

Health GAB Instructions

This game is based on the game **Mad Gab**.

Supplies and setup:

- Buzz in system (bells, noisemaker, etc.)
- French or English facilitation guides
- Health GAB Google Slides document
- Computer
- Projector or other visual display (computer monitor, TV, etc.)
- Blackboard or flipchart to keep score.

The object of the game:

To get the most points while learning resiliency strategies, reducing mental health stigma, learning about addictions and substance use health and promoting health and well being.

Playing the game:

- Split students into two teams
- Representatives from each team go head-to-head to solve the puzzle. When students know the answer, they buzz in using noise makers.
 - The puzzles contain small words that, when heard together, make a different word or phrase. For example, "Yore Luke Ink Hood" when pronounced quickly sounds like "You're Looking Good."
- Each puzzle comes with a clue that can be read by the facilitator if needed.
- 1 point is scored for the team for each puzzle solved. The solving team may also have an opportunity to earn a bonus point by correctly answering the bonus question.
- Please ensure the key messages are read after each corresponding puzzle is solved.
- If the first player to buzz in is unable to solve the puzzle or earn the bonus point, the point(s) may be stolen by the other player.
- Remaining players can help their teammate by reading out the clues on the screen. Answers will only be accepted by the first player to buzz in.

Remember...“ It's not what you SAY, it's what you HEAR!”