

o MUSIC  city COUNSELOR

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♥ *laura oathout*

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ASCA Mindsets & Behaviors:

Category 1: Mindset Standards

- M 1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being

Category 2: Behavior Standards

- B-SMS 1: Responsibility for self and actions
- B-SMS 7: Effective coping skills

To Set Up the Game:

Materials Needed:

- Plastic spinner attachment that can be purchased here: <https://amzn.to/3hPx7YN> or you can use a brad or paper clip
- 4 small binder clips
- Manila folder
- Scissors
- Glue stick
- Color printer and paper (cardstock recommended)
- Ziploc bag to store your materials

Steps to Assemble the Game:

- Please see the sample images of the assembled game.
- Please glue the "Your Quest for Clean" scroll on the front cover of the Manila folder.
- Then, open the Manila folder and glue the 2 board game pages (pages 9-10) next to each other in the inside.
- Next, please cut out the spinner (that is shaped like a blue and orange shield). Please attach the plastic spinner, brad, or paper clip to the center of the spinner so it can spin.
- Next, cut out the 4 players and place them in a binder clip so they are standing up straight.
- Then, if you have double-sided printing available, print the 20 SHARE CARDS and 20 CARE CARDS cards front-back with the cover on the front and the question on the back. Please cut out each card. If you do not have double-sided printing available, please either print the front and back of the cards separately and glue them together OR just print the question side.
- Arrange the SHARE and CARE cards with the questions facing down in two piles on page 8 "Your Quest Guide" in front of you.

Explaining the Game to Students

- This game was designed for 2-4 players.
- It focuses on personal hygiene with a medieval knights theme.
- Emerging readers can play the game with support, with the educator reading the questions aloud.
- Fluent readers can play the game on their own once they learn how to play.
- Start by reading the "Your Quest for Clean" scroll aloud to students. It explains that Stenchfire the Stink Dragon has made all of the knight's armor terribly stinky. Their quest is to make their way through Clean Kingdom and be the first knight to arrive at Clean Castle. At Clean Castle, they can defeat the Stink Dragon by completing a challenge, then clean up their armor in the castle baths!
- Please review the "Your Quest Guide" page with students. It explains what the CARE, SHARE, SPIN AGAIN, and LOSE A TURN spaces mean.
- Each child can choose the knight game piece they would like to use.

To Play the Game:

- Each player begins the game by placing their knight game piece on the START space. On the START space, Stenchfire the Stink Dragon blows his stinky breath on their armor. (Eeeeew!!)
- The youngest player goes first, then play moves clockwise.
- Players take turns spinning the spinner and moving the amount of spaces on the board that the spinner tells them to move.
- If they land on a CARE space, they pull a CARE CARD. CARE CARDS ask students questions about personal hygiene. Students read the question aloud to the group and answer it.
- If they land on a SHARE space, they pull a SHARE CARD. SHARE CARDS ask students to share about their own experiences with personal hygiene and taking care of their bodies. Students read the question aloud to the group and answer it.
- If they land on a LOSE A TURN space, they lose a turn. Their horse is stuck in the mud!
- If they land on a SPIN AGAIN space, they spin again. Congratulations, they earned a hygiene medal!
- The first player to arrive at Clean Castle has to complete a challenge to defeat the Stink Dragon and be granted access to the castle baths. He/she must share with the group 3 facts about personal hygiene.
- The player who arrives first at Clean Castle and shares their 3 hygiene facts wins!

A Knight's Quest

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for Clean Armor

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Your Quest Guide

CARE
Earn a medal for good hygiene!

SHARE

SPIN AGAIN
Earn a medal for good hygiene!

LOSE A TURN
Your horse is stuck in the mud!

CARE CARD



SHARE CARD



Your Quest for Clean

Dear Brave Knight,

The Clean Kingdom needs your help!

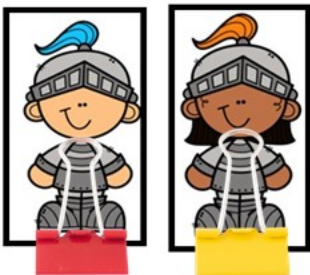
Stenchfire the Stink Dragon is at it again! His smelly breath is making our knights' armor terribly stinky!

