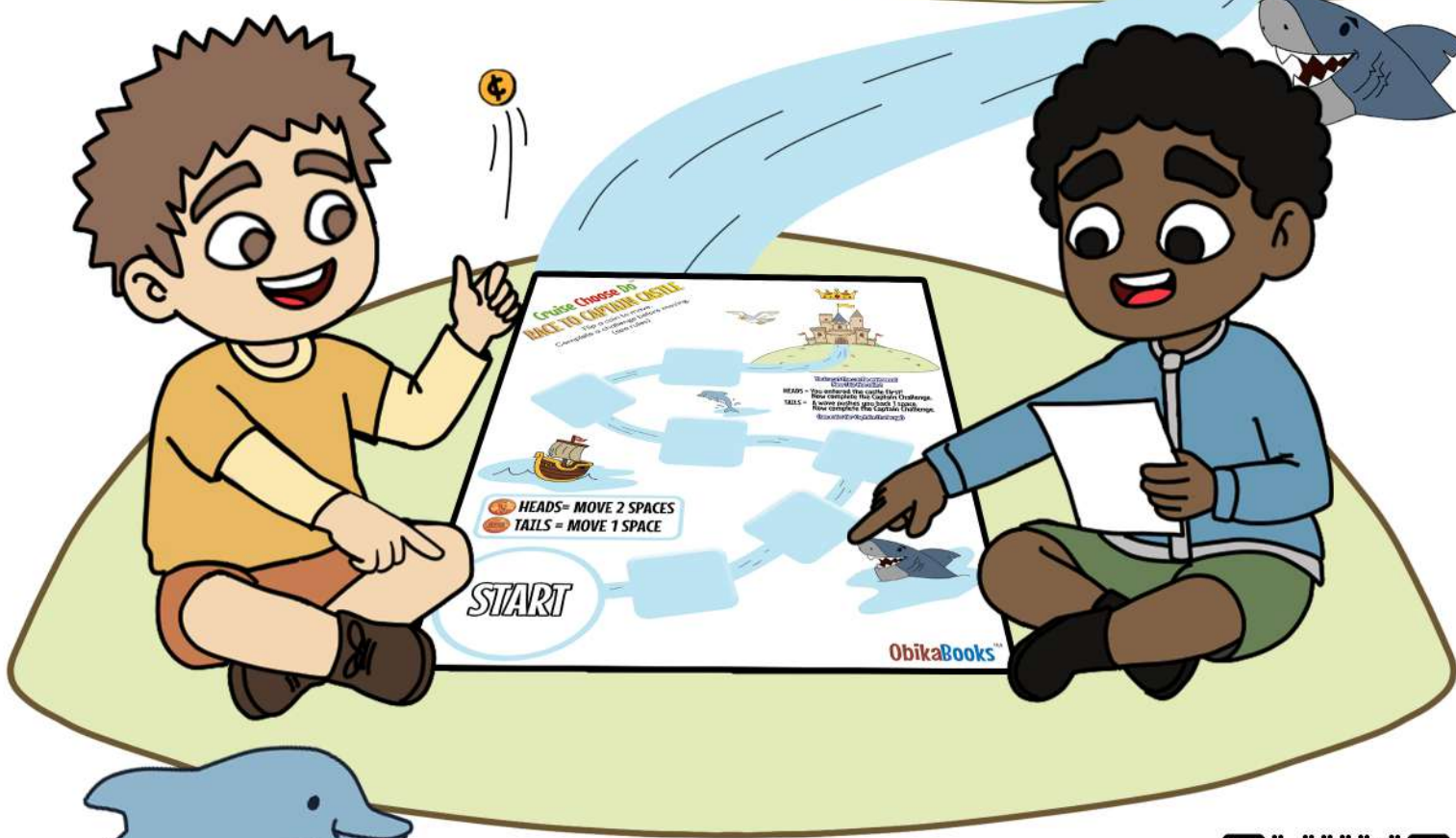


Cruise Choose Do™: The Game

Race to Captain Castle

A Printable Family Game for Ages 4+



Practice making safe, healthy choices while racing to become a **Cruise Choose Do™** captain!



Explore social emotional support tools, activities, and children's stories at obikabooks.com

How to Play

Goal



Be the first player to enter Captain Castle.
Then complete the Captain Challenge to become
a **Cruise Choose Do** Captain!

Supplies



- 1 coin
- 1 game piece to use as the boat for each player (coin, button, etc.)
- The game board page (provided in the game)
- A challenge list (provided in the game)

Setup

1. Place all game pieces on START.
2. Decide which game mode you want to play

Who goes first?



1. One player chooses Heads or Tails and flips the coin.
 2. If the coin lands on the side they chose, that player goes first.
 3. The player who goes first chooses which challenge to start with.
 4. After the first challenge, use the challenges in order.
- After the last challenge, start again with the first challenge.

