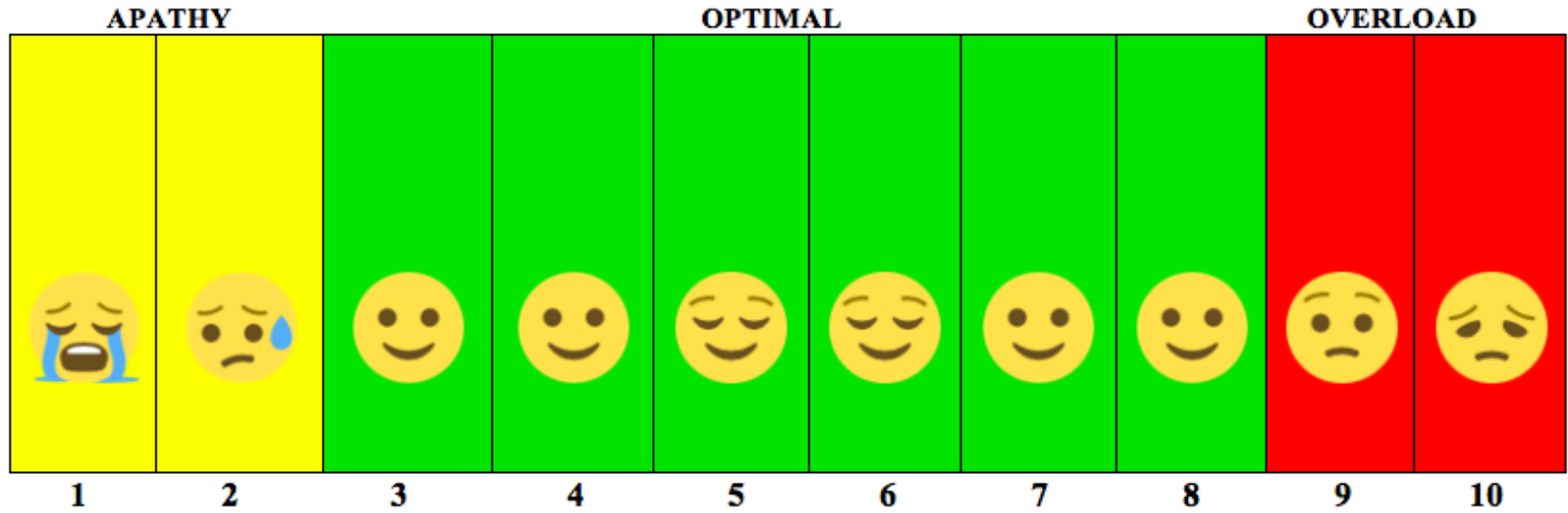
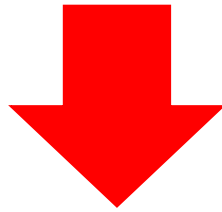


Know Before You Go

The Board Game

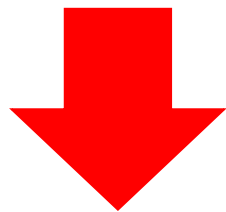
Optimal Stress



Charley

You are female. You have a very high athletic ability, but you struggle academically.

