



CUSTOM CRUNCHIES: A FUN "FAST FACTS" ADDICTIONS AWARENESS GAME

Crunchies can be created on a wide range of addictions topics, for example: Gambling, Fetal Alcohol Spectrum Disorder, Alcohol (specific topics such as: Binge Drinking, Impaired Driving, etc.), Drugs (specific substances such as: Cocaine, Marijuana, LSD, Crystal Meth, etc.), etc. Research your topic to come up with interesting questions or statements and accurate answers (the MAAW Fast Facts Sheets, the Addictions Foundation of Manitoba's (AFM) *The Basics* fact series and the AFM Library are good sources of information).

NOTE: The sample crunchie provided can be used as a template, it is important to note that the text must be properly aligned within a perfect square in order for the crunchie to work. Use lots of colour and add some illustrations to give your custom crunchie some pizzazz!

INSTRUCTIONS FOR FOLDING A CRUNCHIE:

1. Face Down - Fold two corners together to make a triangle, and crease firmly. Unfold, then fold the other two corners together to make a triangle going the other way and crease again. Unfold.
2. Face Down - Fold two corners together towards the center so that they meet in the middle of the paper and crease firmly. Leave them there. Now do the same with the other two corners.
3. Flip over - Again fold two corners together so that they meet in the center of the paper, give a good crease. Do the same with the other two corners.
4. Flip over - Fold in half in one direction, then in half in the other direction.
5. Big finish - Stick your thumbs and first two fingers into the four pockets on the bottom of the cruncher and start crunching!

HOW TO PLAY THE GAME

1. Choose one of the four numbers written on the outside squares of the crunchie.
2. Count out the number you've chosen at the same time as you open and close your crunchie.
3. Choose a number, word/colour from one of the inside triangles.
4. Spell out the word/colour or count out the number you've chosen from the inside triangles at the same time as you open and close your crunchie.
5. Again, choose a number or a word from one of the inside triangles.
6. The sentence under the question will tell you where to go to find the answer. Check to see if you've answered correctly, if not you've learned something new!
7. Crunch and learn! Repeat steps 1-7 as many times as you want! Test your friends, family and classmates.