



LUCKY TO BE ME BOARD GAME

INSTRUCTIONS

Instructions for Playing the Positive Self-Talk Board Game at Home:

Start by explaining to your child that you'll be playing a board game focused on positive self-talk. Take a moment to discuss what positive self-talk means, why it's important, and how it can help us feel confident and encourage a positive mindset. You can use the talking points below to guide your conversation.

Game Setup:

1. Have your child gather the materials needed: a "Lucky to be Me" board game sheet, a different colored pawn for each player, and one dice.
2. Read through the instructions on the board game sheet together.
3. Place the three four-leaf clover cards on the designated green squares on the board.
4. Everyone needs to place their pawn on the "Start" square.

How to Play:

1. Take turns rolling the dice and move forward the number of spots you roll.
2. When you land on a square, read the instructions for that square aloud.
3. If you land on a four-leaf clover square, draw a card and read the positive message to yourself. After reading the card, place it at the bottom of the pile.
4. Continue playing until everyone has had fun and has spent time reflecting on the positive messages throughout the game.
5. Once you and your child understand the game and the rules, you can start playing as a group and enjoy the experience together!

TALK POINTS OF POSITIVE SELF-TALK W/YOUR STUDENTS

1. **What is it?** - Positive self-talk means saying nice things to yourself. It's like being your own best friend and cheering your self on.
2. **Why is it important?** - When you say nice things about yourself it helps you feel happy and confident.
3. **How to do it?** - When you are feeling unsure or making a mistake, you can tell yourself things like, "I'm learning and that's okay," or "I'm getting better every day." Think of positive things you can say to yourself, just like you would say to a friend who needs encouragement.



**I can do
hard
things.**

**I am
proud of
what I
can do.**

**I am
smart
and can
learn.**

**I am a
good
friend.**

**I am
good at
trying
my best.**

**I am
special
just the
way I
am.**

**I can ask
for help
when I
need it.**

**I am
strong.**

**I am
brave.**

