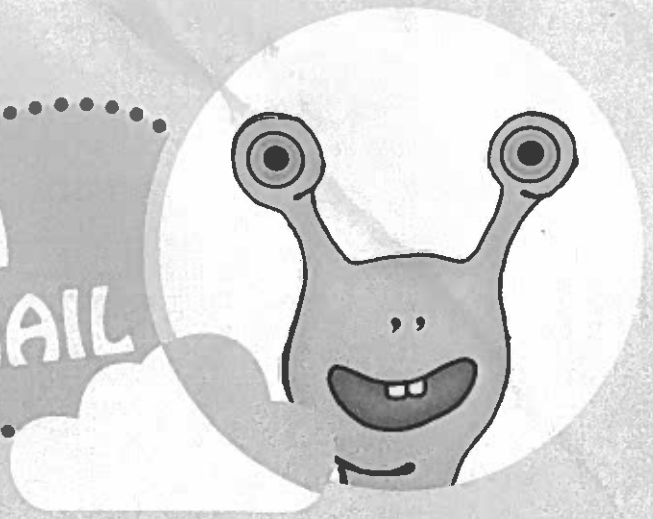
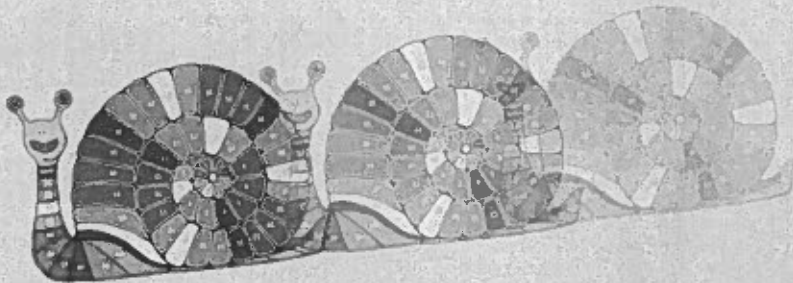
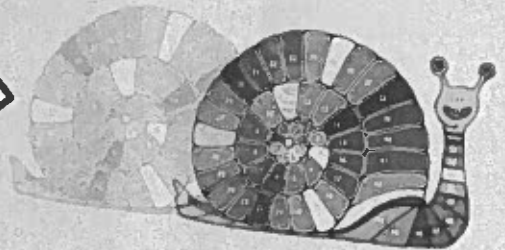


Contents & instructions: ON THE TRAIL WITH THE WELLBEING SNAIL



Aim of the game

Travel around the snail shell to the finish.
Along the way you will find out things you do every day
to improve your wellbeing.
Watch out – some things that you do may not help!



Game contents
Board
Dice
Counters
Wellbeing cards
Instructions

How to play

1. Up to five players can play. The youngest player starts – roll the dice and move your counter.
2. Collect a card and read it out aloud. Move forwards or backwards and then keep the card you get in front of you.
3. Continue around the group clockwise.
4. Once everyone reaches the finish point, count up to see who has the most cards for each wellbeing category – you'll get a certificate for being the safest, most active etc!
5. With adult help, discuss what could be done differently with the go back statements.