

HOW TO PLAY

Objective: Be the first player to get any one piece to the *FINISH!!* space at the center of the board.

Game Play: As players advance along the board, they should complete the activity for the space they land on. In some cases, this may end up being more than one activity. For example, if you swop places with another player, the player who's turn it is should complete the activity for the space they end up on after the swop.

What Each Space Means

Exercise: Get up and dance, play drums on a box, do a trick with your skateboard or come up with your own moves. The idea is to get moving in a way that brings you joy

3 Good Things: Name three things about this day that you are grateful for. Players must come up with new things each time they land on this space.

Hydrate: Take a drink of water. Juice, tea, sports drinks, milk etc. do not count; it must be water.

Kindness: Say or do something nice to/for someone. It can be a small gesture and it doesn't have to be someone playing the game or even someone in the room. It can be as simple as expressing gratitude.

Add a piece: Add a new game piece to the Start space. On your turn, move any one of your pieces by the full roll amount—you can't split a roll between multiple pieces. For example, a roll of three allows one piece to move three spaces, not two pieces moving one and two spaces each.

Touch: Spend six seconds shaking hands or giving someone a hug.

Swap: Switch places with another player and complete the task for the new space. The player you moved does not complete the task for their new space.

Breathe: Inhale for 4 seconds, hold your breathe for 4 seconds, and exhale for 4 seconds. Repeat 4 times. Congrats, you just did the Navy SEAL breathing technique!

Challenge: Do a challenge and upon successful completion take another turn, you've earned it! Have another player set a challenge for you. Challenges should be achievable, relatively short, and fun. The goal is to leave the player feeling that they are capable of success with a little effort and focus.

ABOUT TEB'S GAME

This game is designed to boost four types of resiliency through play. The four types of resiliency are as follows:

Physical resilience is nurtured by movement. Anytime we are moving, even if it's just a little bit, our body's ability to "handle more stress and heal itself faster" is increased.¹

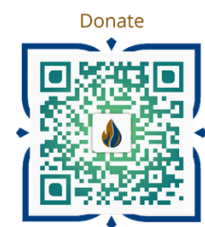
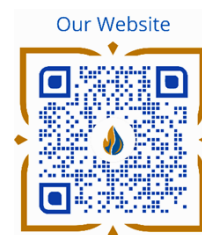
Increased **mental resilience** boosts your ability to stay focused, have more discipline, determination, and willpower. Mental resilience is boosted by focused thought.

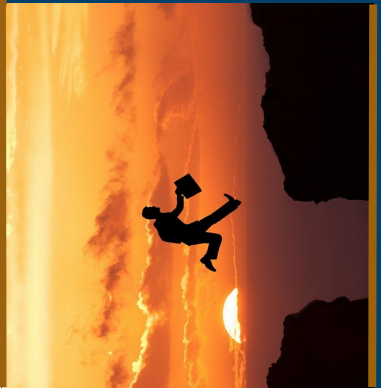
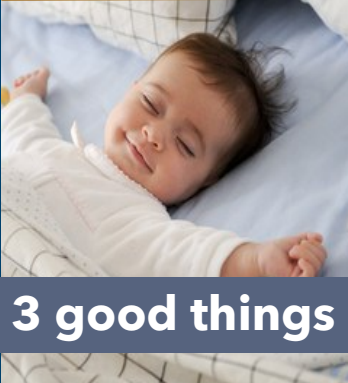
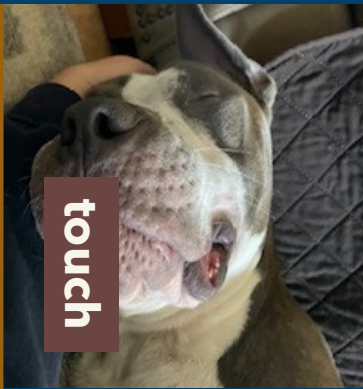
Will power works like a muscle, the more one uses it, the stronger it becomes. Willpower is boosted by tackling challenges. Even if it's a small challenge like counting backwards from 100.

