



Describe how you feel when you're happy, without using the words: happy, amazing, incredible, good. You and the player that guesses the feeling in under 2 minutes, move forward. If no one guesses the feeling, no one moves forward.

Describe how you feel when you experience shame, without using the words: shame, humiliation, pity, regret. You and the player that guesses the feeling in under 2 minutes, move forward. If no one guesses the feeling, no one moves forward.

Describe how you feel when you're anxious, without using the words: anxiety, stress, worry, overthinking. You and the player that guesses the feeling in under 2 minutes, move forward. If no one guesses the feeling, no one moves forward.

Describe how you feel when you're surprised, without using the words: surprised, astonished, amazed, impressed. You and the player that guesses the feeling in under 2 minutes, move forward. If no one guesses the feeling, no one moves forward.

Describe how you feel when you're excited, without using the words: excited, thrilled, eager, adventurous. You and the player that guesses the feeling in under 2 minutes, move forward. If no one guesses the feeling, no one moves forward.

Describe how you feel when you experience love, without using the words: love, affection, warmth, passion. You and the player that guesses the feeling in under 2 minutes, move forward. If no one guesses the feeling, no one moves forward.

Describe how you feel when you feel afraid, without using the words: fear, terror, worry, scary. You and the player that guesses the feeling in under 2 minutes, move forward. If no one guesses the feeling, no one moves forward.

Describe how you feel when you feel gratitude, without using the words: grateful, thankful, appreciative, glad. You and the player that guesses the feeling in under 2 minutes, move forward. If no one guesses the feeling, no one moves forward.

Describe how you
feel when you're
feeling lonely,
without using the
words: lonely, alone,
isolated, left out.

You and the player
that guesses the
feeling in under
2 minutes, move
forward. If no one
guesses the feeling,
no one moves
forward.

Describe how you feel when you're proud of yourself, without using the words: proud, confident, successful, capable. You and the player that guesses the feeling in under 2 minutes, move forward. If no one guesses the feeling, no one moves forward.

Your friend confides in you and tells you he's thinking about dropping out of school to follow his dreams of opening a café. Name 2 things that you would advise them to do. Also name 2 things you do NOT think would be a good idea to tell them.

Your friends are pushing you to join a get together tomorrow but work has been very busy and you want to finish some of your tasks. How would you address your friends in this situation?

Your friend is struggling with hygiene and self-care. List 3 things you would NOT say to them in this situation. What responses or actions could make your friend feel worse?

Your siblings' productivity levels have gone downhill recently. What 3 pieces of advice would you give your sibling on how they can increase productivity?

Your friend has been struggling to make social connections with others. What are 3 pieces of advice you would give your friend on how to create social connections with others?

You unintentionally hurt a friend's feelings and want to apologize to them. Name 2 things you should do and 2 things you should not do when apologizing.

Your friend has
been withdrawing
from social events
and seems down.

Come up with 3
ways you could
approach them about
this in a supportive
and non-judgmental
way.

You feel
overwhelmed because
you've said "yes"
to too many things.
Name 3 ways you
could set boundaries
and take care of
yourself.

Your friend just achieved a goal you've wanted to achieve for a while and you feel happy for them but also a bit jealous. How do you handle this situation to avoid damaging the friendship?

You have to give a presentation but feel extremely nervous. Name 3 techniques you could use to calm down and deliver the presentation with confidence.

Have each player,
starting with you,
give the person
to their right a
genuine compliment.
All that participated
move forward.

Have each player,
starting with you,
share a fun/
random fact about
themselves. All that
participated move
forward.

Have each player,
starting with you,
use 1 word to
describe how they're
feeling right now.
All that participated
move forward.

Have each player, starting with you, share a piece of advice they've received. All that participated move forward.

Have each player,
starting with you,
share something
embarrassing they've
done. All that
participated move
forward.

Lead a short
session of 3
stretches that make
you feel good and
relieve some stress.
All that participated
move forward.

Lead the group with
1 easy exercise
of your choice. All
that participated
move forward.

Have everyone take
3 deep breaths. All
that participated
move forward.

Have each player,
starting with you,
give themselves a
genuine compliment.
All that participated
move forward.

Have each player,
starting with you,
share something
they learned about
themselves recently.
All that participated
move forward.

Play Feeling Act.



Play Feeling Act.



Play Feeling Act.



Play Feeling Act.



+3

Play Mood Walk.



+3

Play Mood Walk.



Play Mood Walk.



+3

Play Mood Walk.



Play Food Feels.



Play Food Feels.



Play Food Feels.



+3

Play Connect It.



+3

Play Connect It.



+3

Play Connect It.



+3

Play Connect It.



Play Advice Exchange: Ways to manage anger.



Play Advice
Exchange: Ways to
spend quality time
with loved ones.



Play Advice Exchange: Ways to manage stress.



