

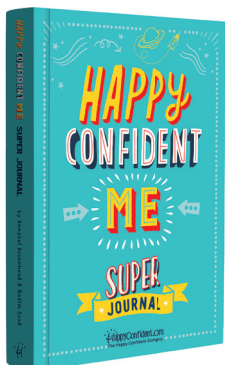
WELCOME
TO YOUR

HAPPY CONFIDENT BOARD GAME



ENJOY YOUR HAPPY
CONFIDENT BOARD GAME
WITH ALL THE FAMILY.

EXERCISE YOUR BODY
& MIND AND HAVE A
GIGGLE!



For more activities visit our website to check out our daily journals, online courses and join the Happy Confident Club.

 HappyConfident.com
The Happy Confident Company

THE BEE HAPPY GAME

When you have **FUN** your brain releases happy-making chemicals that give you that **WHOOPEEE** feeling!

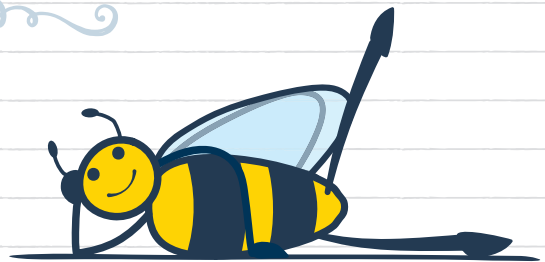


It's also **REALLY** important to keep your mind **HEALTHY** too!!
After all, it's in charge of everything you think, and how you feel!



A healthy mind has **POSITIVE, HELPFUL** thoughts so we can **FEEL GOOD** more of the time.

To keep your body healthy you eat well, get some **EXERCISE**, brush your teeth, and get enough sleep.



We hope you love playing this game and enjoy giving your mind and your body a really fun workout.

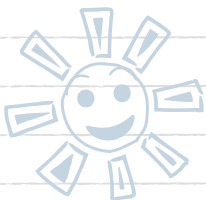


HAPPIER
LESS STRESSED
HEALTHIER
LESS ANXIOUS



HOW TO PLAY

- ★ Shuffle the cards and sort them into three separate piles:
BEE STRONG **BEE THOUGHTFUL** **BEE SILLY**
- ★ Place the cards face down in the centre of the playing area by the board.
- ★ Put all the player tokens on the **START** triangle, the youngest player begins.
- ★ Roll the die and move your token by the number of places on the die.
- ★ Whichever space you land on, pick up the matching coloured card.
- ★ Share your challenge with the other player(s) before completing it.
- ★ If you land on a spot and are unable to complete the challenge, go back two spaces and take another card.
- ★ Too easy, or too hard? You can adapt the cards to suit your abilities.
- ★ The first person to reach the **FINISH** wins.
- ★ You can also play in teams if you're more than three.

