

Healthy Monopoly

The first activity is a healthy game for the children to play to build upon the 'What to say when I lose a game?' cards we used last week.

Think about the social skills cards from last week and practice saying the phrases such as "Well done, that was a really fun game."

You can play the game on your own but it is much more fun with someone else.

Roll a die, move that many spaces and complete the exercise.

The first person who goes round the board three times is the winner!

Play with a member of your family, have fun and get fit at the same time.

Remember it is the taking part that counts!

Conversation Starter Cards

They are provided in two different levels with follow up questions and comments to support replies given.

Sometimes it can be difficult to know how to talk to people and what to say to them. These cards can be used to practice asking questions and waiting for a reply. Remember to listen to the answer given and try to look at the person you are talking to. Think about how you react to their answer, for example, "Wow, that's really good." Look at the comments section to help you with this.