	<p>20</p> <p>YOU ARE KIND</p>
<p>15</p> <p>YOU ARE LOVED</p>	<p>14</p> <p>What are you grateful for?</p>	<p>13</p> <p>Take 3 deep breaths.</p>	<p>12</p> <p>CHALLENGES make you STRONGER</p>	<p>11</p> <p>What would you like to get better at?</p>
<p>6</p> <p>Tell a joke.</p>	<p>7</p> <p>Hop on one leg for 30 seconds.</p>	<p>8</p> <p>When do you feel the happiest?</p>	<p>9</p> <p>Who do you admire?</p>	<p>10</p> <p>What place do you want to visit?</p>
<p>5</p> <p>What made you laugh today?</p>	<p>4</p> <p>What did you learn today?</p>	<p>3</p> <p>What's your favorite part of the day?</p>	<p>2</p> <p>START</p>	<p>1</p> <p>←</p>



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. Complete Weeks 25 & 26 "**Be Positive**" in the [Big Life Journal - 1st Edition](#). In this chapter, children will practice being positive about a situation, a person, and their life. They will learn that when you're positive, you look for good things in any circumstance.
2. 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.
3. Use our printable **10 Uplifting Ways to Go About Your Day** (in the Positivity & Connection Kit) to share uplifting moments throughout the day.
4. 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.
5. 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.com.*

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