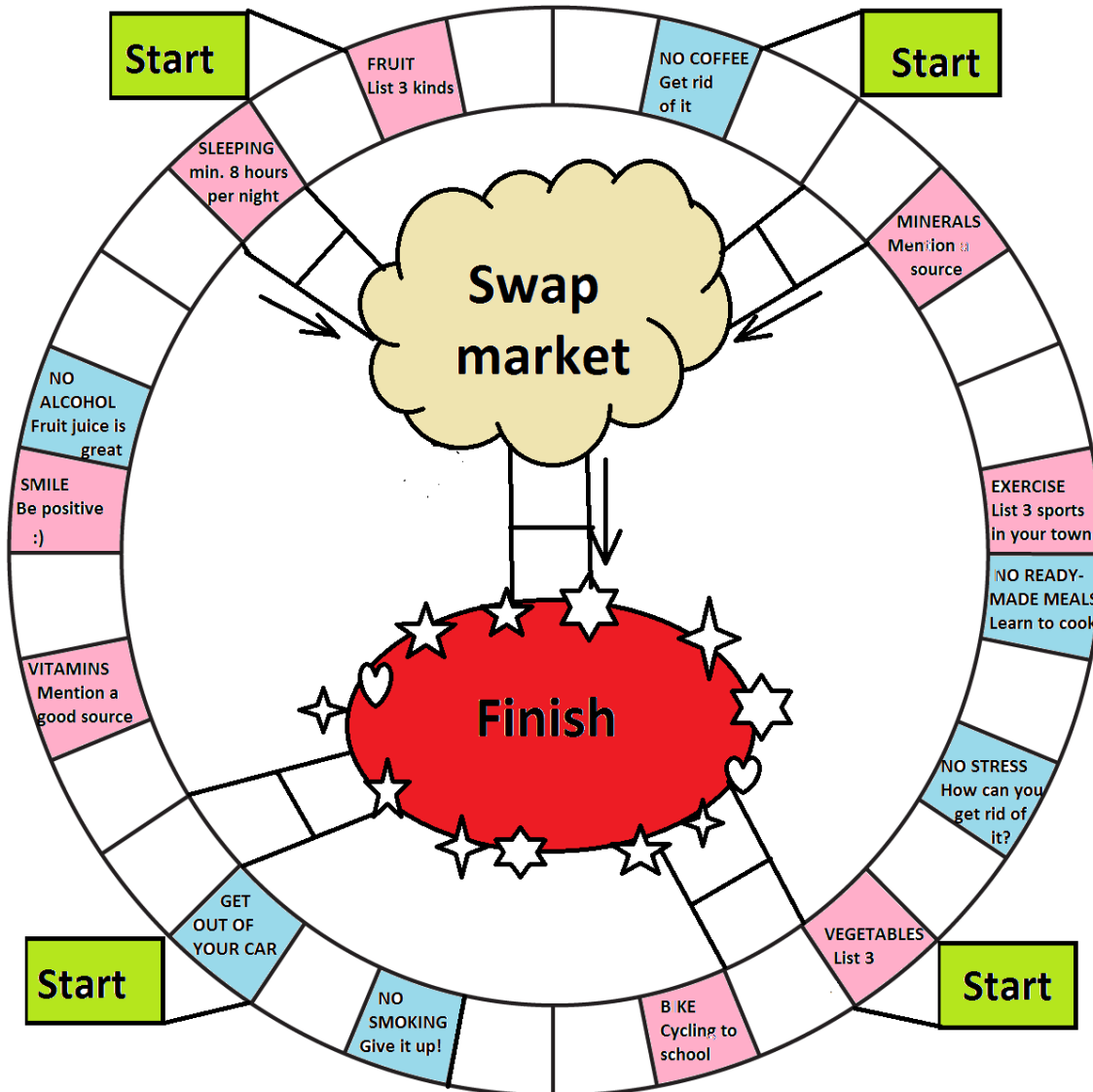


HEALTHY LIFESTYLE BOARD GAME

Play in groups of 3-4. Choose a START position. Roll a die and use a small object to go around the board clockwise. In your checklist tick (✓) the healthy habits you have taken up and the bad habits you have got rid of. Each player uses the checklist in their own workbooks. If you have to name or list things, do not repeat what the others have said before. If you have more than one tick for an item in the checklist, you may go to the SWAP MARKET before the finish to swap items with another player. You can enter FINISH only if you have ticked everything in your checklist.



Checklist:

Healthy habits to take up:		Bad habits to get rid of:	
Eating FRUIT		Drinking a lot of COFFEE	
Eating VEGETABLES		Eating READY-MADE MEALS	
Regular EXERCISE		Going everywhere by CAR	
Going by BIKE to school			
Taking VITAMINS		Drinking a lot of ALCOHOL	
Taking MINERALS			
Releasing STRESS			
SLEEP enough		SMOKING	