BOARD GAME INSTRUCTIONS



CARDS



The **THINK cards** have questions on mental health and isolation, most often they are true or false or multiple choice.



The ACT cards contain different "actions" you can take to reach out to someone, make a connection, get to know your neighbours OR it could be a physical action like jumping jacks!



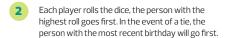
The **ENGAGE cards** are conversation starters. With these cards everyone who is playing answers the question.



Maybe when you were playing there was an ACT card that you thought, "that is a good idea, I could do that". At the end of the game, take a blank **COMMITMENT card** and write that down to take home with you.

GETTING STARTED





- At the start of your turn, roll the dice and move the number of spaces you roll. The person to your right pulls a card from the correct pile and reads the question aloud and then the answer.
- For the **ENGAGE cards**, each player answers the question on the card.
- When a player reaches the final square, the game ends. Everyone takes a minute to fill out at least one commitment card and share with the group.

