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| Hug someone on your right  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |  | Compliment another player  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |
| Follow a social media account that shares positive content  Accept: Move 1 step forward  Reject:  Move 1 step backward |  | Make a post about a good cause  Accept: Move 4 steps forward  Reject:  Move 4 steps backward |
| Make a positive comment about someone else’s photo  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |  | Say something positive about social media  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |
| Each player must compliment you  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |  | Post a picture of yourself  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |
| Show the other players positive content from your social media feed  Accept: Move 1 step forward  Reject:  Move 1 step backward |  | Call a loved one and tell them that you love them  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |

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| Hug the person to your left  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |  | Stand in your best Superman pose and say, “I am woman, hear me roar”  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |
| Tell the other players,  “I can be whatever I want to be”  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |  | Tell each person in the game a positive affirmation  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |
| Ask each player to complete this affirmation:  “I am \_\_\_\_\_\_\_”  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |  | Ask each player to complete this affirmation:  “I choose to be \_\_\_\_\_\_\_”  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |
| Name three positive attributes about the  person to your right  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |  | Post a positive comment on a player’s Facebook wall  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |
| Tell the other players, “The past is the past, and my past doesn’t predict my future”  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |  | Tell a funny joke to the other players  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |

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| Tell the other players what you do in order to have a positive mindset  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |  | Tell the other players three things that you are grateful for in your life  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |
| Tell the other players how you challenge yourself  Accept: Move 1 step forward  Reject:  Move 1 step backward |  | Tell the other players your healthy coping skills  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |
| Give tips to the other players about how to stay away from negative people  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |  | Mention three things that give you confidence  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |
| Tell the other players how you would like to  improve yourself in life  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |  | Tell the other players one bad habit you overcome throughout the years  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |
| Complete this phrase: ‘’ I know I am happy when…’’  Accept: Move 1 step forward  Reject:  Move 1 step backward |  | Share with the other players one lesson you  learned in life  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |

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