

Create your own Mindfulness Board Game with Nick Tsekouras

Create your own colourful mindfulness board game and then challenge yourself by playing it!

Materials

- BIC Intensity products (markers, fine liners, colouring pencils etc.)
- Small piece of paper (A5 or less)
- Sharpener
- Rubber
- A3 print out of the activity template

TIP — Warm up by using a highlighter or marker to go over the lines before colouring in. Doing this makes it easier to colour within the lines later!

Step 1

Begin by choosing a colour palette for this creation. It could be warm or cool tones, vibrant or fluorescent, anything goes!

Step 2

Use a BIC Intensity highlighter or marker to highlight the different lines on the page before colouring in.

Step 3

Once you have highlighted all the lines it's time to start colouring it all in. You can use a range of BIC Intensity products here!

Step 4

Now that you have coloured in the board game template you can go over it with little details. Perhaps you want to add some more additions to the board game? Perhaps you want to add some details to the cubes, add some creatures in the grass or a smiley face on the sun!

Step 5

Next, it's time to design your board game activities! Start by writing out a list of rules on a separate small piece of paper. Below are some suggestions of what you could add to each number! You can add a few or even use them all, it is completely up to you.

Suggested Rules:

1. **Lucky:** Move one step forward!
2. **Breath:** Take 3 deep breaths!
3. **What is your favourite season?**
4. **Jumping jacks:** Before moving forward complete 4 jumping jacks!
5. **Palm tree:** What is an activity you like to do to relax?
6. **Red:** See if you can spot something red around you.
7. **Sunshine:** What is something that has made you smile today?
8. **Zapped:** Move two steps back.
9. **Head in the clouds:** Move two steps forward.
10. **Rainbow:** You have been blessed by a rainbow. Take one step forward!
11. **Energy booster:** What gives you energy?
12. **Star gazer:** Close your eyes and count to 10!
13. **Galaxy:** What is your star sign?
14. **Black hole:** You have been sucked in by a black hole. Take one step back!
15. **On top of the world:** What is one word to describe how you're feeling today?

Step 6

Now it's time to start playing your board game! The game can be played solo or with friends. All you will need is dice and some counters (this could be a coin, sharpener or anything small you can find)!

How to play the Board Game?

Materials:

(to play the Mindfulness Board Game):

- Your Mindfulness Board Game
- 2 Dice
- One counter per player (this could be a rubber, sharpener, coin or anything small)!

Instructions:

1. Start by placing your counter(s) on the starting square.
2. Roll the dice and move forward on the board by the number that appears on the dice. If you're playing with others, take turns in doing this.
3. When you land on a square with a rule be sure to complete that activity before rolling the dice again!
4. The winner is the first one to make it to the end of the board game!