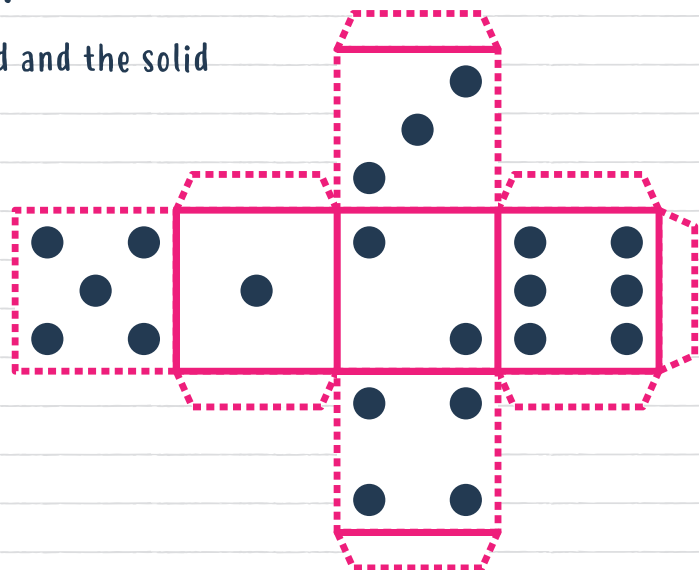


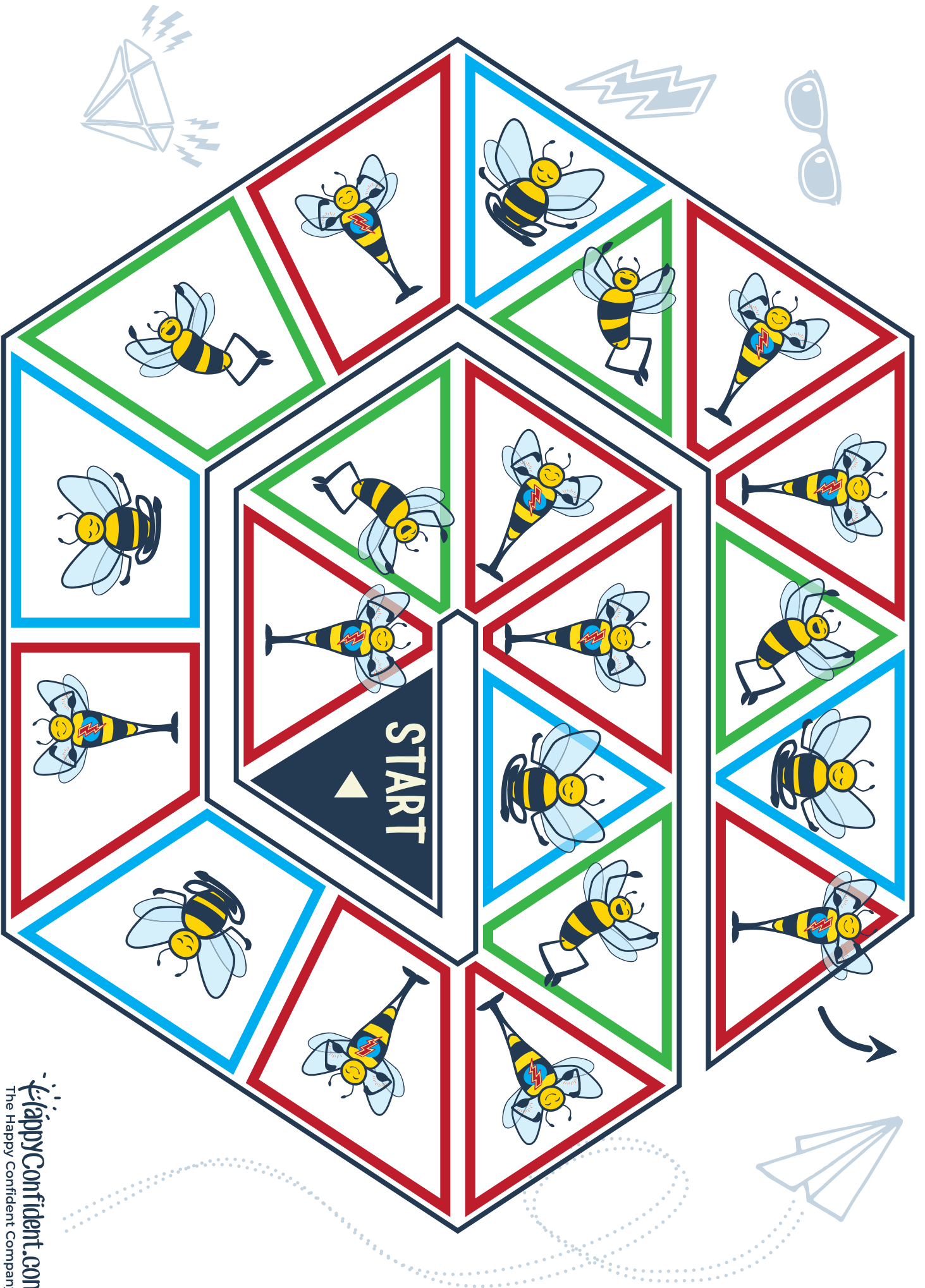
A collection of seven dark blue, hand-drawn style stars of various sizes scattered across the page.

