

ADDICTIONS FOUNDATION OF MANITOBA

WHEEL OF HEALTH

Game overview: This activity allows participants to explore and add to what they know about tobacco, alcohol, other drugs, and gambling by designing and playing a game.

Pre game activities

Borrow the *Wheel of Health* from the AFM Library (based on the *Wheel of Fortune* model); it is divided into 8 sections:

- 4 sections of different colours representing the 4 topics areas mentioned above
- 4 white sections labelled: lose a turn, 100 bonus points, lose 100 points, 1 bonus turn
- Review the *AFM The Basics Fact Sheet Series* included with the kit and organize it into 4 topics (tobacco, alcohol, other drugs and gambling); make copies for the participants.
- Divide the group into teams. One team can determine the mystery phrase to use and have someone from their team turning over the letters. The other teams can play the game.

Pre game activities with participants

- Brainstorm everything the participants know about the 4 identified topics.
- Discuss the 4 topics in a large group and fill in the information gaps.

Activity

- In teams, have the participants read the information sheets and draft 5 phrases.
- Find a mystery phrase that relates to the topics and promotes healthy living. Letters are included in the kit. For example: If the mystery phrase were **LET' S TAKE CARE OF OUR BODIES**, it would look like this.

L E T ' S T A K E ...

- Place the letters on the display board with the backs of the letters showing.
- Have a member from each team take turns spinning the wheel and asking for letters until the puzzle is solved.
- Record their points for each spin.

How to play

- Create 3 teams (A,B, C). Display the banner with the mystery phrase for all participants to see.
 - Team A spins the **Wheel of Health** and requests a letter. If the team gets a letter that is in the phrase they are awarded the points that their spin landed on. If 2 or more of the same letter are in the phrase, the team gets 2 or more times the points that were spun.
 - During their turn, in addition to spinning the wheel and answering a question, each team can buy letters of the mystery phrase with their points. They have 10 seconds to guess the phrase.
 - Team B and C each have a turn.
 - The game ends when the mystery phrase is solved. Start a new game with a new phrase.
- Adapted from a game created by Sylvie Mathers et Pauline Gagné of École Taché, Division scolaire franco-manitobaine