



DESIGN A BOARD GAME

Hip to Be Fit® Challenge GAME

Hip to BE Fit® Challenge:

Create your own board game and share images of your creation using the form on the website at www.ndi-nm.org/hiptobefit.

Supplies needed:

Poster board

Cardboard

Markers

Pencils

Art supplies

*Rulers or
yard Sticks*

Index cards

Dice or spinner

Playing pieces

1. Plan the game by looking at examples of board games and think about what makes a successful game. Some things to think about include:
 - What will the board look like (a forest, an island, a castle, a garden, etc.)
 - How are players allowed to move their pieces around the board (dice, spinner, answering questions)?
 - What should go on each space of the game?
 - For what age group(s) is this game appropriate?
2. Design the game. Each game needs: written rules, number of players, equipment needed (dice, a spinner, etc.), written directions, a goal, and questions to be answered in order to move around the board.



Sketch out your board game in pencil first in order to make changes or correct mistakes. Decide how many spaces the game will have. Every five or six squares, something good or bad should happen to the player. Use some of these instructions, or make up your own.

- Go back 3 Squares.
- You find a secret tunnel, go forward 4.
- It's dark. Nobody can see you. Add 2 to your next throw
- Miss a turn.
- You are tired. Miss a turn
- The guards are sleeping. Have an extra turn.
- Go back to the Start.
- You find a map. Go to number 25.
- Take the secret road to number 40 (or to the strawberry patch).
- Have another go.
- You have gone the wrong way. Go back 10.

3. Construct the game. Once the rules have been developed and the design decided, you can actually construct the game. You can make playing pieces out of construction paper, buttons, or other materials. You can decorate the spaces with drawings or cutouts of fruits and vegetables. Challenge yourself to develop at least 20 questions and answers about nutrition or fruits and vegetables. Use lots of colors and make the board games visually exciting.

4. Play your game!

