



## Have you ever had one of those days when everything goes wrong?

This often leads to negative thoughts, like “I’m not good at anything,” “I will never win,” or “Nobody likes me.” However, this kind of thinking is not good for your mental health – and therefore, also not great for your physical health!

Just as you must make an effort to accomplish physical challenges - like building a play fort or completing an obstacle course - sometimes refreshing your mental outlook requires effort also. If you’re feeling blue, this game is a simple way to bring some happiness into your day! It promotes a positive attitude and lifts your self-esteem. Our eSports players enjoyed playing the game and have shared some of their answers.



### What is your strength?

My strength is being mentally strong. I can think outside the box and don’t let everything get too close to me.

**Fabian “b04\_dubzje” De Cae**  
Professional eSports Player

### What are you grateful for?

I am very grateful that it is possible for me to practice my hobby as a profession and that I am healthy.

**Kai “deto” Wollin**  
Professional eSports Player



## Here’s how to get started:

- Print out the board game
- Borrow 1 die and some game pawns from another board game
- Get ready for some fun!



## How to play:

- 1 Each player puts their pawn on the space that says **START**.
- 2 Take turns rolling the die. The youngest player starts first! Move your pawn forward the number of spaces shown on the die.
- 3 When you come to an activity space, you must answer the question or complete the task.
- 4 If your pawn lands at the bottom of a ladder, you can move up to the top of the ladder.
- 5 If your pawn lands on the head of a snake, you must slide down to the bottom of the snake.
- 6 The first player to get to the space that says **FINISH** is the winner.





