

# Growth Gambit

LEND A HOPE



# RULES

1. Roll a die
2. Move forward those many spaces
3. Pick a card based on the square you land on
  - a. Activity = 8 points
  - b. Yoga = 10 points
  - c. Social = 12 points
4. Perform that activity
5. You may choose to not perform an activity. If you do you don't get to move to that spot.
6. Game continues until all the card decks run out
7. The person with the most points once all the cards run out wins

LEND A HOPE

## **ACTIVITY**

**Sing the  
chorus of  
your  
favorite  
song as  
loudly as  
you can**

## **ACTIVITY**

**Do the  
macarena**

## **ACTIVITY**

**Make a  
music beat  
using at  
least 3  
different  
objects  
around you**

## **ACTIVITY**

**Draw an  
exaggerated  
picture of  
one of the  
other  
players**

## **ACTIVITY**

**Express your  
current  
emotions  
thru a quick  
sketch**

## **ACTIVITY**

**Scribble on a  
piece of  
paper**

## ACTIVITY

Write something on a piece of paper and tear it and ask the next player to piece the word together

## ACTIVITY

Chose someone to race eating an apple

## ACTIVITY

Give the next player after you a hug

## ACTIVITY

Teach someone in the game a unique talent that you have

## ACTIVITY

Have a dance battle with someone else in the game. The winner moves up 5 spaces and gets to pick up another card.

## ACTIVITY

Speak in a different language than English with another player for the next 2 rounds.

## **ACTIVITY**

Use the word happy in every sentence you say until someone notices it. If nobody notices you till your next turn then move up 5 squares.

## **ACTIVITY**

Maintain eye contact with another player for the next round or until they notice.

# YOGA

Lotus Position

# YOGA

Bridge Pose

# YOGA

Seated  
Forward Bend

# YOGA

Standing  
Forward Bend

# YOGA

Fire Log Pose

# YOGA

Head to Knee  
Forward Bend

**YOGA**

**Big Toe Pose**

**YOGA**

**Cat Pose**

**YOGA**

**Boat Pose**

**YOGA**

**Extended Side  
Angle Pose**

**YOGA**

**Dog Pose**

**YOGA**

**Surya  
Namaskar**

**YOGA**

**Chair Pose**

**YOGA**

**Triangle Pose**

**YOGA**

**Mountain Pose**

**YOGA**

**Handstand**

**YOGA**

**High Lunge**

**YOGA**

**Lord of the  
Dance Pose**



## **SOCIAL**

Share an  
affirmation!

## **SOCIAL**

Tell a joke!

## **SOCIAL**

Compliment  
another  
player!

## **SOCIAL**

Share a  
story about  
your  
greatest  
achievement!

## **SOCIAL**

Share a  
story about  
your  
proudest  
moment!

## **SOCIAL**

Share a  
story about  
the lowest  
point in life  
and how you  
overcame it

## **SOCIAL**

Share a story about a time you took a risk!

## **SOCIAL**

What topic keeps you up at night?

## **SOCIAL**

Recall a story someone else shared earlier!

## **SOCIAL**

Compliment the person to your right!

## **SOCIAL**

What do you appreciate about your community?

## **SOCIAL**

If you could improve one thing about your community what would it be?

## **SOCIAL**

Share 3  
positive  
events from  
today!

## **SOCIAL**

Name one  
thing you  
have cut off  
in your life  
that  
prevented  
you from  
moving  
forward

## **SOCIAL**

What do  
you  
appreciate  
about  
yourself?

## **SOCIAL**

Name a TV  
show  
character  
and list your  
favorite  
traits about  
them!

## **SOCIAL**

What's your  
Myers  
Briggs  
personality  
type?

## **SOCIAL**

Take the  
Myers Briggs  
personality  
test. Move 3  
spaces and  
pick another  
card.