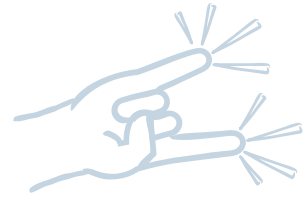
The image shows a large sheet of paper with two hexagonal patterns of bees. The top pattern is a larger hexagon made of smaller hexagons, with a central orange hexagon labeled 'FINISH'. The bottom pattern is a smaller hexagon made of smaller hexagons, with a central black hexagon labeled 'START'. A separate sheet of paper is placed over the bottom pattern, featuring six exercises with bee illustrations and text:

- PLANKS**: HOLD 10 SECS. 10 SECS - 10 SECS. **BEE STRONG**
- SUPERMAN**: HOLD 10 SECS. 10 SECS - 10 SECS. **BEE STRONG**
- TUMMY CRUNCHES**: 10 TIMES. 10 TIMES - 10 TIMES. **BEE STRONG**
- SIDE LEG RAISES**: 10 TIMES. 10 TIMES - 10 TIMES. **BEE STRONG**
- JUMPING JACKS**: 10 TIMES. 10 TIMES - 10 TIMES. **BEE STRONG**
- BEE STRONG**: 10 TIMES. 10 TIMES - 10 TIMES. **BEE STRONG**

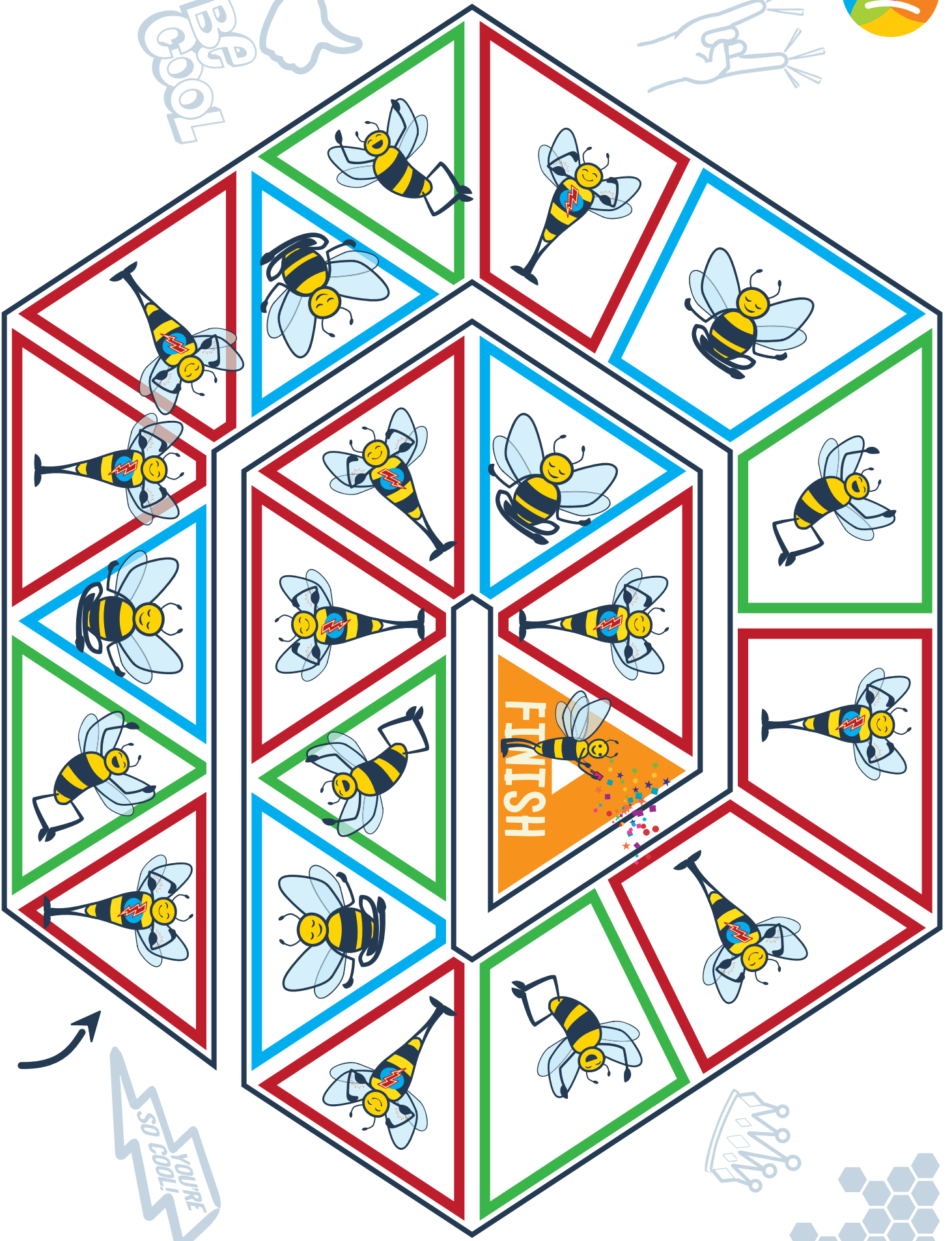
TOOLS – If you do not have playing chips and a die simply cut out these freebies and make your own.







