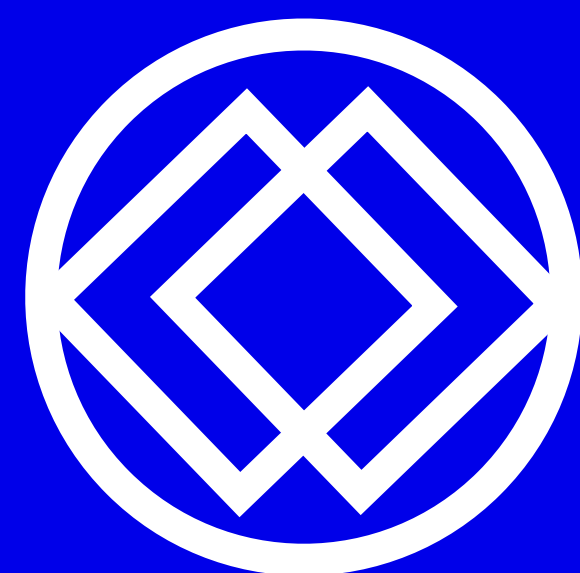


*Reach!*<sup>TM</sup>



**RED**



**BLUE**

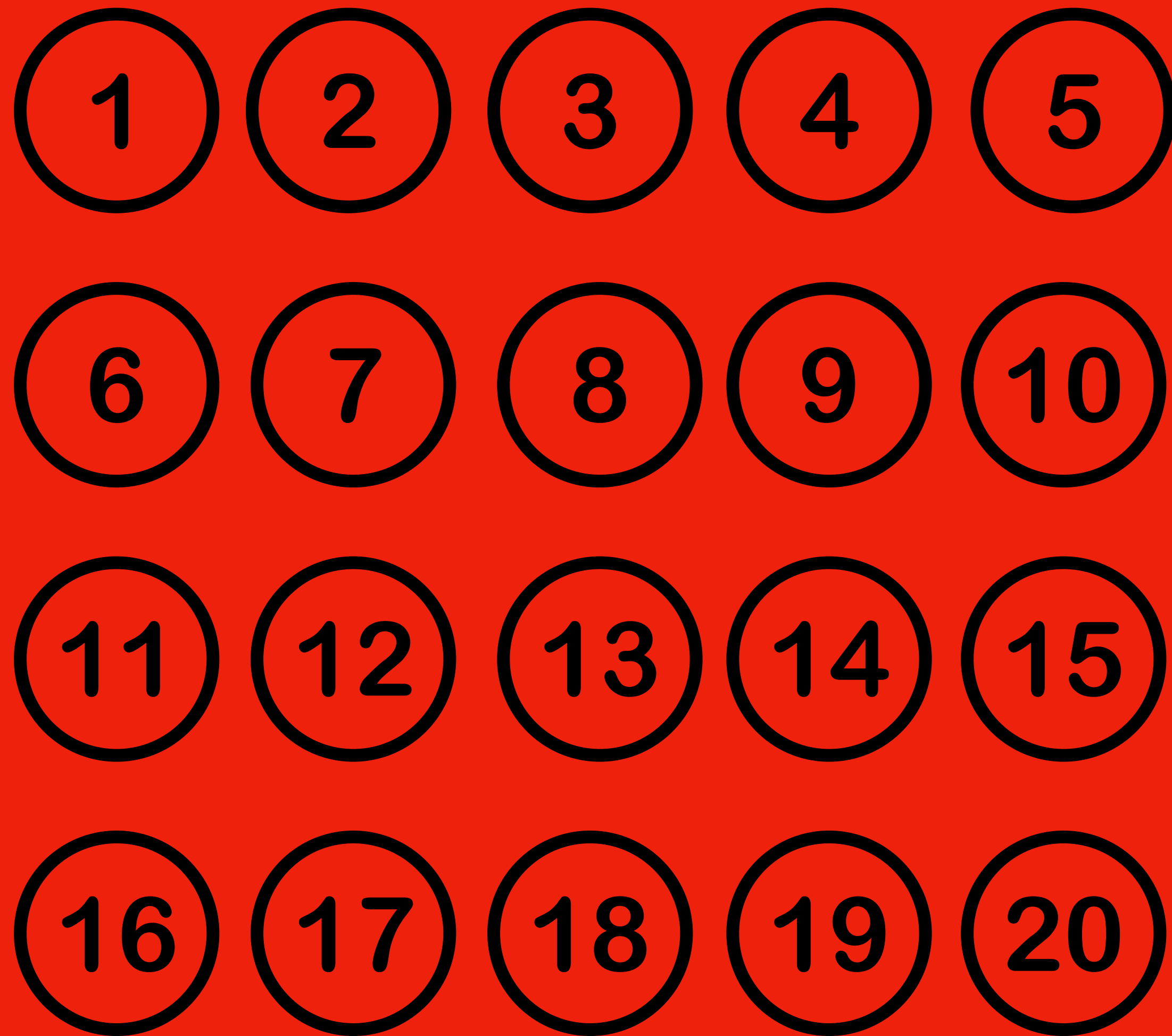


**YELLOW**



**GREEN**

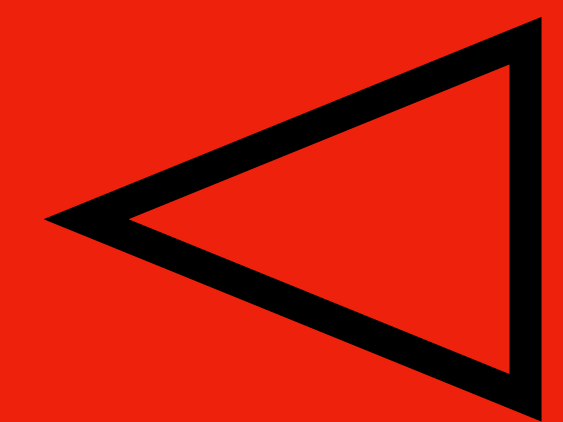
**TAP ON THE COLOUR NAME TO START PLAYING**



**Show appreciation to  
someone for something  
they do or have done for  
you or someone else.**



**Compliment someone  
for something relating  
to their appearance  