Your quest is to travel through Clean Kingdom and be the first knight to arrive at Clean Castle.

Once there, share with the other knights 3 facts about personal hygiene. This will defeat Stenchfire and grant you access to the castle baths to clean your armor!

Good luck, knight!

We are counting on you!



Your Quest for Clean

Dear Brave Knight,

The Clean Kingdom needs your help!

Stenchfire the Stink Dragon is at it again! His smelly breath is making our knights' armor terribly stinky!

Your quest is to travel through Clean Kingdom and be the first knight to arrive at Clean Castle.

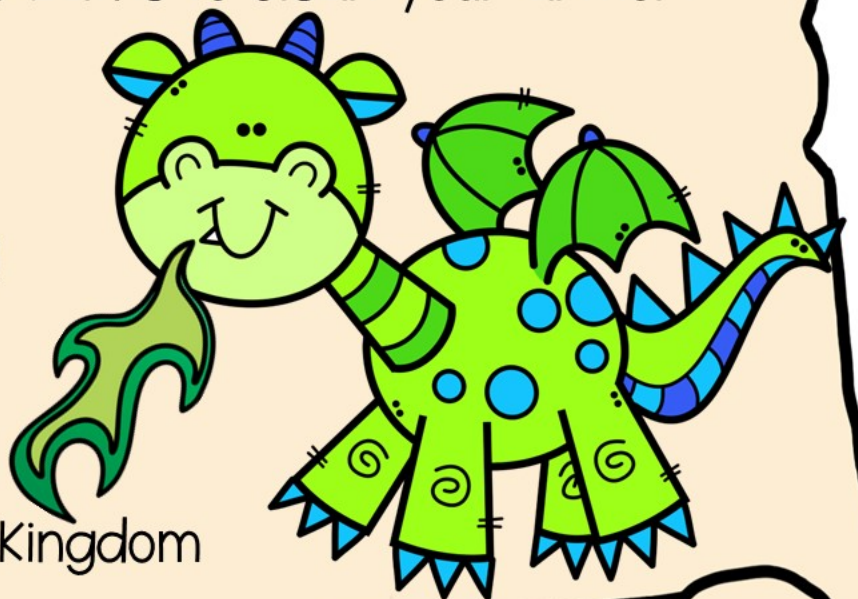
Once there, share with the other knights 3 facts about personal hygiene. This will defeat Stenchfire and grant you access to the castle baths to clean your armor!

Good luck, knight!

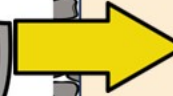
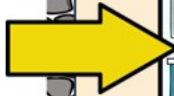
We are counting on you!

Sincerely,

King Clean of the Clean Kingdom



Your Quest Guide



SPIN AGAIN
Earn a medal for good hygiene!



LOSE A TURN
Your horse is stuck in the mud!

