


Instrukcja: Rzuć kostką. Na *uśmiechu* pozostajesz na tym polu przez jedną rundę. Na innych polach musisz wykonać zadanie lub odpowiedzieć na pytanie. Jeśli to zrobisz, zostajesz na tym polu lub idziesz do przodu według instrukcji. Jeśli tego nie zrobisz, wracasz do poprzedniego miejsca lub cofasz się według instrukcji. Na polach stresu zazwyczaj przytrafia ci się coś złego. Więc uważaj na stres, prowadź zdrowy tryb życia i... wygraj grę! (20 minut)

	Relax. Do ten squats!	Na e 3 sources of stress. 2 spaces forward or back.	Stress. An important exam. Miss a turn.	Relax. Tell a joke.		Why do we feel stress? 2 spaces forward or back.	Stress. You have smoked a cigarette. Go 5 spaces back.
	Relax. You've spent whole weekend as a couch potato. Miss a turn.	Stress. You have a sweet tooth. Go 3 spaces back.	Relax. Say 3 interesting facts about your hobby.		Stress. You're working too hard. Go 2 spaces back.	Relax. What 3 things will you achieve in the future?	Stress. You've had an accident. Miss a turn.
	STRESS GAME					What are some short-term consequences of stress? 2 spaces forward or back.	What are the symptoms of stress? 2 spaces forward or back.
Relax. Say why you like your best friend.						What are some long-term consequences of stress? 1 space forward or back.	Stress. You've drunk some alcohol. Go 4 spaces back.
Stress. You've eaten too much fast food. Go 3 spaces back.							Relax. It's your birthday. You're awesome. Throw the dice again.
	Relax. Say 3 good things about your neighbour.	Stress. Your friend has broken up with you. Miss a turn.	Relax. Name fruits and vegetables on letters a, b, c.	Stress. You are getting married. Run 5 spaces forward.	Explain why stress is negative. 2 spaces forward or back.	Stress. You've taken a drug. You are out of the game.	Explain why stress can be positive. 2 spaces forward or back.

JĘZYK ANGIELSKI

15+

🕒 20 MIN