

# Snakes and Ladders

## Preparation:

For each group of 4 people prepare a square 'board' of 100 numbered squares (10 rows of 10).

Copy sheets of snakes and ladders.

Make copies of the playing instructions as below. (Note: the question can be changed/adapted to fit what the group is considering. Alternatives used have, for example, included 'consider what makes you feel cared about in and connected to your meeting'.)

For each group of 4 have one or two dice, four counters, scissors and pens.

A game for a small group of up to 4 people.

Each group has a square 'board' showing numbers 1-100, blank snakes and ladders, 'blu-tak', 4 counters, a dice, scissors and pens.

- 1) Consider what supports your sense of well-being in your meeting and what depresses this feeling. Write or illustrate the positive examples on ladders cut to the appropriate length and those which depress these feeling on snakes, long or short.
- 2) Stick the snakes and ladders to the board so ladders carry you up from a lower to a higher number and snakes take you down, head to tail, from a higher to a lower.
- 3) Play the game and experience in your imagination travelling up and down other's snakes and ladders. Take a counter each. Take it in turn to throw the dice. Starting on the first square move forward the number of places shown on the dice. If you end at the base of a ladder move up it, if at the head of a snake move down it and start your next turn from this position. Continue until you reach 100 or as long as time allows.