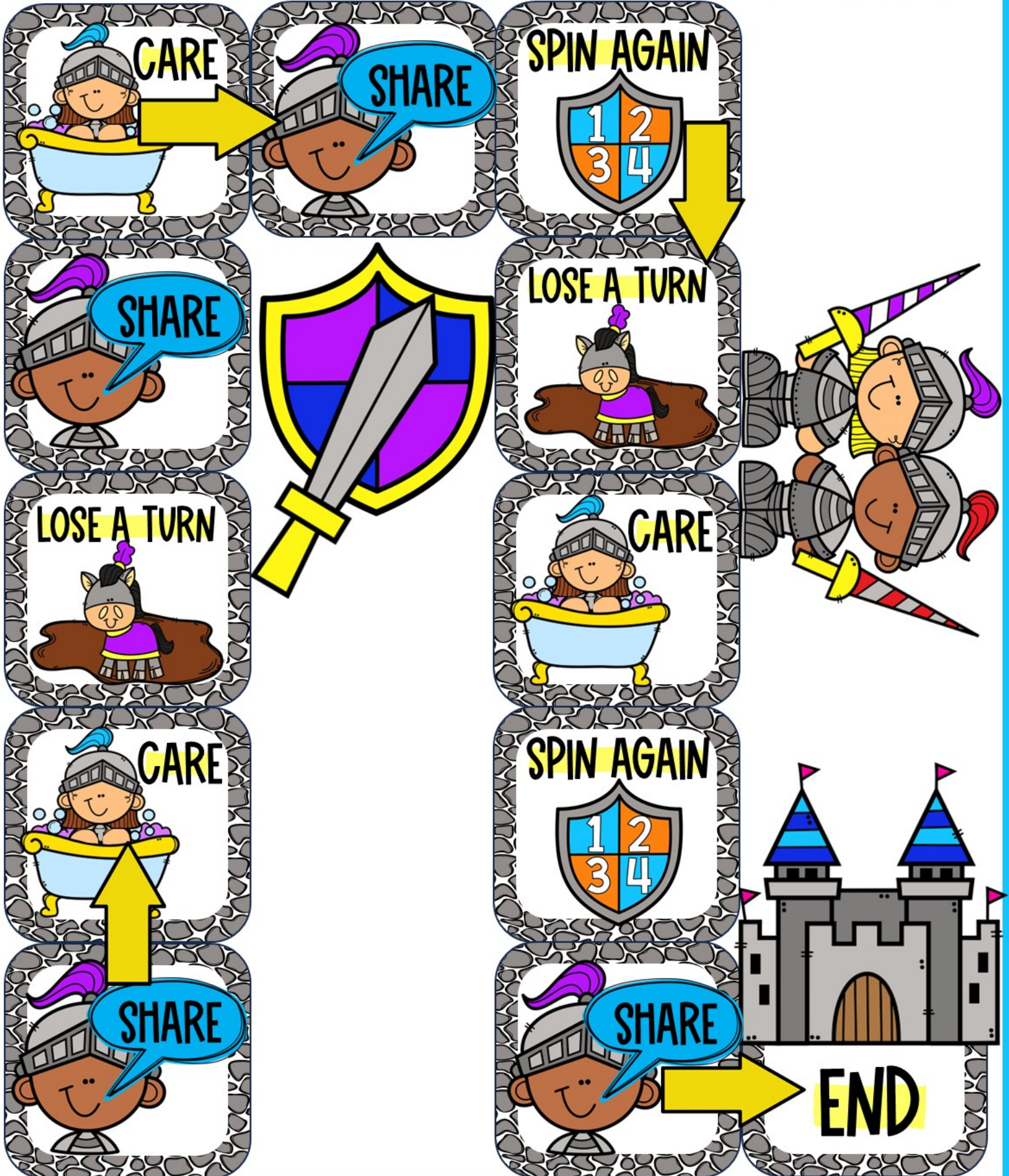
CARE CARD



SHARE CARD



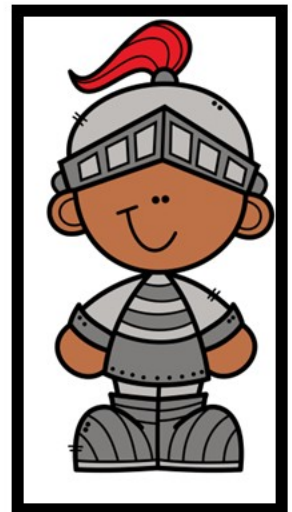
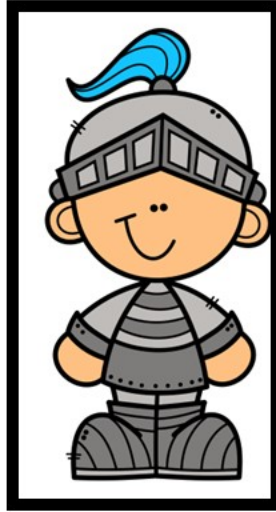
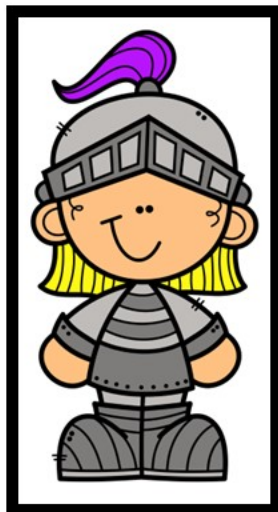
for Clean Armor



Spinner



Game
pieces



CARE CARD



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CARE CARD



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C
A
R
E
C
A
R
D

What is
personal
hygiene?