(hair, clothes, etc.)**



**Sing a song from a  
happy time!**



**Ask another player to  
compliment you for  
something you do.**



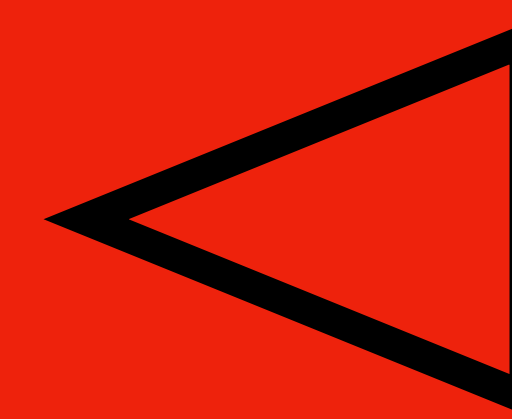
**Share a memory of a gift  
you enjoyed receiving.**



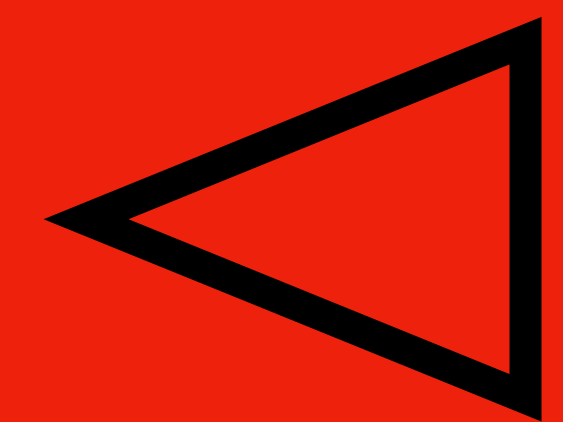
**Tell other players  
about a gift you'd  
like to receive.**



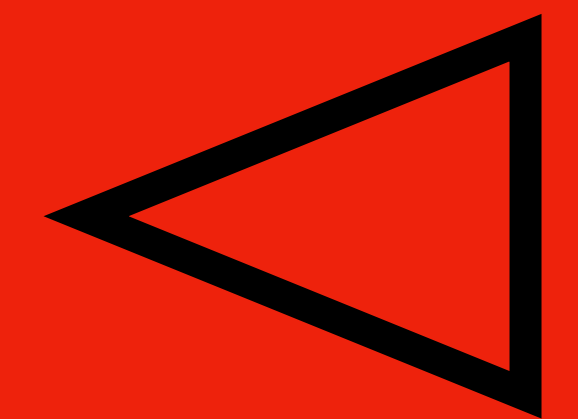
**Tell us about a gift you  
gave to someone.**



