

Instructions: Throw a dice. On *smile* you stay on the field for one round. On other fields you have to do the task or answer the question. If you do it, you stay on the field or move forward according to the instructions. If you don't do it, you move back to your former place or according to the instructions. On stress fields usually something bad happens to you. So watch out for stress, lead a healthy lifestyle and... win the game! (20 minutes)

START	Relax. Do ten squats!	Name 3 sources of stress. 2 spaces forward or back.	Stress. An important exam. Miss a turn.	Relax. Tell a joke.		Why do we feel stress? 2 spaces forward or back.	Stress. You have smoked a cigarette. Go 5 spaces back.	
	Relax. You've spent whole weekend as a couch potato. Miss a turn.	Stress. You have a sweet tooth. Go 3 spaces back.	Relax. Say 3 interesting facts about your hobby.		Stress. You're working too hard. Go 2 spaces back.	Relax. What 3 things will you achieve in the future?	Stress. You've had an accident. Miss a turn.	Relax. It's a lovely day! Go 3 spaces forward.
	STRESS GAME						What are some short-term consequences of stress? 2 spaces forward or back.	What are the symptoms of stress? 2 spaces forward or back.
Relax. Say why you like your best friend.	WELL DONE	What are some long-term consequences of stress? 1 space forward or back.		Relax. It's your birthday. You're awesome. Throw the dice again.	Stress. There is a flood. Run away 5 spaces back.	Stress. You've drunk some alcohol. Go 4 spaces back.	Stress. You've drunk some alcohol. Go 4 spaces back.	
Stress. You've eaten too much fast food. Go 3 spaces back.		Relax. Sing a lullaby.						
	Relax. Say 3 good things about your neighbour.	Stress. Your friend has broken up with you. Miss a turn.	Relax. Name fruits and vegetables on letters <i>a, b, c</i> .	Stress. You are getting married. Run 5 spaces forward.	Explain why stress is negative. 2 spaces forward or back.	Stress. You've taken a drug. You are out of the game.	Explain why stress can be positive. 2 spaces forward or back.	

ENGLISH

15+

20 MIN