C
A
R
E
C
A
R
D

Why is hygiene
important?



C
A
R
E
C
A
R
D

What is one way
to take care of
your teeth?



C
A
R
E
C
A
R
D

What is one way
to take care of
your hair?



CARE CARD



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CARE CARD



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CARE CARD



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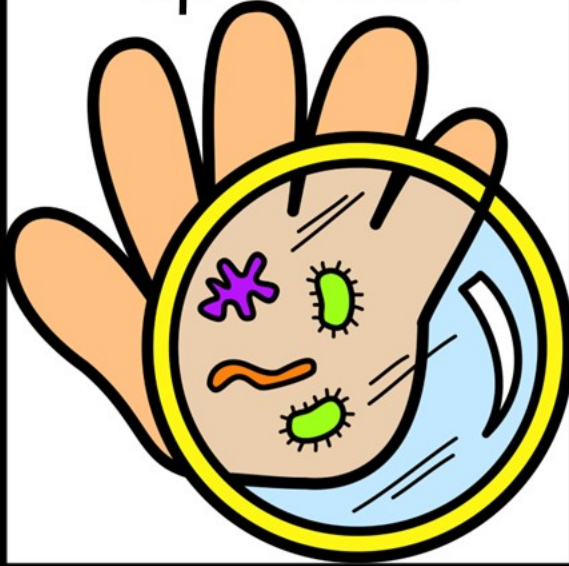
CARE CARD



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C
A
R
E
C
A
R
D

How do
germs
spread?



C
A
R
E
C
A
R
D

Why is hand
washing important?



C
A
R
E
C
A
R
D

How often should
you brush your
teeth?



C
A
R
E
C
A
R
D

How often should
you take a
shower or bath?



CARE CARD



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C
A
R
E
C
A
R
D

Describe the steps for how to wash your hands.



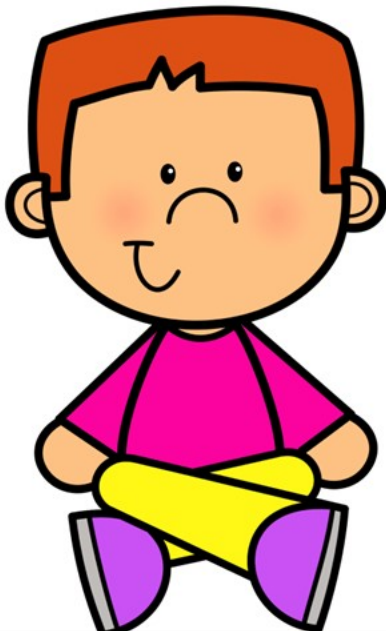
C
A
R
E
C
A
R
D

Why is it important to cover your cough?



C
A
R
E
C
A
R
D

Why is it important to cover your sneeze?



C
A
R
E
C
A
R
D

How can you take care of your fingernails?



CARE CARD



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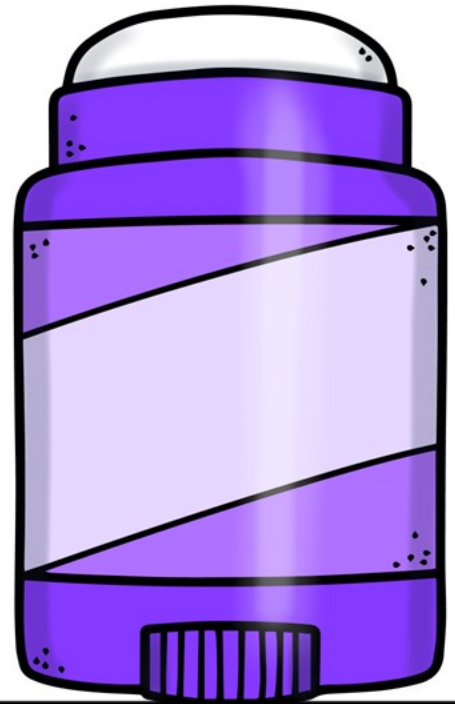
C
A
R
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C
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R
D

Why is wearing
clean clothes
important?