Be Cool



YOU'RE SO COOL!

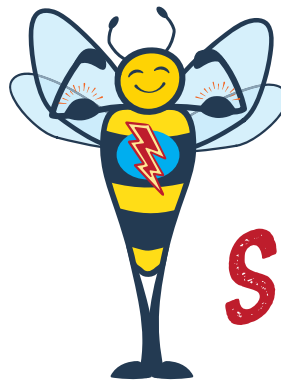


PLANKS



HOLD 10 SECS

12yrs+ 20 SECS



BEE STRONG

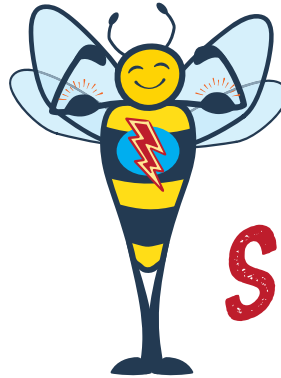


SUPERMAN



HOLD 10 SECS

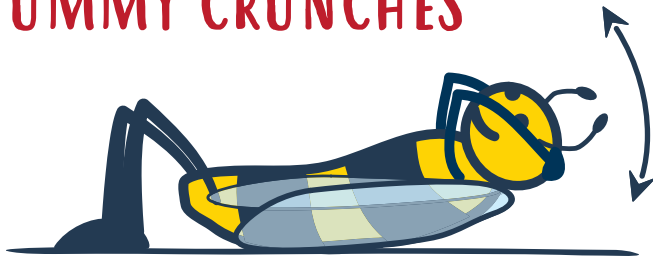
12yrs+ 20 SECS



BEE STRONG

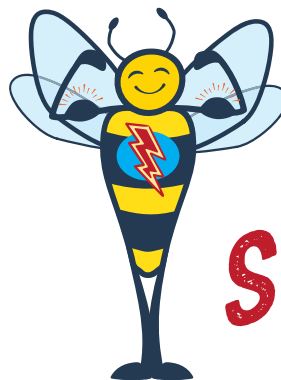


TUMMY CRUNCHES



5 TIMES

12yrs+ 10 TIMES



BEE STRONG

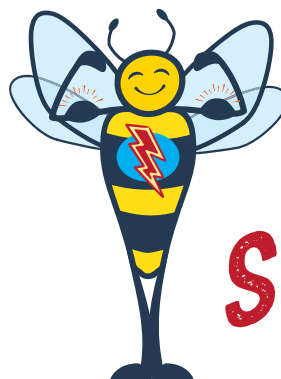


SIDE LEG RAISES



10 TIMES

12yrs+ 20 TIMES



BEE STRONG

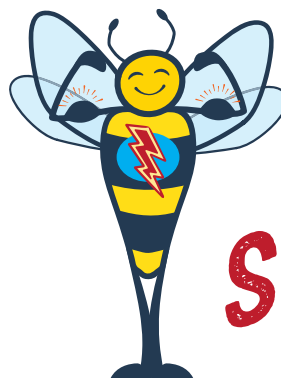


JUMPING JACKS



10 TIMES

12yrs+ 20 TIMES



BEE STRONG

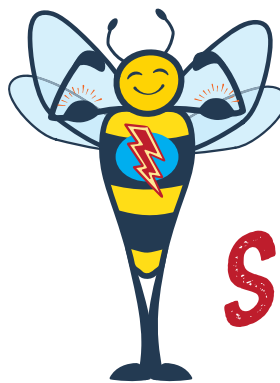


SIDE PLANK



HOLD 10 SECS

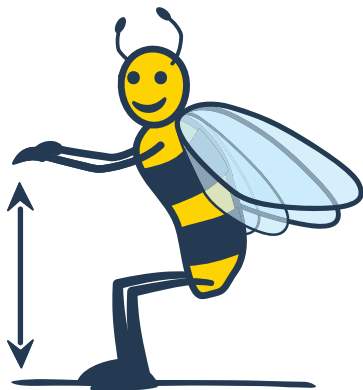
12yrs+ 20 SECS



**BEE
STRONG**

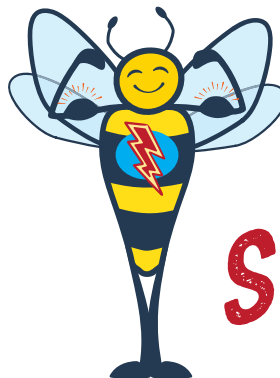


SQUATS



5 TIMES

12yrs+ 10 TIMES



**BEE
STRONG**

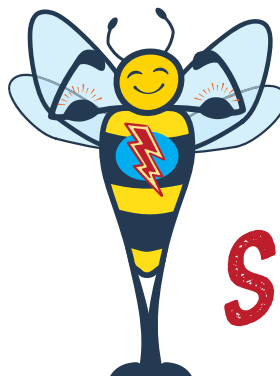


