



Canadian Red Cross  
Croix-Rouge canadienne

CELEBRATING 100 YEARS | CÉLÉBRONS NOS 100 ANS | 1909-2009



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### **Instructions for Downloading the “*Development Ups & Downs*” Board Game**

You have access to both a **colour** and a **black and white** version of the board, depending on your printing capacity.

The website has ‘whole game’ and ‘four quadrant’ versions of the board game, but for ease of playing the game, it is recommended that the ‘four quadrant’ version be used, according to the following instructions:

1. Print each of the four quadrants (8 ½ x 11) that make up the board game.
2. Trim and tape the four sheets together, giving you a board that measures approximately 20” x 15”
3. It is advisable to laminate the boards, if you want to use them on an ongoing basis.
4. Then print off the Facilitator Guide and all the materials, handouts and worksheets needed for the workshop (listed in the Facilitator Guide).

\* A similar but more sophisticated workshop for high school students, “*Breaking the Poverty – Disease Cycle*”, is also on this website. High school students who have taken this workshop are encouraged to do the *Development Ups & Downs* workshop with younger students and help them understand some of the realities faced by children their age around the world.