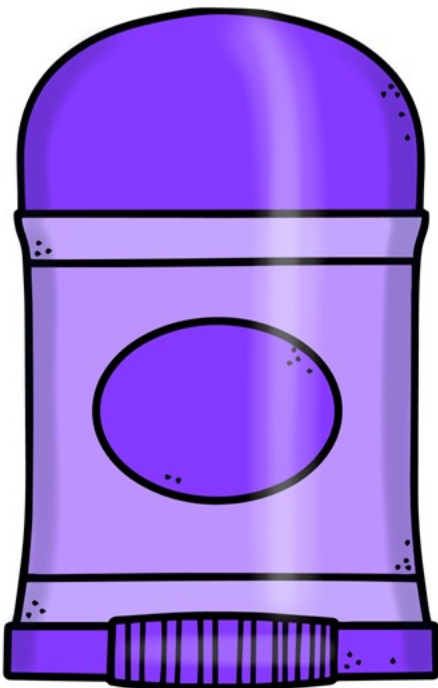
C
A
R
E
C
A
R
D

What is
deodorant?



C
A
R
E
C
A
R
D

How is deodorant
helpful?



C
A
R
E
C
A
R
D

How can you take
care of your
skin?



CARE CARD



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CARE CARD



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C
A
R
E
C
A
R
D

How can you
have fresh
breath?



C
A
R
E
C
A
R
D

How can you take
care of your
ears?



C
A
R
E
C
A
R
D

How can you take
care of your
toenails?



C
A
R
E
C
A
R
D

How often should
you wash your
hands?



SHARE CARD



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SHARE CARD



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SHARE CARD



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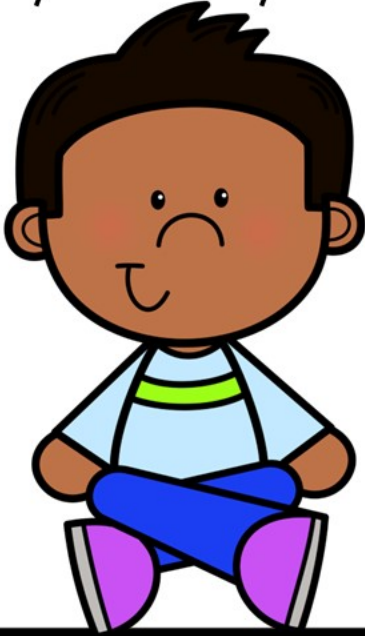
SHARE CARD



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S
H
A
R
E
C
A
R
D

Is hygiene important to you?
Why or why not?



S
H
A
R
E
C
A
R
D

Do you bathe in the morning or night?



S
H
A
R
E
C
A
R
D

How do you take care of your hair?



S
H
A
R
E
C
A
R
D

Do you like to take a shower or bath?



SHARE CARD



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SHARE CARD



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S
H
A
R
E
C
A
R
D

How do you take care of your skin?



S
H
A
R
E
C
A
R
D

What are your most important hygiene habits?



S
H
A
R
E
C
A
R
D

Which flavor of toothpaste do you like?



S
H
A
R
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C
A
R
D

Are baths relaxing or fun for you?



SHARE CARD



SHARE CARD



SHARE CARD

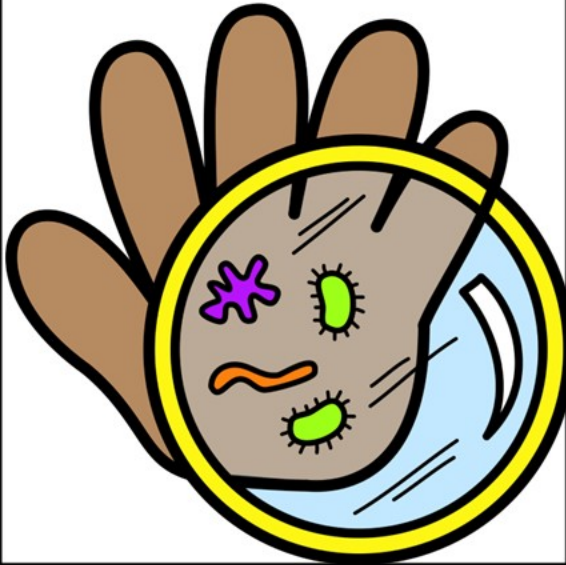


SHARE CARD



S
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D

What do you do to prevent the spread of germs?