LUNGES



5 TIMES

12yrs+ 10 TIMES



**BEE
STRONG**

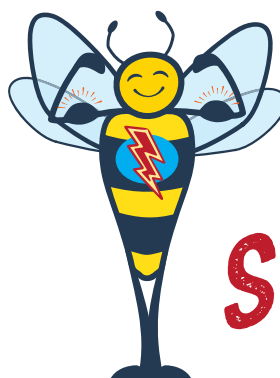


TUMMY CRUNCHES



5 TIMES

12yrs+ 10 TIMES



**BEE
STRONG**

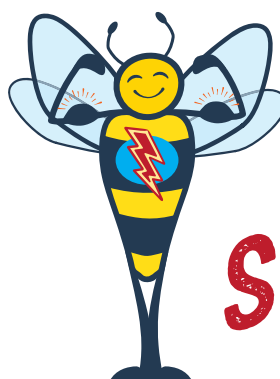


PLANKS



HOLD 10 SECS

12yrs+ 20 SECS

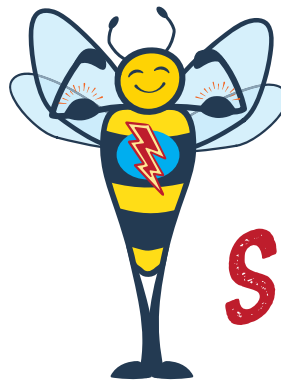


**BEE
STRONG**



RUN ON THE SPOT

RUN 20 SECS
12yrs+ 40 SECS

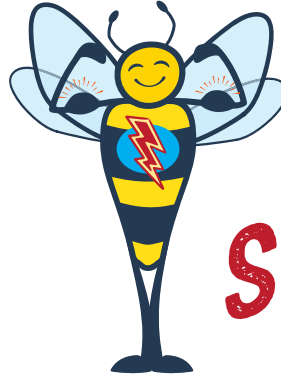


**BEE
STRONG**



LUNGES

5 TIMES
12yrs+ 10 TIMES

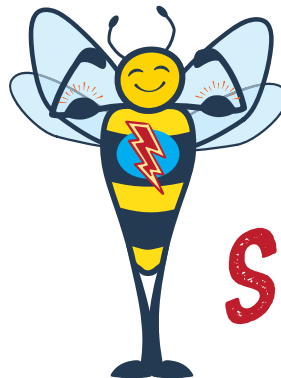


**BEE
STRONG**



SIDE PLANK

HOLD 10 SECS
12yrs+ 20 SECS

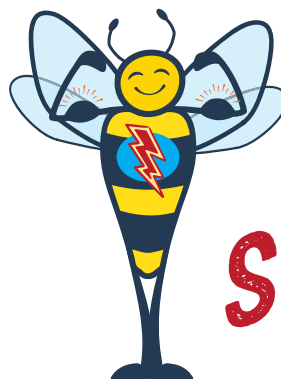


**BEE
STRONG**



PUSH-UPS

3 TIMES
12yrs+ 6 TIMES

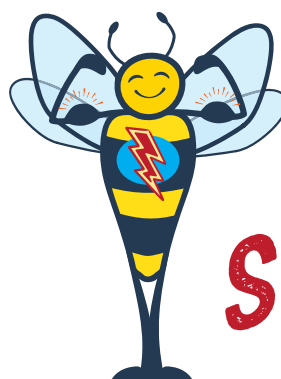
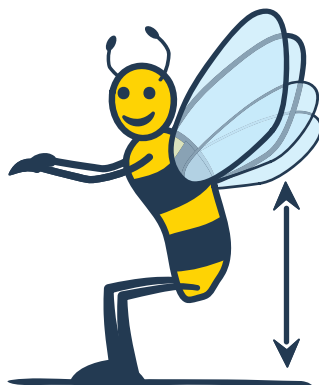


**BEE
STRONG**



SQUATS

5 TIMES
12yrs+ 10 TIMES

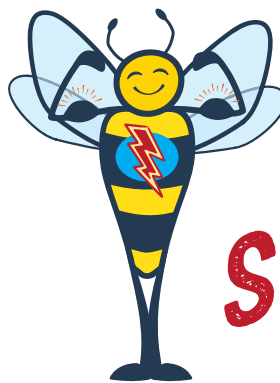
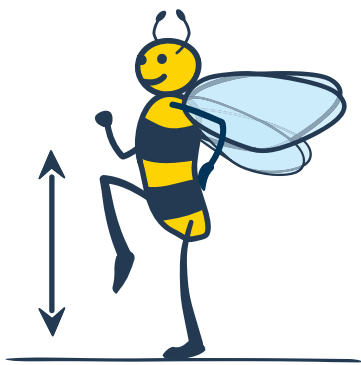


