

# Achieving Family Goals Snakes & Ladders

<b>FINISH</b>		98		<b>I</b> 96	95				
	99 82		97			94	93	92 89	91
81		8 78	84			87	88		90
80		<b>F</b>	77			74	<b>L</b> 73		71
<b>K</b> 61		63	64			67		<b>E</b>	<b>H</b> 70
		58	57	56	<b>C</b>	54	53	52 49	
41	<b>B</b>	43	<b>G</b> 44	45	46	47	48		
40	39	38		36	35	34	33	31 30	
	22	23		25	26	<b>J</b> 27	28	29	30
21				16	15		13	11 10	
20	19	1	7	16	15		13	<b>A</b>	11
<b>START</b>		<b>D</b>		5	6	7	8	9	10
	2	3	4	5	6	7	8	9	10

## 'Achieving Family Goals Snakes and Ladders' Our Family Goal Is: \_\_\_\_\_

This 'snakes and ladders' is a way of visualising the ups and downs and unpredictability of family life on the journey towards achieving successful family outcomes.

### Rules & Instructions:

To play, as a family, write the three main achievements (in A, B and C), and the three main challenges (in G, H and I), that could happen as the family progresses towards achieving their main goal. Then write three smaller achievements (in D, E and F), and three smaller challenges (in J, K and L), that could happen as the family progresses towards achieving their main goal. There are corresponding letters on the 'snakes and ladders' board. When someone lands on a snake's head they follow the snake down to the lower square where its tail ends, at this point the family could discuss what they could do if that challenge occurred to help to overcome the challenge and move forward again. When someone lands on a square at the foot of a ladder they follow the ladder up to the square where the ladder ends, at this point the family could discuss what difference that achievement would make to the family and what they can do to maintain this progress.

To play a single dice is needed and counters for each player (for example; this could be one penny coins with coloured dots), the person that roles the highest number goes first, players take turns to role the dice and whatever number is shown on the dice is the number of squares that player moves. If a player lands on a square at the foot of a ladder they move up the ladder to a higher square, if they land on a square at the head of a snake they move down the snake to a lower square. To win players must role the exact number to reach the finish, if they role a number higher than they need they move forwards to the finish and then backwards by the remaining numbers. For example; if they need to role a four and they role a six then they move four spaces forwards on to the finish square and two spaces backwards off of the finish square. The game is played until all players have successfully finished.

The game teaches that progress towards your goals can be quick or slow; there can be times when progress is reversed a bit by challenges and times when progress can be accelerated by achievements. Even when progress is slow they never go all the way back to the beginning and as long as they keep going they can reach their goals in the end. Sometimes keeping going can be frustrating and challenging, other times keeping going can be easy and enjoyable. The game also stimulates opportunities for discussion about overcoming challenges and what difference achievements can make and promotes how families can work together and use family discussions.

Achievements	Challenges
A)	G)
B)	H)
C)	I)
D)	J)
E)	K)
F)	L)