

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. You're off to a 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 encourage a younger sibling who is learning something new.
4. **Review:** You think back on your day and realize you spent two hours playing video games, 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 money for those in need every week.
6. **Learn:** You pay special attention in these church sessions to learn more about what the Church teaches about right and wrong.
7. **Sin:** You stole some of your sibling's candy and ate it. Go down the slide.
8. **Learn:** You practiced the "Lord's Prayer," the "Hail Mary," and the "Glory Be" so now you know them by heart!
9. **Exercise:** What nice thing have you done for someone this week? Give yourself a pat on the back!



- 10. Review:** You remember how some kids at school made fun of another child behind their back, and don't like how it felt. You decide you will tell them that's not cool if they do it again.
- 11. Exercise:** Name a good quality you have that you want to keep. That's good for the world!
- 12. Practice:** You apologize to a friend or parent for lying.
- 13. Learn:** You listen to the Bible stories at Mass and especially pay attention to how Jesus talked and acted.
- 14. Practice:** Your friend is upset by something that happened, but you don't know how to help, so you tell a parent or teacher to get them help.
- 15. Exercise:** When you get mad, you read a book or pet your cat instead of yelling at a family member. Climb the ladder.
- 16. Sin:** Your parent asks you three times to help unload the dishwasher, but you kept ignoring them and hope they forget. Go down the slide.
- 17. Review:** You remember what it was like before you made friends, so you invite a child sitting alone to join your game at recess.
- 18. Practice:** You do a random act of kindness for someone who wasn't expecting it.
- 19. Sin:** A friend asks you to play, but you choose to watch videos on your phone instead. Slide down the chute.
- 20. Learn:** You read a book about a saint or 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 and 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 pretend you don't hear them. Slide down.
- 24. Exercise:** You notice how some good friends act and 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 how good it felt to be included before, so you make sure to include all your classmates who want to play with you today.
- 27. Exercise:** You notice you haven't lost your temper as much and 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 how good it feels to help a teacher, so you offer to take out the classroom trash.
- 31. Practice:** You remember that Jesus asks us to treat others how we want to be treated, so you give a homeless person some money.
- 32. Sin:** You say something mean about another student or teammate and laugh when they all laugh. Slide down the chute.
- 33. Exercise:** You help set the table for dinner even though you would rather have kept playing games.
- 34. Sin:** You didn't study for your test, so you cheat off your neighbor. Slide down the slide.
- 35. Exercise:** You did something nice for your sibling without even telling them.