

How to Play

- 1. All players begin at the “gratitude” space.
- 2. Each player finds a small object (like a paper clip or small stone) to use as game pieces.
- 3. Use dice or a coin to move spaces (heads is 1 space forward, tails is 2 spaces forward).
- 4. On your turn, complete the activity on the square you land on.
- 5. When you finish playing, have each player share 1 thing they learned about someone else.
- 6. Be creative and adapt this game.
- 7. When you finish playing, you can color in the game board!

People I played with:

About this game

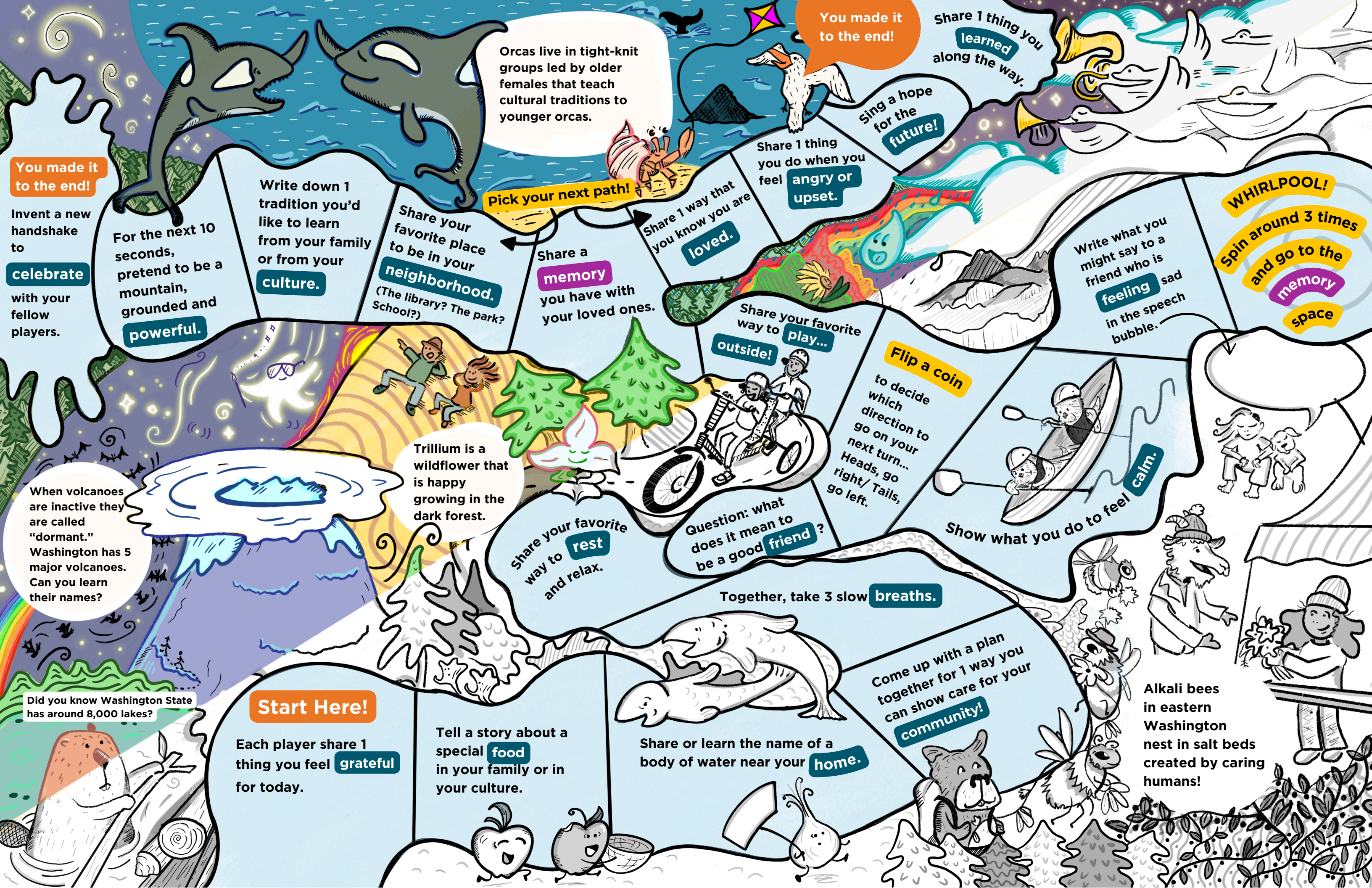
This game is based on the HOPE (Healthy Outcomes from Positive Experiences) Framework from Tufts Medical Center.
To learn more visit positiveexperience.org.

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A game to play with your family and friends to learn about each other and our environment in Washington State. Everyone is a winner!





You made it to the end!

Invent a new handshake to **celebrate** with your fellow players.

For the next 10 seconds, pretend to be a mountain, grounded and **powerful**.

Write down 1 tradition you'd like to learn from your family or from your **culture**.

Share your favorite place to be in your **neighborhood**.
(The library? The park?)

Share a **memory** you have with your loved ones.

Share 1 way that you know you are **loved**.

Share 1 thing you do when you feel **angry or upset**.

Sing a hope for the **future**!

Share 1 thing you **learned** along the way.

WHIRLPOOL!
Spin around 3 times and go to the **memory space**

Write what you might say to a friend who is **feeling** sad in the speech bubble.

Show what you do to feel **calm**.

Flip a coin to decide which direction to go on your next turn... Heads, go right/ Tails, go left.

Share your favorite way to **play... outside!**

Question: what does it mean to be a good **friend**?

Share your favorite way to **rest** and relax.

Together, take 3 slow **breaths**.

Come up with a plan together for 1 way you can show care for your **community**!

Share or learn the name of a body of water near your **home**.

Tell a story about a special **food** in your family or in your culture.

Start Here!
Each player share 1 thing you feel **grateful** for today.

Orcas live in tight-knit groups led by older females that teach cultural traditions to younger orcas.

You made it to the end!

Pick your next path!

Trillium is a wildflower that is happy growing in the dark forest.

When volcanoes are inactive they are called "dormant." Washington has 5 major volcanoes. Can you learn their names?

Did you know Washington State has around 8,000 lakes?

Alkali bees in eastern Washington nest in salt beds created by caring humans!