Taking a Turn



1. Complete a challenge.
2. Flip a coin.
3. If Heads, move 2 spaces.
4. If Tails, move 1 space.

When You Reach Captain Castle

Immediately flip the coin again.

If Heads: Complete the Captain Challenge.
If Tails: A wave pushes your boat back one space.

If a wave pushes your boat back one space:
when your next turn comes,
immediately flip a coin and move.



Captain Challenge

1. Choose one challenge you answered during the game. What might you feel if that situation happened to you?
 2. What is one more safe, healthy choice you could make? Your second choice must be different from the choice you gave earlier.
- Complete both questions then turn to the Captain Crown page.

Examples of what you might feel:

- Happy • Sad • Angry • Scared • Worried • Proud
- Excited • Frustrated • Disappointed • Nervous
- Surprised • Jealous • Embarrassed • Calm
- Lonely • Confused • Bored • Grateful • Hopeful



RULES (GAME MODES)

Training Challenge Mode



During the game:

On each turn, read the next Training Challenge.

The player gives one safe, healthy choice they could make if that situation happened.

If the player gives a safe, healthy choice, move the number of spaces shown by the coin. There may be more than one safe, healthy choice.



Family Challenge Mode

Before you play

A parent or caregiver writes situations your child experiences at home on the Family Challenge page.



During the game:

On each turn, read the next Family Challenge.

The player gives one safe, healthy choice they could make.

If the parent decides the answer fits your family's expectations, the player moves the number of spaces shown by the coin.

There may be more than one safe, healthy choice.

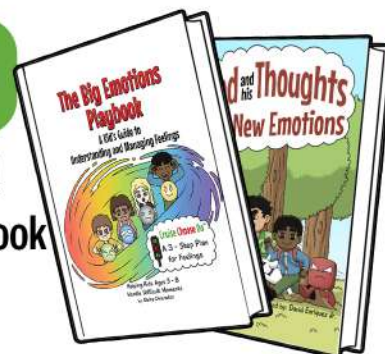
Parents decide which answers fit their family's rules.



ObikaBooks Challenge Mode

Answer the question correctly to move your boat!

Tip: Reading ObikaBooks like The Big Emotions Playbook and the Rod Thoughts storybooks can help you answer these questions!



Cruise Choose Do RACE TO CAPTAIN CASTLE™

Flip a coin to move.
Complete a challenge before moving.
(see rules)



You're at the castle entrance!
Now flip the coin!

HEADS = You entered the castle first!
Now complete the Captain Challenge.
TAILS = A wave pushes you back 1 space.
You can try again on your next turn.

(see rules for Captain Challenge)

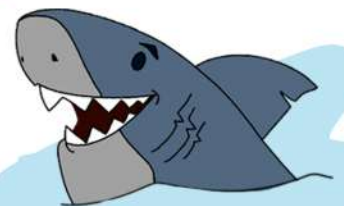


HEADS= MOVE 2 SPACES



TAILS = MOVE 1 SPACE

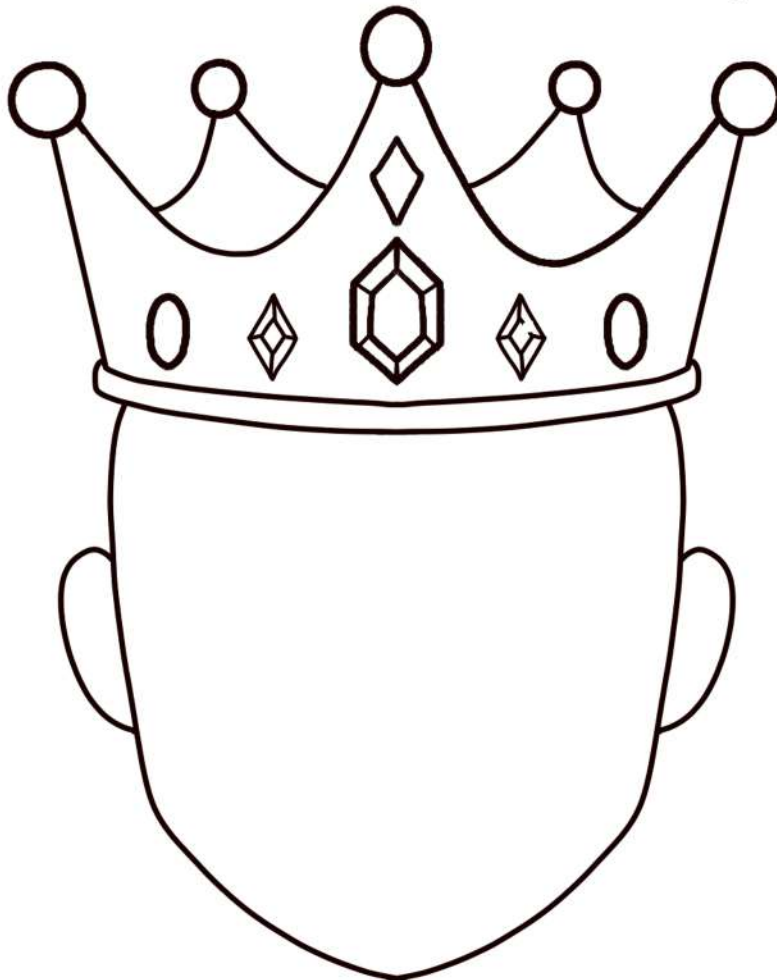
START



YOU DID IT !