**You are king/queen  
for a day!  
What do you ask for?**



**What makes you  
feel happy?**



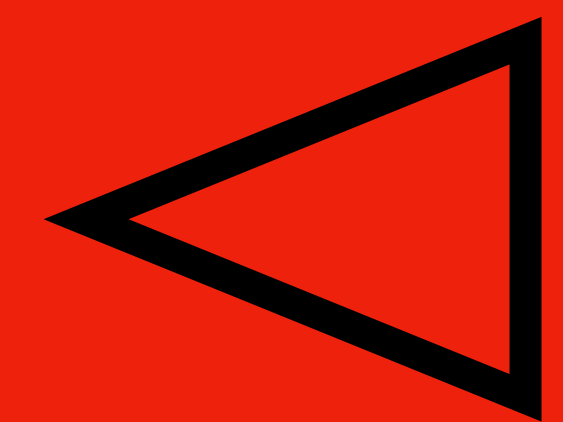
**Ask someone about  
their favourite song and  
what they love about it.**



**You are organising a  
splendid day out.  
Where would you go?**



# **What makes you feel appreciated?**



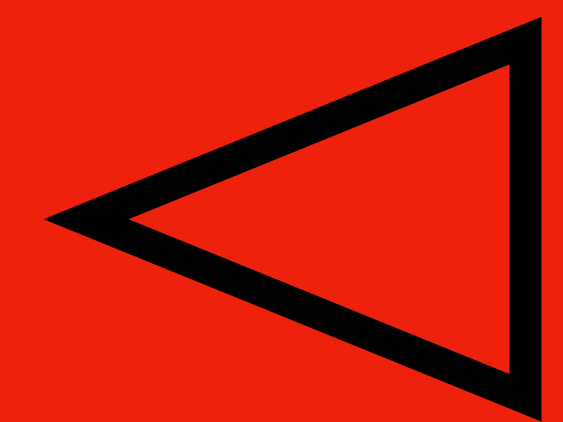
**You are giving a party!**  
**Invite two famous**  
**historical characters.**  
**Who would you invite?**