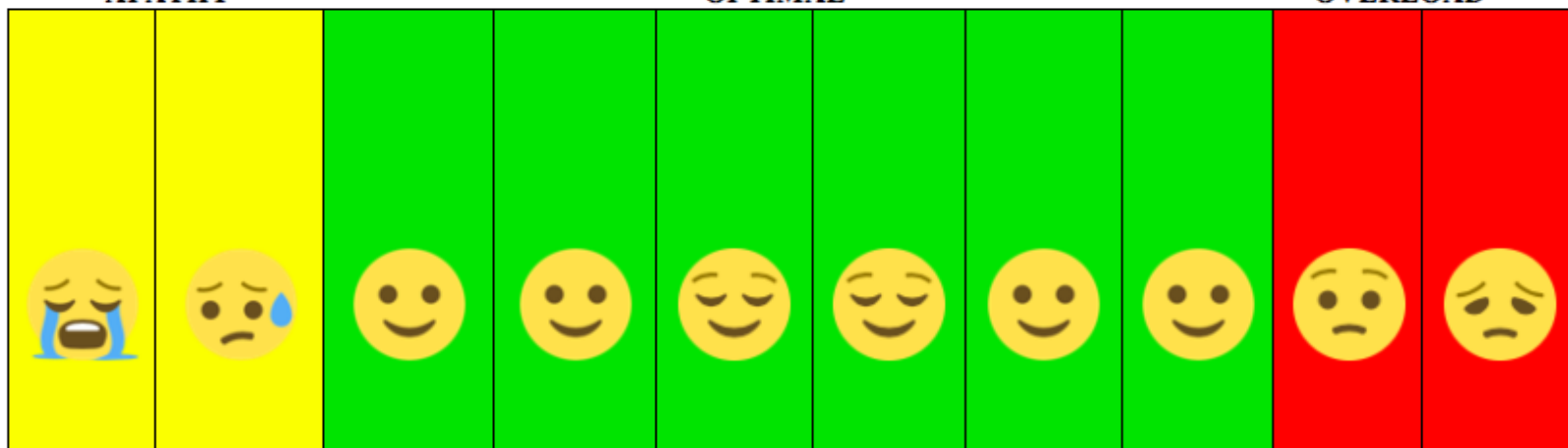
Apathy



APATHY

OPTIMAL

OVERLOAD



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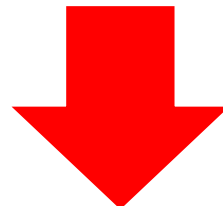
9

10

Charley

You are female. You have a very high athletic ability, but you struggle academically.

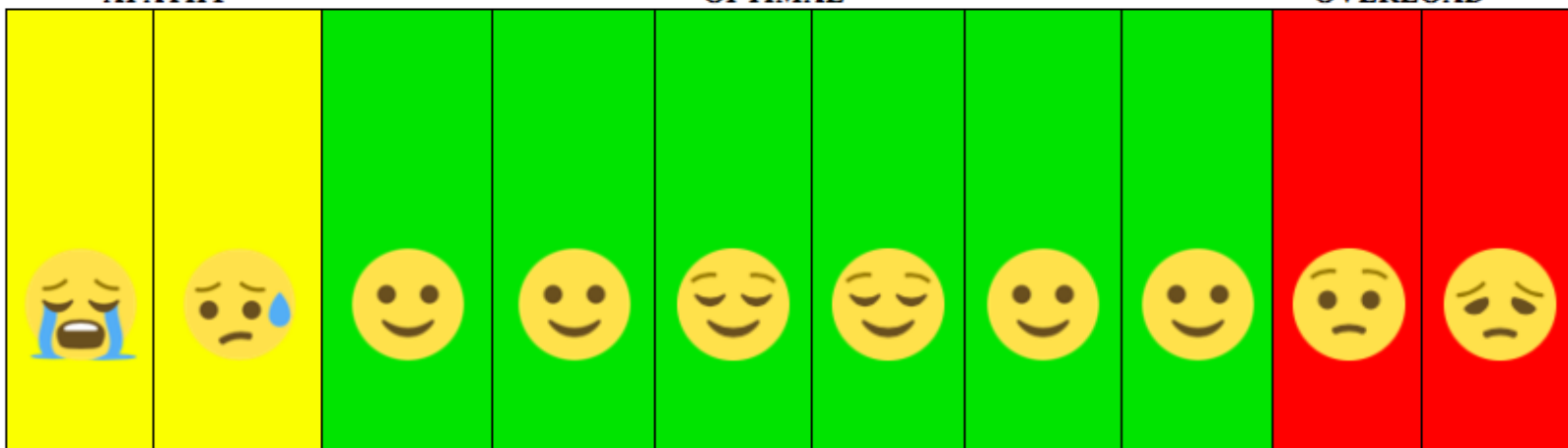
Overload



APATHY

OPTIMAL

OVERLOAD



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Charley

You are female. You have a very high athletic ability, but you struggle academically.

Questions?

Know Before You Go is a collaborative board game, meaning that you must work together in order to win. You win the game when all players graduate from high school (in the game!). The game takes place over five rounds of play, similar to the four terms and final exams you will all experience in this final year of high school. One round is completed when each player has had a chance to play. The fifth round represents your final exams, and is played differently than the previous four rounds. At the end of the fifth round of play all game players must be in the optimal stress zone (the green zone) to win. To be in the optimal stress zone, you must earn and share resources (trivia cards). You earn these resources in the first four rounds of play.

In the fifth and final round-the final exam round-SIX event cards are drawn, and they affect the entire group. You can then share your resources among you to help one another be in the optimal stress zone (the green zone) so that you can ALL graduate or, win the game! Remember, to win you must ALL graduate or be in the optimal stress zone (the green zone). Good luck!