Cruise Choose Do Captain Crown!!!

Color your crown and draw yourself in the space below!



Name : _____

Date : _____

Captain Reminder:

What is **Cruise Choose Do** ?



Step 1: Cruise

Notice what is happening
in your body



Step 2: Choose

Take a moment and
consider choices



Step 3: Do

Try a healthy
next step

Training Challenges

What is one safe, healthy choice you could make if...

- 1 you see someone drop their crayons and they can't pick them all up?
- 2 your friend was using a toy you wanted to play with?
- 3 your sibling grabbed a toy you were playing with?
- 4 you lost a game you were trying to win?
- 5 you have to go to the doctor, but you don't want to go?
- 6 your parent asks you to try a food you do not think you will like?
- 7 you asked for something and your parent said no?
- 8 you were at the store and saw a toy you really wanted, but your parent said you were not buying it?
- 9 you built something special and someone accidentally broke it?
- 10 you are playing a game with your friends and you notice someone nearby who doesn't have anyone to play with?
- 11 you made a mistake while drawing, building, or doing schoolwork?
- 12 you tried something new and it was harder than you expected?
- 13 your friend did not want to play the game you wanted to play?
- 14 you wanted to keep watching a show, but it was time for bed?
- 15 you were asked to share something you really liked?
- 16 you had to leave a fun place like the playground, a friend's house, or a party?
- 17 someone said something mean or hurtful to you?
- 18 you were scared to try something new at school?
- 19 you were feeling very upset and wanted to yell, hit, or throw something?
- 20 you wanted to do something now, but you had to wait?



Family Challenges

Create your own **Cruise Choose Do** situations!

Parents and caregivers:

Think about moments your child experiences
often where they may need to notice their feelings,
think about choices, and decide what helps most.



Write your family's situations below. What is one safe, healthy choice you could make if...

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
13	_____
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15	_____
16	_____
17	_____
18	_____
19	_____
20	_____

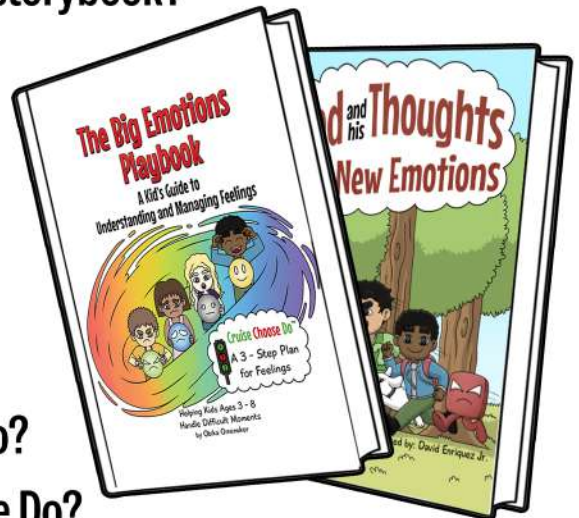
During Family Mode, parents decide if the answer fits your family's expectations.

Remember: there may be more than one safe, healthy choice.

ObikaBooks Challenges

Answer the question correctly to move your boat!

- 1 What pops up in Rod's storybooks?
- 2 Can Rod see his emotions?
- 3 How many emotions pop up in each Rod storybook?
- 4 What color is Rod's Anger emotion?
- 5 What color is Rod's Fear emotion?
- 6 What color is Rod's Sadness emotion?
- 7 What color is Rod's Pride emotion?
- 8 What color is Rod's Anxiety emotion?
- 9 What is the first step of Cruise Choose Do?
- 10 What is the second step of Cruise Choose Do?
- 11 What is the third step of Cruise Choose Do?
- 12 Which Cruise Choose Do step helps you notice body clues?
- 13 Which Cruise Choose Do step helps you think about choices?
- 14 Which Cruise Choose Do step helps you practice a safe, healthy choice?
- 15 Do emotions give us information?
- 16 Does Rod always agree with what his emotions are saying?
- 17 Can emotions be helpful?
- 18 Can people have different body clues for the same emotion?
- 19 Do emotions always last the same amount of time?
- 20 Can you learn something when you use Cruise Choose Do?



Answer Key

1. His emotions 2. Yes 3. Three 4. Green 5. Yellow 6. Blue 7. Orange 8. Gray 9. Cruise
10. Choose 11. Do 12. Cruise 13. Choose 14. Do 15. Yes 16. No 17. Yes 18. Yes 19. No 20. Yes