



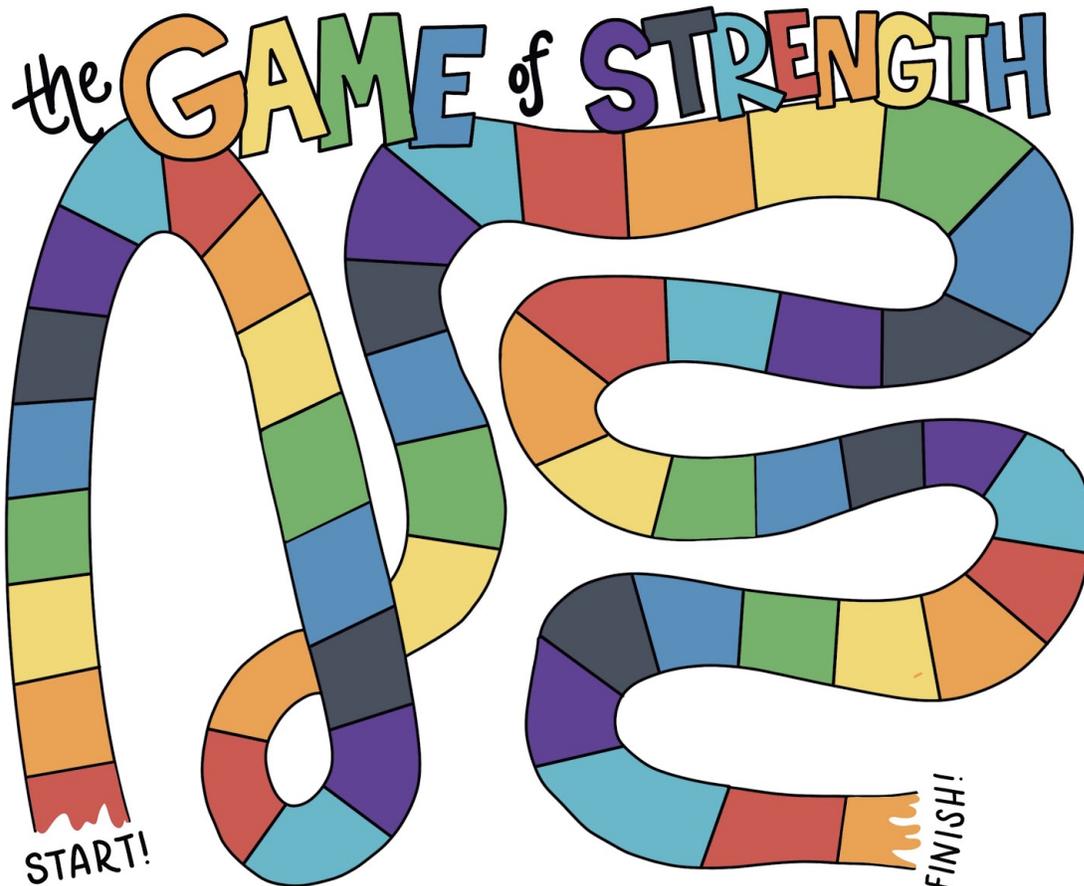
Game of Strength Board Game

Building your own board game is a fun and safe way to explore your own strengths and encourage your family, friends, and community to do the same!

Below are a couple steps to help you structure and personalize your own game:

1. **Use the templated version of the Sources Board Game (see below):**
 - a. On the templated board, each square is correlated to a particular strength on the wheel. For Example: All yellow squares should be connected to Positive Friends, all orange squares connected to Family Support, etc.
2. **Create your own Board Game!**
 - a. Personalize the templated board game with your own prompts or come up with your own design and ideas. If you are starting from scratch we recommend checking out Pinterest and Google for inspiration!

