

Be Healthy, Be Fit

Jabbers

A game for self-advocates!



Produced by *The Riot!* (www.theriotrocks.org) at the
Human Services Research Institute (www.hsri.org)

Be Healthy Be Fit Directions

Object

The object of the game is to get people with intellectual and developmental disabilities to think about how they can take charge of their health. You can take charge of your health by:

- Taking care of your body,
- Preventing things that make us unhealthy like being overweight, and
- Supporting each other so that everyone can reach their health goals.

Materials

- One copy of the game card for each player.
- Stickers or a marker, pen, or pencil for each player to mark his or her game card.

Get Ready

- The game can be played with a group of three or more people.
- Set aside at least one hour to allow time to jabber about each action people can take to for their health. If more than six people are playing, you may need additional time.
- Choose a facilitator to lead the game and keep track of time. The facilitator's job is to read each action, ask questions about how the action applies to their lives, and ask for examples from the group. Encourage players to jabber away. Make sure each player gets a chance to express his or her thoughts during the game.
- Make sure that players discuss each action within the time available. Have fun, but watch the clock. Time moves fast once the jabbering starts!

How to Play

Each player gets a game card with 10 pictures in numbered boxes that correspond with various actions they can take. The facilitator, with help from players, chooses a number and reads aloud the corresponding action. Players are encouraged to discuss the action and whether or not it applies to them.

As the jabbering winds down, have players locate the number and action picture on the game card. Tell players to mark the action picture if it represents something they want to work on. This process is continued until each numbered box has been chosen and each action discussed. We recommend saving topic #10 "I wish that..." for last. Players can mark as many action pictures as they like.

At the end of the game, each player will have identified one or more healthy actions he or she can take to improve his or her health. Players can choose one or more actions to work on with help from each other and others. This information can also be included in the individual planning process.

Be Healthy Be Fit Game Card

10 things to think about for your health

1. I want more energy so I can do more things in a day.
2. I want to exercise more without getting tired easily.
3. I want to drink enough water, at least 8 glasses every day.
4. I want to learn how to take care of my health problems by myself.
5. I want to eat healthy foods like fruits and vegetables every day.
6. I want to sleep better at night. I have trouble sleeping well right now.
7. I want to be able to see my doctor or dentist when I need to.
8. I want to stop smoking cigarettes or chewing tobacco.
9. I want to know how to talk to my doctors and nurses. Sometimes I don't know what questions to ask.
10. <i>I wish that...</i>



1



2



3



4



5



6



7



8



9



10



I wish that...