**BEE
STRONG**



HIGH KNEES

10 TIMES
12yrs+ 20 TIMES

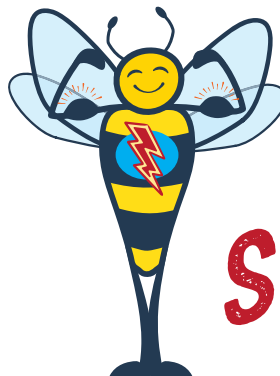


**BEE
STRONG**



JUMPING JACKS

10 TIMES
12yrs+ 20 TIMES

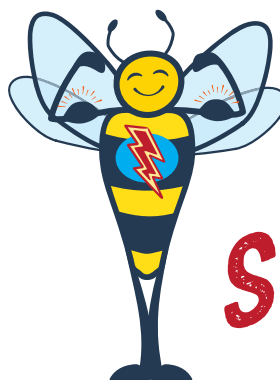


**BEE
STRONG**



SIDE LEG RAISES

10 TIMES
12yrs+ 20 TIMES

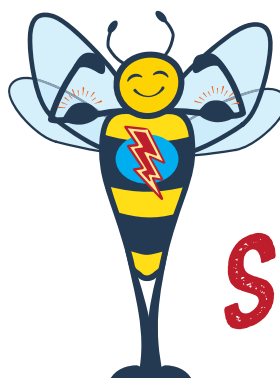


**BEE
STRONG**



PUSH-UPS

3 TIMES
12yrs+ 6 TIMES

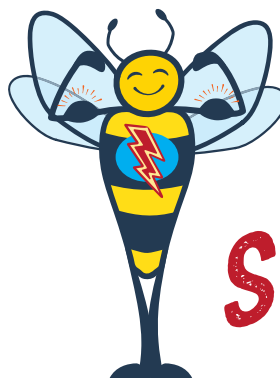


**BEE
STRONG**



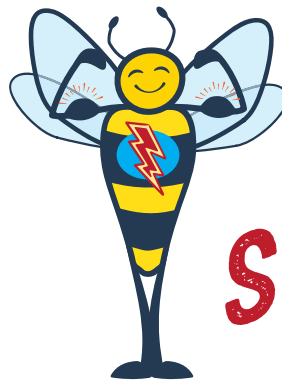
SUPERMAN

HOLD 10 SECS
12yrs+ 20 SECS

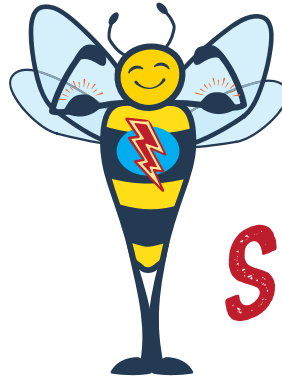


**BEE
STRONG**

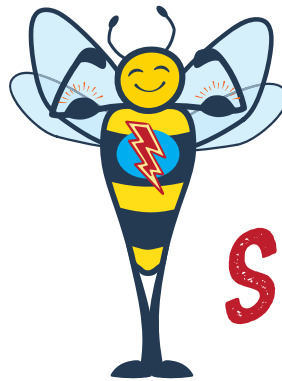




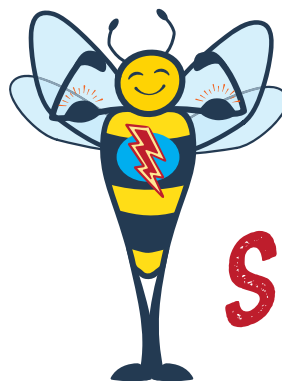
**BEE
STRONG**



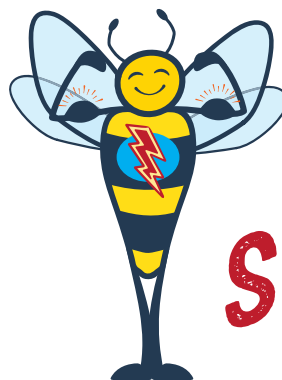
**BEE
STRONG**



**BEE
STRONG**



**BEE
STRONG**



**BEE
STRONG**



SHARE **3** THINGS
YOU ARE
GRATEFUL FOR...



NAME **3** THINGS THAT
MAKE YOU **HAPPY**...



SHARE SOMETHING THAT
YOU **APPRECIATE** ABOUT
EACH MEMBER OF FAMILY.



CHOOSE AN ACT OF
KINDNESS YOU WILL
DO TODAY.



