

# Good Day - Bad Day

## GAME PIECES

- 4 GameBoard backgrounds
- 4 Motor Spoon Characters
- 30 Inspirational Cards

## GAME SET-UP

- Print the 4 GameBoards.
- Tape together on a wall for one continuous GameBoard.
- Print and cut-out Inspirational Cards.
- Print and cut-out 4 Motor Spoon Characters.
- Let your child choose their favorite character.

## GAME PLAY

Decide how you will celebrate when your child reaches the finish line at the Chillax Shop. Their reward for completing the game can be a special activity, special time with mom or dad, a toy, favorite meal, or anything else to motivate them to keep going.

## INSTRUCTION

Each day spend time with your child reviewing their successes and struggles of the day. Use the Bucky and Betty Inspirational Cards to help navigate your conversations. You can select a "message of the day" or have your child choose a card at random. Take a moment to explore what the message means to you and your child.

Everyone has good days. When the balance of the good outweighs the balance of struggles and challenges, have your child move their game piece forward on the road. Celebrate their successful day with celebratory messages.

On a bad day, when your child struggles to make good choices, have them move their game piece backwards or stay on the same space as they started their day. Most importantly, remind your child that life is full of challenges, that everyone struggles with something - and that they are not alone. As parents you are there to help them navigate through the good and bad times. Remind them it is okay to get things wrong sometimes, this is how we learn. Remind them that tomorrow they will get another opportunity to get things right.