**Introduce yourself to  
other players as if it was  
the first time!**



**Recount an  
unexpected kindness  
you witnessed.**



**If you had a little bag  
full of magic dust,  
where would you  
sprinkle it?**



**Were you ever moved at  
the cinema?**

**What was the scene  
about?**



**Name three  
qualities you admire  
in another player.**



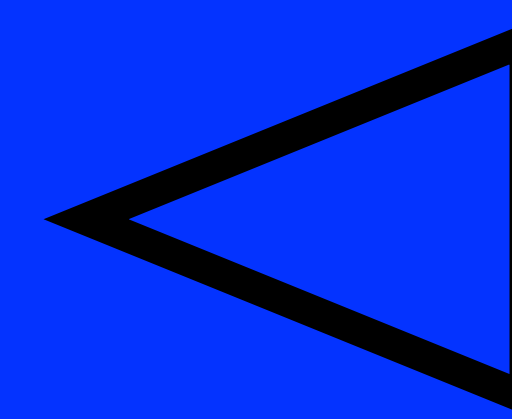
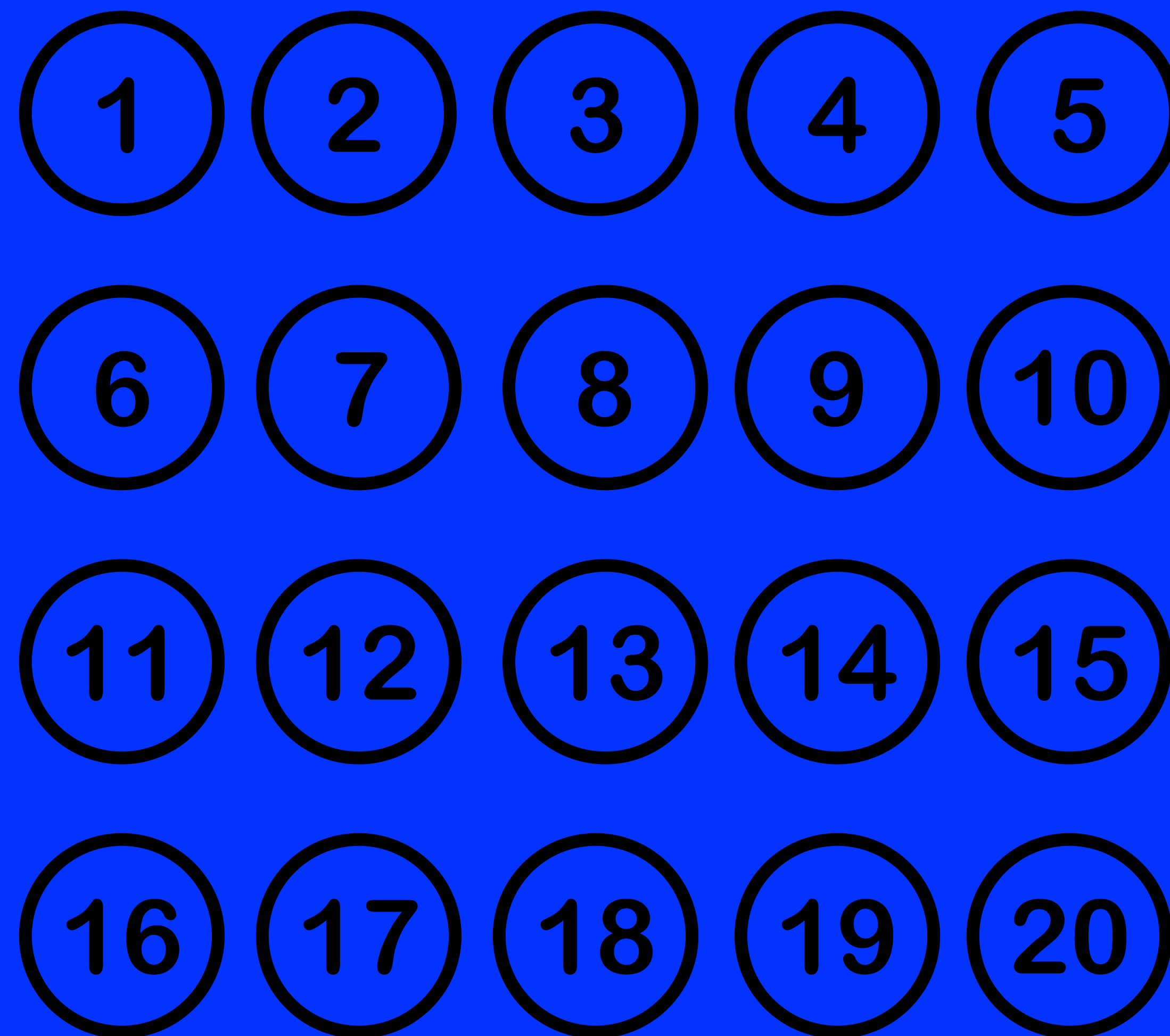
**You have been asked to  
present an award to a  
member of staff.**