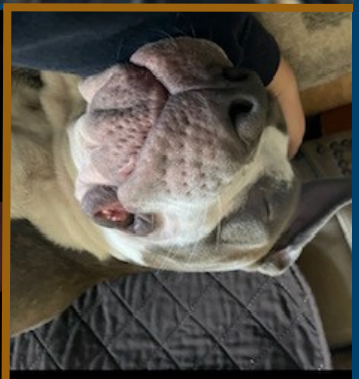
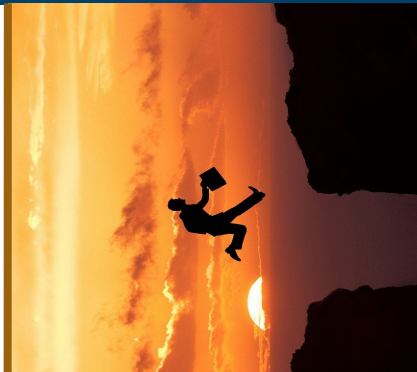
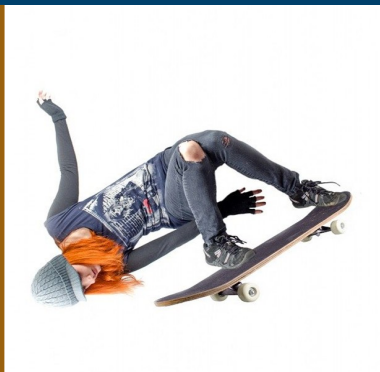
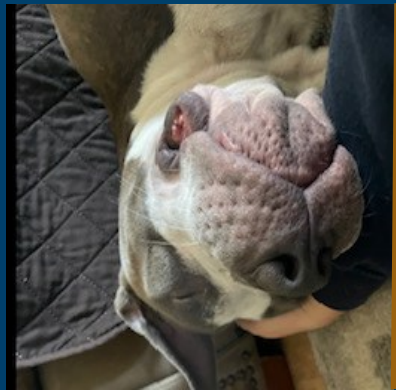
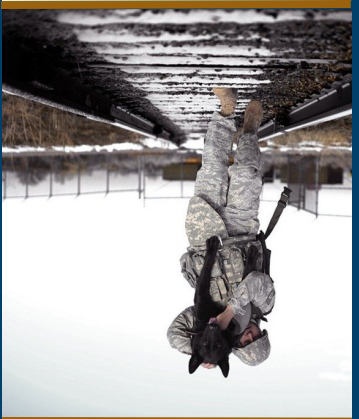
Emotional reliance - If one experiences three positive emotions for every negative emotion, one is dramatically more likely to successfully tackle problems and hardship. Emotional reliance is increased by positive emotions such as curiosity or love. This can be accomplished by as little as looking at pictures of baby animals or looking out a window.

Social resilience is boosted by gratitude, touch or other positive social interactions. Simply shaking someone's hand for six seconds can increase the release of oxytocin. Among other things, oxytocin helps achieve feelings of trust. This in turn, primes individuals to like and want to help others and tends to lead to closer and stronger friendships.

Jane Mcgonigal, TED Talks - Finding Strength in Unexpected Places : Video Games







The Four Quests of TEB's Game Setup



1st Quest - Print the following:

- Instructions on how to play TEB's Game.
- Game board (two pages)
- Instructions on how to build the game board (AKA this page)

2nd Quest - Make the game board by following the steps shown in the picture at the bottom of the page

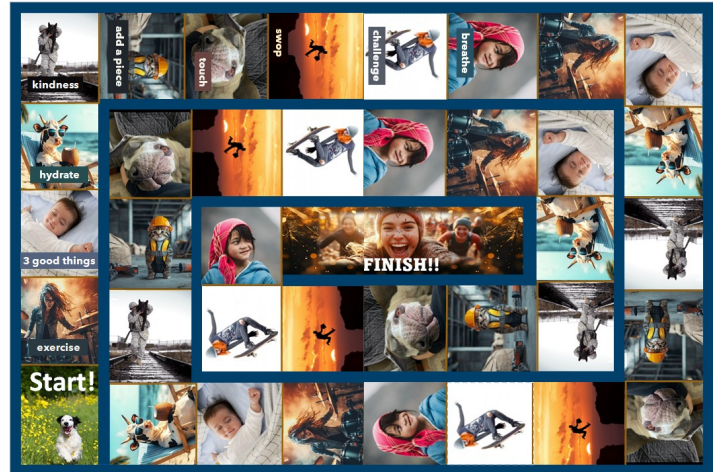
3rd Quest - Find or make 3 game pieces and help think of a way to move them forward on the board.

- Pick any little thing to be your game piece—rocks, buttons, bottle caps, tiny toys—whatever you've got! They don't have to match, as long as it's easy for everyone to tell them apart from theirs.
- There are lots of ways to move forward in the game. You can make number cards, build your own spinner, flip a coin where each side means a different number of spaces, borrow parts like dice from other games, or anything else you can think of.

4th Quest - Read the instructions on how to play and get started!



Resource Tap
Disaster Support Services



1 Turn the game board pages so they match the picture below.



2 Cut the left page where shown.

3 Slide the left page over the right until the pictures match up and touch but don't overlap.

4 Tape the game board pages together on both the front and back sides of the board.

5 Your board is ready. Time to start your 3rd quest!

Top Left

Top Right

Bottom Left

Bottom Right