SHARE **2** THINGS
YOU'D LIKE TO LEARN
THIS YEAR...



WHAT'S **1** THING YOU'RE
PROUD OF?



SHARE **2** THINGS YOU
LIKE ABOUT
YOURSELF...



CHOOSE A WAY YOU
WILL TRY TO **HELP** YOUR
FAMILY TODAY.



NAME **2** THINGS YOU'D
LIKE TO **IMPROVE** AT...



GIVE A 20 SECOND BEAR
HUG TO THE PERSON ON
YOUR RIGHT...





BEE
THOUGHTFUL



BEE
THOUGHTFUL



BEE
THOUGHTFUL



BEE
THOUGHTFUL



BEE
THOUGHTFUL



PULL THE **SILLIEST**
FACE EVER!



TRY TO **STAND** ON
YOUR TIPPY TOES FOR
20 SECONDS!



TELL A **JOKE** WHILE IN
THE ONE LEGGED
PRAYER POSE!



SING A SONG AND DO
A LITTLE **DANCE!**



FREEZE! STAY
COMPLETELY STILL UNTIL
YOUR NEXT TURN...



STRIKE A **POSE** AS THE
STATUE OF LIBERTY UNTIL
YOUR NEXT TURN...



HOLD A NINJA POSE
ON ONE FOOT FOR 10
SECONDS.



NOMINATE SOMEONE
TO A STARING
CONTEST. THE LOSER
GOES BACK TWO SPACES.



FAMILY **CHALLENGE**: TRY
AND PUT ONE LEG BEHIND
YOUR HEAD!



FAMILY **CHALLENGE**:
STAND UP LEGS STRAIGHT
AND TOUCH YOUR TOES!



