

INSTRUCTIONS FOR PLAY

In this game, you will hear about situations that can make your heart stronger or weaker. As your heart gets stronger you'll move forward, toward the top of the page. If you do something particularly good, you get to climb a ladder, but if you do something that is not loving, you will slide down.

Each player will need a coin, scrap of paper, or other small object to use as a playing piece. If you don't have a die, click the one below.

TO PLAY:

1. The youngest player will go first, followed by the next youngest, and so on.
2. Set your playing pieces in the area at the bottom labeled "Start."
3. Each player rolls the die and moves their piece that number of spaces (follow the numbered squares in order).
4. Read the prompt for that square's number and discuss or answer the prompt as directed.
 - If you land on a square at the **bottom of a ladder** (e.g., square 2), you move up the ladder to the square at the top of the ladder. Ladders always go **UP!**
 - If you land at the **top of a slide** (e.g., square 7), you go down to the bottom of the slide. Chutes always go **DOWN!**
5. The first person to reach the end (after square 35) wins! But we're all winners when our hearts get stronger!

PROMPTS FOR EACH SQUARE

1. **Learn:** You read a Bible story and take to heart what Jesus said. Good start!
2. **Practice:** You bake a treat or take flowers to a neighbor who got back from the hospital. Climb the ladder!
3. **Exercise:** You secretly do something nice for a younger sibling.
4. **Review:** You think back on your day and realize you spent three hours playing video games or on social media, ignored your family, and didn't like how you felt afterward. You decide not to do it the next day. Climb the ladder!
5. **Repeat:** You make a Lenten commitment to set aside some babysitting money each week for a good cause you want to support.
6. **Learn:** You pay special attention in these church sessions (even if you were forced to come!) to learn more about what the Church teaches about right and wrong.
7. **Sin:** You secretly helped yourself to some of your sibling's candy and ate it. Go down the slide.
8. **Learn:** You searched online for tween/teen versions of "The Examen" prayer and did it yourself one day.



9. **Exercise:** What nice thing have you done for someone this week, even if they didn't notice? Give yourself a pat on the back!
10. **Review:** You remember how some students at school texted hurtful comments about another student in a group chat. You decide you will tell them that's not cool if they do it again.
11. **Exercise:** Identify a good quality you have that makes the world a better place. Vow to keep using it.
12. **Practice:** You apologize to a friend for being irritable or impatient with them.
13. **Learn:** You listen to the Scripture readings at Mass and especially pay attention to how Jesus talked and acted.
14. **Practice:** You are seriously worried about a friend's mental health, so you tell a trusted adult to get help.
15. **Exercise:** When you get angry or annoyed, you choose to contact a friend, go play a sport, or walk the dog instead of lashing out at a family member. Climb the ladder.
16. **Sin:** Your parent asks you three times to unload the dishwasher, but you keep ignoring them until they did it themselves. Go down the slide.
17. **Review:** You remember how nervous you were at your first team practice, club, or new class so you go out of your way to be friendly to the newcomers now.
18. **Practice:** You do a random act of kindness for someone who wasn't expecting it.
19. **Sin:** A friend texts and asks to hang out with you, but you choose to watch videos on your phone instead. Slide down the chute.
20. **Learn:** You read a book about a great leader who showed how to live with love, justice, or mercy. Climb the ladder.
21. **Repeat:** You remember your resolution to say thank you more often so you thank a teacher or coach.
22. **Review:** Before bed, you think back on your day and remember when you made a good choice.
23. **Sin:** A classmate asks for your help, but you make excuses about why you can't. Slide down.
24. **Exercise:** You notice how some people you admire talk and act and you decide to try to be more like them.
25. **Review:** Before confession, you spend time thinking about the choices you have made recently.
26. **Repeat:** You remember what a relief it was to be included before, so you make sure to be friendly and include others.
27. **Exercise:** You notice you haven't lost your temper as much as usual and you want to keep it up.
28. **Practice:** Someone says something unkind or hurtful and you decide to shake it off instead of getting upset. You even secretly said a prayer for them afterward! Climb the ladder.
29. **Learn:** You start paying closer attention to a parent, teacher, or coach because you notice they help you become a better person.
30. **Repeat:** You notice the satisfaction of lending someone a helping hand, so you begin offering to help more often.
31. **Practice:** You remember that Jesus asks us to treat others how we want to be treated, so you buy a homeless person a sandwich when you buy yourself one.
32. **Sin:** You text something hurtful about another student. Slide down the chute.
33. **Exercise:** You help with the dinner preparation even though you would rather have been on your phone.
34. **Sin:** You didn't study for your test, so you find a way to cheat on it. Slide down the slide.
35. **Exercise:** You go out of your way to do something nice for a classmate or teammate you generally don't like.