

FRIENDS SNAKES and Ladders

Instruction Sheet



1. Put your marker on the **Start** position.



2. Roll the dice and move your marker.



3. If you land on a snake you must give your answer and then slide down.



4. If you land on a ladder you must give your answer and then move up.



5. The first player to the **Finish** is the **FRIENDS** champion.

**** When you land on the pictures below you must do the following:**



Give an example of a green thought.
Tell how this thought would make you feel.



Give an example of a red thought.
Tell how this thought would make you feel.



Describe the feeling.
Explain how you knew by looking at it.
What are some body clues for this feeling?



Tell what the letter stands for in the **FRIENDS** program and explain what it means.



Explain what a step plan is and give an example of how it could be used.



Tell about someone who is in your support team and how they can help you.



Name one thing you can do to relax.