S
H
A
R
E
C
A
R
D

How do you take care of your teeth?



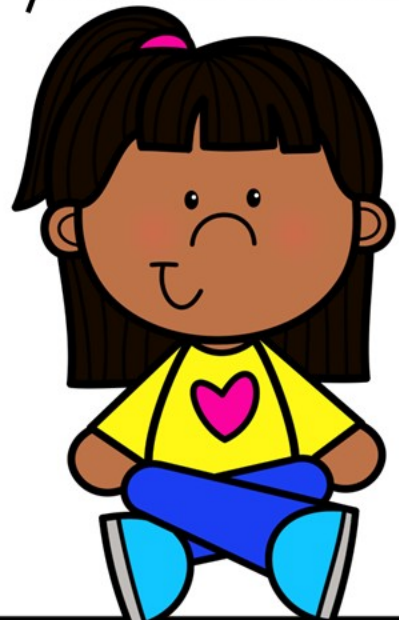
S
H
A
R
E
C
A
R
D

Show the group how to cover your cough.



S
H
A
R
E
C
A
R
D

Show the group how to cover your sneeze.



SHARE CARD



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SHARE CARD



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S
H
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R
D

What could happen if you don't practice good hygiene?



S
H
A
R
E
C
A
R
D

Is hygiene important in your family? Explain.



S
H
A
R
E
C
A
R
D

Which scent of soap do you like best?



S
H
A
R
E
C
A
R
D

Which parts of your body need regular cleaning?



SHARE CARD



SHARE CARD



SHARE CARD



SHARE CARD



S
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C
A
R
D

How can you practice good hygiene at school?



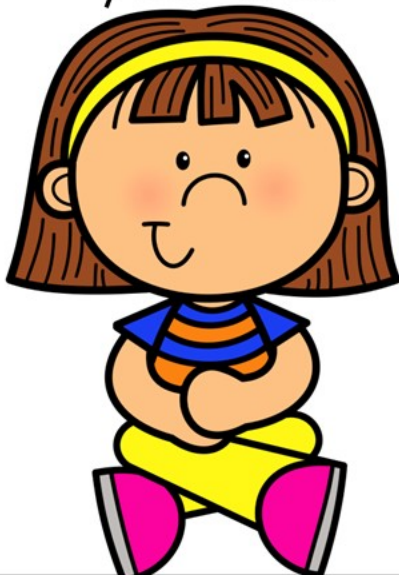
S
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How can you practice good hygiene at home?



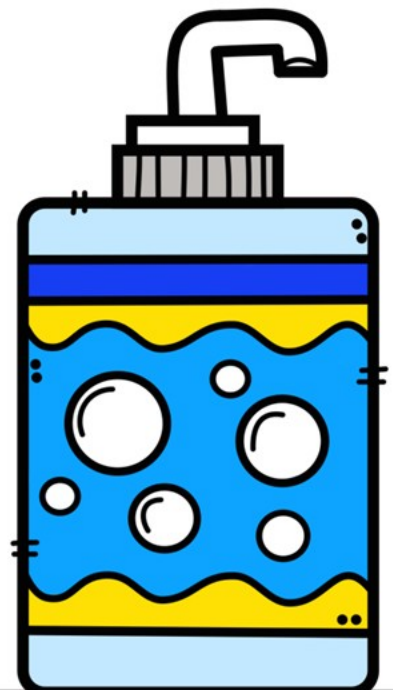
S
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C
A
R
D

What is a healthy habit that you would like to add to your life?



S
H
A
R
E
C
A
R
D

When do you use hand sanitizer?



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