Play Advice
Exchange: Ways to
embrace moments
of stillness for rest
and recharge.



Play Advice
Exchange: Ways
to gain a resilient
mindset.





Describe your
ideal diet. What
would you eat for
breakfast, lunch,
and dinner?



What form of
physical exercise or
movement do you/
would you enjoy
the most?



Is there any
physical exercise
that you wish to
try out?



Do you pay
attention to your
breathing? If yes,
how so? If not,
why do you think
that is?



Describe your ideal
night-time routine.



Describe your ideal morning routine.



How does sleep
affect your mood?



How much water
do you drink during
the day? Is that
enough for you?



Describe your ideal physical self-care day. How would you pamper your body?



Do you pay
attention to your
body's signals
(e.g. position or
sensations)? If yes,
how so? If not,
why do you think
that is?



How do you
identify and
acknowledge the
emotions you're
experiencing?



Do you ever
explore the cause
or trigger of your
emotions? If yes,
how so? If not,
why do you think
that is?



Do you allow
yourself to feel
your emotions
without judgment?
Do you accept
having those
emotions?



What are the ways
you use to express
your emotions?

This might include
talking to someone,
writing about your
emotions/feelings,
or engaging in
creative activities.



What annoys you?
Why do you think
that is?



What helps you
relax?



Do you ever stay
alone with your
thoughts? If yes,
how does it make
you feel? If not,
why do you think
that is?



How do you cope
with an unpleasant
feeling?



What do you do
when you feel
happy?



What is your
favorite and least
favorite feeling?



Is time with
yourself important
to you?
Why/why not?



What activities do
you like to do on
your own?



What are some
boundaries you
need others
to respect?
Do you set those
boundaries in your
relationships?



What is your
relationship with
social media like?
Would you like to
improve it?



What is your
favorite social
setting and why?



What do you think
makes someone a
good or bad friend?



Do you think that seeking support from other people is important? Why/why not? How do you feel about seeking help from others?



How do you define
quality time? What
do you get out of
quality time with
others?



Do you ever take
initiative when it
comes to making
plans with others?
Why/why not?



In what way could
you improve as a
friend?



Do you allow
yourself to be
creative? If yes,
how so? If not,
why do you think
that is?



Are you a curious
person? Do
you think that
being curious is
important?
Why/why not?



What is something
that really
fascinates you?



Do you make an
effort to step
outside your
comfort zone?
Why/why not?



Do you occasionally
allow yourself
to be bored?
Why/why not?



Do you create
time for reading?
Why/why not?



Are you open to
new ideas and
perspectives?
Why/why not?



When was the last
time you were
judgemental?
Why was that?



Do you ever check
the source of
information around
you? How do you
evaluate information
you receive in
your daily life?
Why/why not?



What is something
you would like to
learn to do?



Is there anything
you do to connect
with your inner
self? Are there any
activities you do to
better understand
yourself?



What grounds you?



Do you usually
follow through
with the goals you
set for yourself?
Explain.



Do you believe in
anything bigger than
yourself (no matter
what that is)?

Do you think faith
is important?
Why/why not?



Name 3 values that
you are guided by.



Do you ever try to
be in the here and
now? What activities
soothe your soul?



Do you think hope
is important?
Why/why not?



Have you ever tried
meditating? If yes,
how did it make
you feel?



What are 5 things
you are grateful for
today?



What's a life lesson
you are grateful for?





Switch pawns with
the player that is
in the first place.



**Switch pawns with
the player that is
in the last place.**



**Switch pawns with
a player of your
choice.**



**Switch pawns with
the player sitting
on your left.**



**Switch pawns with
the player sitting
on your right.**



Choose two other
players to switch
pawns.



The person in
last place gets to
switch pawns with
a player of their
choice.



All players must
switch pawns with
the person sitting
on their right.



Switch pawns with
the youngest person
(besides you).



Switch pawns with
the oldest person
(besides you).



Play rock, paper, scissors with a player of your choice. The first person to win 3 rounds, moves 5 spaces forward.

+5

Roll the dice.
If you get 4 or
more points, move
5 spaces forward.

+5

Move your pawn 5
spaces forward.

The player to your
left moves their
pawn 5 spaces
forward.

The player to your
right moves their
pawn 5 spaces
forward.

+5

Everyone, move 5
spaces forward.

+5

Pick a player that
has to skip their
next turn. You move
5 spaces forward.

+5

Pick one player
that gets to move
their pawn 5 spaces
forward with you.

+5

All players, move
your pawns 5
spaces forward.

+5

Roll the dice.

If you get 3 or
less, move 5 spaces
forward.

+5

Roll the dice. If you
get a 5, move 5
spaces forward.

+6

Move your pawn 6
spaces forward.

**Skip your next turn
but in return, move
8 spaces forward
right now.**

All players, move
your pawns 5
spaces backward.

Move your pawn 5
spaces backward.