**To whom would you give it  
and why?**

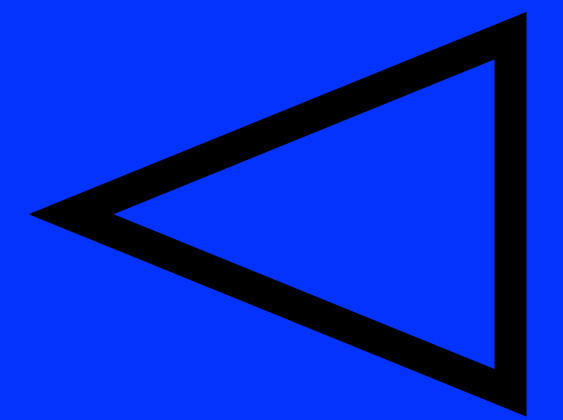


**What do you enjoy doing  
so much that you'd do it  
every day if it was  
possible?**

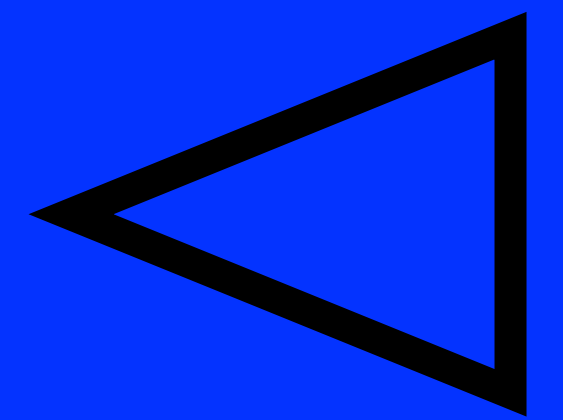




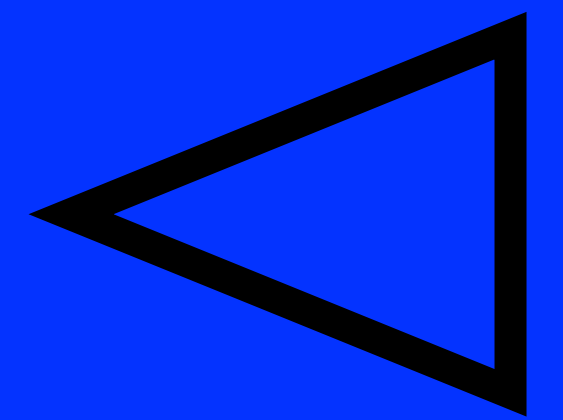
**What do you do well  
and really enjoy doing?  
Teach it to someone.**



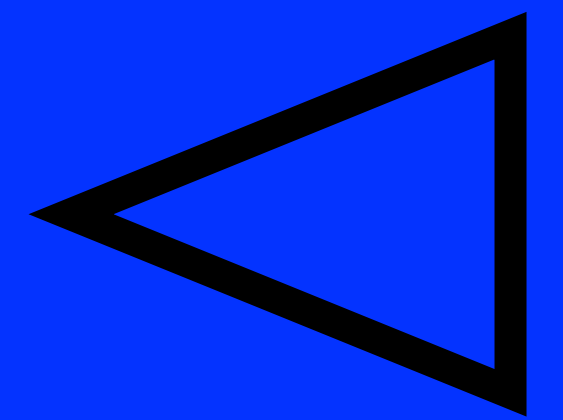
**Teach someone to  
sing a special song  
you love.**



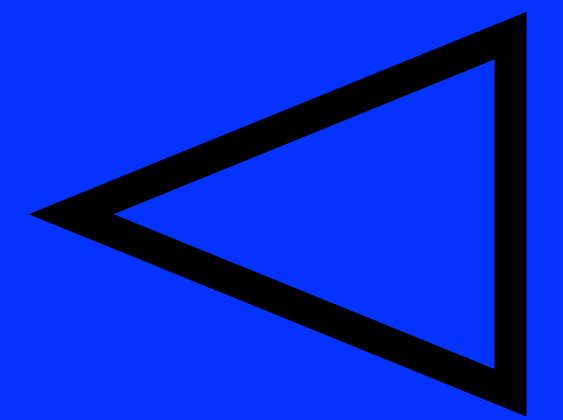
**Do you know a tongue  
twister or a proverb?  
Teach it to another  
player.**



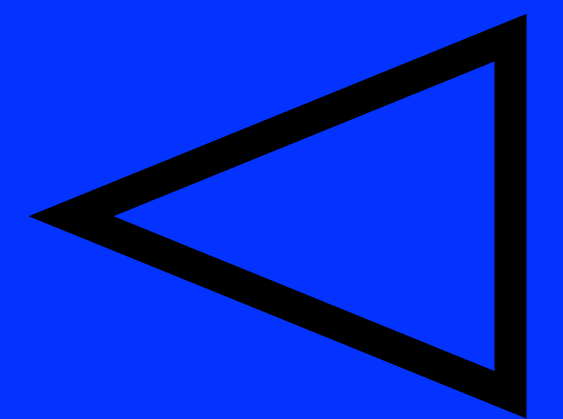
**Teach a poem you  
remember well  
to another player!**



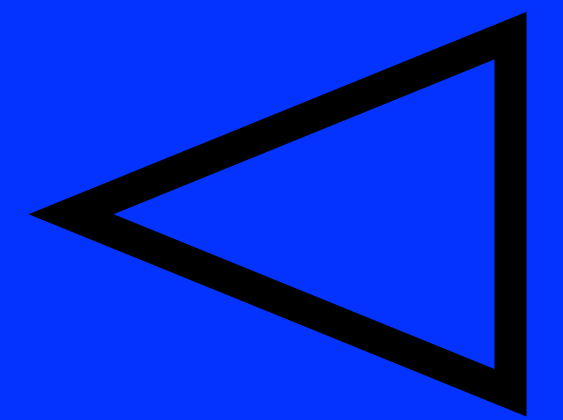
**A member of staff is  
going on a dinner date.  
What recommendations  
would you give him/her?**



