

# TIC TAC TOE

Ten

JUGAR | LIFE

# TIC TAC TOE TEN

## INSTRUCTIONS

The goal of the game is to get three numbers in a row, column, or diagonal that add up to ten.

### Materials Needed:

- One six-sided dice
- A tic-tac-toe grid (3x3 squares)
- Pen and paper to keep score

### Setup:

1. Draw a 3x3 tic-tac-toe grid on a piece of paper.
2. Have the six-sided dice ready.

### How to Play:

3. Players take turns rolling the six-sided dice.
4. On their turn, a player rolls the dice and places the number rolled in one of the nine squares on the tic-tac-toe grid.
5. The aim is to be the first to place three numbers in a row (horizontally, vertically, or diagonally) that add up to ten.
6. If a player places a number that causes the sum to go over or under ten, the opponent is awarded the round and gains one point.
7. The play continues for ten minutes. The player with the most points at the end of this time is the winner.

### Post-Game Reflection and Exercise:

The winner of the round rolls the six-sided dice and answers a corresponding positive reflection question:

- 1: Who is someone you are grateful for in your life, and why?
- 2: What recent experience made you feel grateful, and how did it impact you?
- 3: What are three things you often take for granted but are truly thankful for?
- 4: Can you think of a challenge you faced that later brought something positive into your life? What are you grateful for in that situation?
- 5: What place makes you feel happy and grateful, and what do you love most about it?
- 6: How has someone's kindness or support recently changed your life, and how did you express your gratitude?

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The loser of the round rolls the six-sided dice and completes the corresponding bodyweight exercise:

- 1: Squats (10 reps)
- 2: Sit-ups (10 reps)
- 3: Push-ups (10 reps)
- 4: Lunges (10 reps)
- 5: Star jumps (10 reps)
- 6: Burpees (10 reps)

### **Additional Reflection Questions (for repeated play):**

#### **Positive Reflection:**

1. What are three qualities you love about yourself, and how do they positively impact your life?
2. Think of a time when you accomplished something you are proud of. How did that achievement make you feel about yourself?
3. What is an area of your life where you have shown growth or improvement, and how does that reflect your ability to adapt and succeed?
4. How do you practice self-care, and why is it important for your well-being?
5. Can you recall a compliment you received that made you feel good about yourself? How did it affect your self-esteem?
6. What healthy boundaries have you set for yourself, and how do they help you maintain a positive relationship with yourself and others?

#### **Future Aspirations:**

7. What is one long-term goal you have for yourself, and what steps are you taking to achieve it?
8. How do you envision your ideal life five years from now, and what key elements make it fulfilling?
9. What skills or knowledge do you want to acquire in the future, and how will they help you reach your aspirations?
10. Who inspires you in your field or personal life, and what lessons from their journey can you apply to your own future?
11. What challenges do you anticipate in pursuing your goals, and how can you prepare yourself to overcome them?
12. How do you plan to maintain a balance between your personal and professional aspirations to ensure overall well-being and happiness?