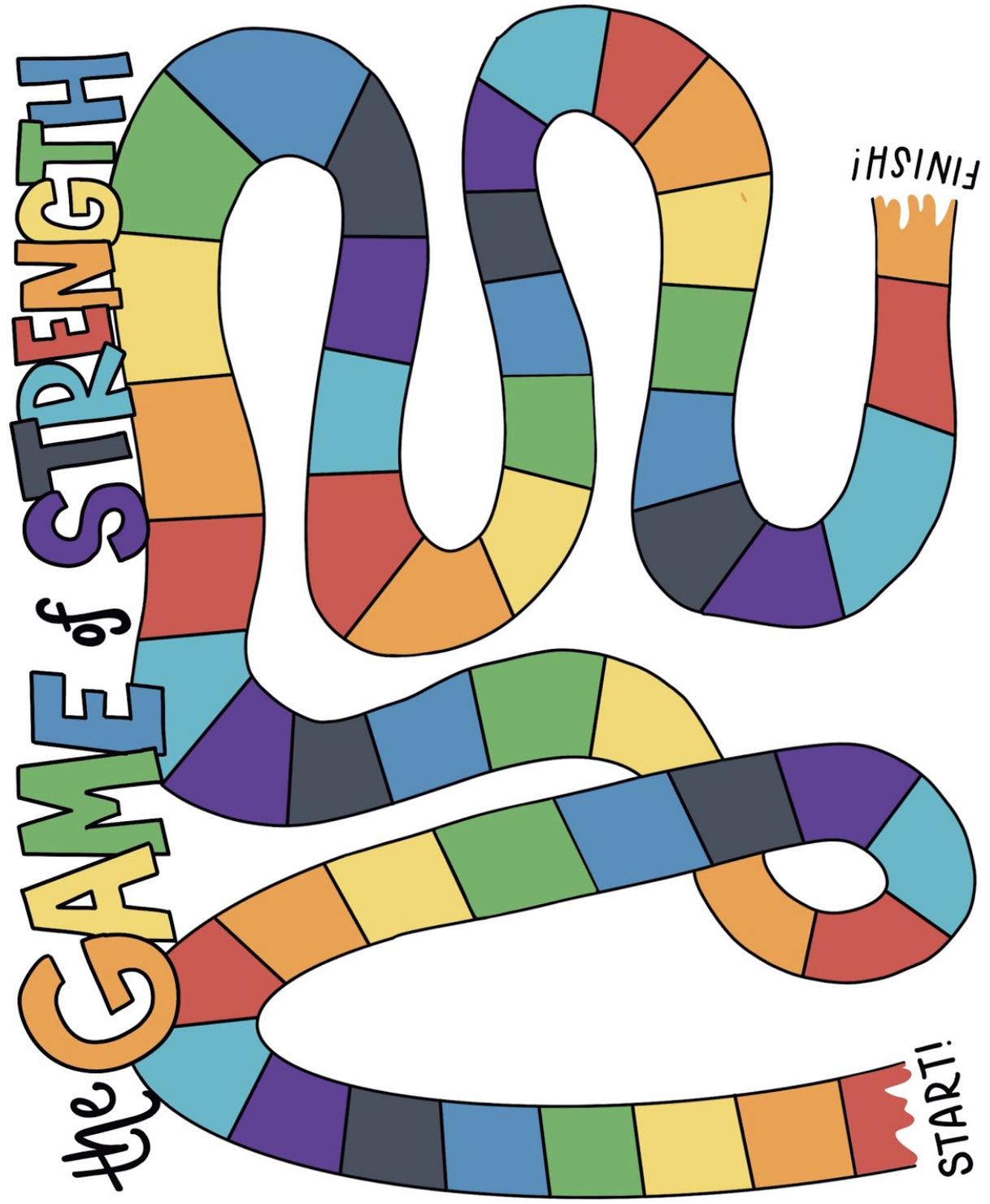
Sources of Strength Board Game Example





Sources of Strength Board Game Templated Prompts

Family Support	Positive Friends	Mentors	Healthy Activities	Generosity	Spirituality	Medical Access	Mental Health
High five a family member (then wash your hands.)	Name 3 friends who have the letter "S" in their name	What do you need in a mentor?	Run/walk/skip/slide a lap around the house.	Write a thank you to someone.	Box breathing.	Find the nearest first-aid kit or band-aid.	How do you make yourself feel calm?
Paint/Draw a portrait of a family member in 60 seconds.	Text a friend "thank you!"	Who has taught you something in your life?	Snap your fingers or whistle for 60 seconds.	Do a chore around the house.	Spend 60 seconds in silence.	What's the fire escape route?	Describe your mood in 3 words.
Call a family member not in the room.	Draw a positive friend, other players guess who you've drawn.	Have you been a mentor before? When?	Quick! 60 second talent show!	How can you be generous today?	Where is your favorite place to go?	Spend 60 seconds laughing (real or fake).	Tell us a joke!
Make a snack for a family member.	What friend did you talk to last? What did you talk about?	Who's the best fictional mentor? Books, movies, TV...	Do an interpretive dance based on the weather.	When was someone generous to you?	Who makes you feel like you belong?	Brush your teeth! Full 2 minutes!	Take a micro-nap until your next turn.
Leave a secret note for someone in the house.	Randomly select an Instagram follower and DM them something you love about them.	Who is someone you look up to? Why?	Act out your favorite movie, other players guess the title.	How can you be generous without money?	Sing/hum until your next turn	Wipe down the 5 closest doorknobs	Write a poem about mental health.
Map out your family tree.	Call a childhood friend and reminisce on a fun childhood memory.	Who's your go-to team if you need help at home or at school?	Challenge a player and see who can hold plank longest.	Compliment another player.	What are you grateful for today?	Drink a whole glass of water (until your next turn).	Who or what helps when you feel stressed?





Sources of Strength Board Game Templated Prompts

- Examples for filling in your board:
 - Purple (Spirituality):
 - Tell the person to your right something you love/appreciate about them
 - Red (Mental Health):
 - Journal how you are currently feeling until it is your turn again
 - Orange (Family Support):
 - Offer to do the dishes at your house
 - Yellow (Positive Friends):
 - Randomly select a friend on your contact list to call and say “hey” to
 - Green (Mentors):
 - Write a thank you note to someone you look up to, at the end call them to read it to them (you’d be surprised how happy this can make someone)
 - Blue (Healthy Activities):
 - Challenge anyone playing the game to a push up contest
 - Gray (Generosity):
 - Make an insta story telling a story of a time you witnessed an act of generosity (this will help shine light on good in the world)

NOTE: If after playing this board game, you feel it was fun and helpful as a source of strength, please share it with people around you. Also send our team pictures of you playing! We love pictures.

Love,

The Sources Team