



Canadian Red Cross Croix-Rouge canadienne



Instructions for Downloading the *Breaking the Poverty-Disease Cycle* version of the 'Development Ups & Downs' Board Game

The key material that drives the workshop is the 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).

* NOTE: A simplified version of this game, along with a full workshop (*Development Ups & Downs*), have been developed for ages 12-14 years—and it is also available on this website.