Game Contents

- 1 board
- 10 dice
- 10 coloured pairs of place markers
- 10 stress scales (character cards)
- Event Cards
- Trivia Cards
- Hallway Cards
- 1 timer

Setting up to Play:

1. Set up the board and place each deck of cards next to the board.
2. Each player chooses ONE stress scale (character card), TWO game pieces, and ONE die.
3. Each player places ONE game piece in the center of optimal stress (green zone) on their stress scale and ONE game piece in any room on the board.
4. Choose one player to roll first.

How to Play:

On your turn:

Roll the die and move in any direction around the board.

If you land in a room:

1. Have another player pick up a Trivia Card and read you the question.
2. Once the card is read aloud, start the timer. You have one chance to answer the question correctly. If you are unsure, you may consult *Know Before You Go* by using the corresponding page number on the question card, but only if you have not yet guessed the answer.
3. If you answer the question correctly, keep the card. If you do not answer the question correctly, return the card to the bottom of the deck.
4. If your game piece lands at any square that is touching the swinging door to a room, you may advance inside of the room.

If you land on a white space:

1. Draw a **Hallway Card**.

Hallway cards come in three different forms:

- **Go to Room Card**: these cards specifically tell you to go to a room and draw a certain amount of trivia cards.
- **Positive/Negative Hit Card**: these cards are designed to move your character up and down their stress scale.
- **Event Card**: these cards instruct you to pick up an event card, which you will then play through. The event card affects all players.

If you draw a **Go to Room Card**, follow the instructions on the card.

If you draw a **Positive/Negative Hit Card**, follow the instructions on the card.

If you are asked to draw an **Event Card**:

- Event cards affect all players. They are designed to represent everyday challenges or experiences in life.
- Begin by reading aloud the introductory paragraph
- Next, everyone rolls their dice
- Players must then follow the outcome on the event card based on the number rolled on their dice.

The next player takes their turn

After everyone has a turn, one round has been completed:

- Check-in with one another.
- Take note of which zone everyone is in. Is anyone still in optimal stress?
- After the check-in, continue onto the next round thinking about how you might use or share your resource cards in round five to help everyone be in the optimal stress zone (the green zone).

After four rounds of the game:

1. Play the final, fifth round which represents your final exams. During this round, no one moves around the board and no one collects any resources.
2. Each player takes a turn drawing and playing an Event Card, up to SIX event cards. Remember, the results of the Event Card apply to all players.
3. Once all six event cards have been played, check-in with one another to see where everyone is at on their stress scale. At this time, any player can “spend” (or use) any trivia card to help themselves or others reach the green zone of optimal stress. Use any trivia cards necessary to get everyone into optimal stress (green zone). Once you use the trivia card, you must return it. **Each trivia card spent is equal to +/- one stress point.**
4. If you have collected and shared enough resources to get everyone into the optimal stress zone (the green zone), congratulations, you have all won the game and graduated from high school!

Card Specifics

Stress Scales:

- Include a character name and description.
- The scale includes three zones. Each zone represents a different level of stress.
- Apathy (yellow) ; This represents a time when you perhaps don't put enough effort into things you know you should be doing, resulting in you falling behind in your school work. You are not stressed enough, and it is problematic for you.
- Optimal Stress (green) ; This is what we call the 'sweet spot' of stress. There is just enough stress to encourage you to be productive and complete tasks appropriately.
- Overload (red) ; This represents too much stress. There is so much stress in your world that you are no longer able to function productively. You need assistance to return to optimal stress.

Event Cards:

- Contain scenarios and consequences relevant to high school experiences. They are loosely based from situations in *Know Before You Go*, but are also general examples of lived experiences.
- The consequences related to each event are determined by each player's dice roll.
- Each player reads the event card they have drawn. The entire event card must be read aloud.
- The event card and its' consequences apply to everyone.

Trivia Cards:

- Each trivia card is a question about content from *Know Before You Go*. Each question follows the format of multiple choice, true or false, or fill in the blank. Each card contains a page number corresponding to *Know Before You Go* that a player may use to access the text while answering the question. If you answer the question correctly, you keep the card. If not, you replace the card at the bottom of the pile.
- Each trivia card is worth +/- one stress point. If you are in apathy (yellow), move up the indicated number of stress points towards optimal stress (green). If you are in overload (red) move down the indicated number of stress points towards optimal stress (green). In other words, move the direction you need to in order to head towards the green zone of optimal stress.

Time to Play!