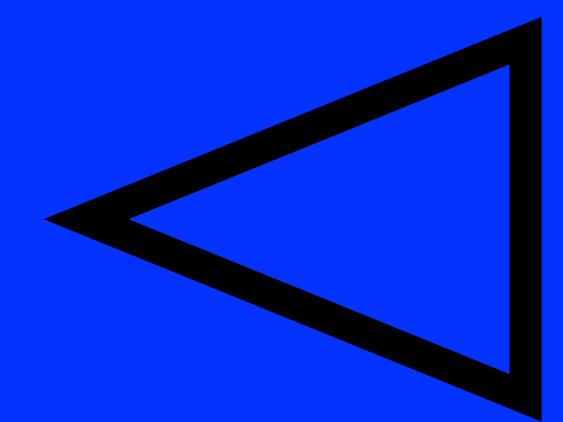
**Learn about the current  
or past working life of  
another player.**



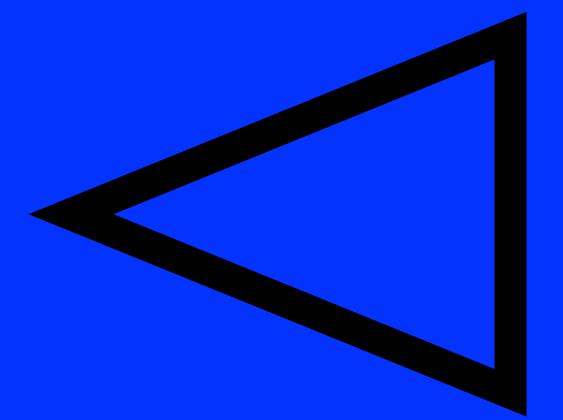
**What would you teach  
a five year old?**



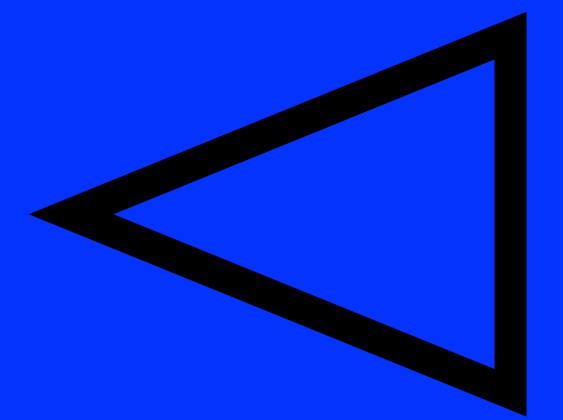
**What was your  
favourite topic in  
school?**



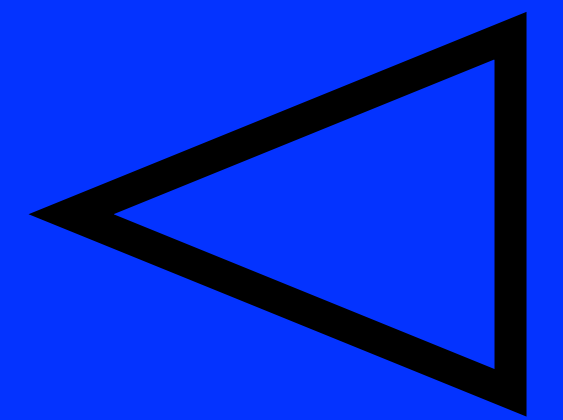
**What are you curious  
about that you don't  
currently know?**



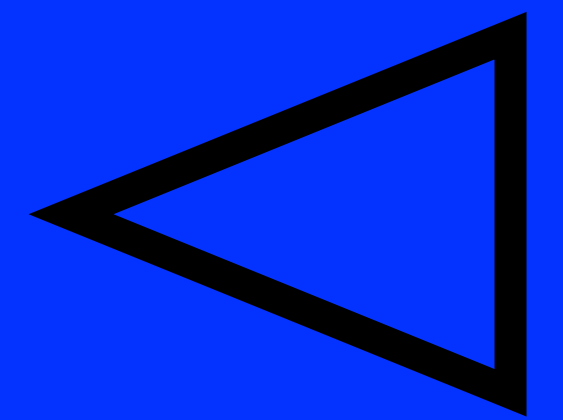
**What are the three  
lessons everyone  
should learn in life?**



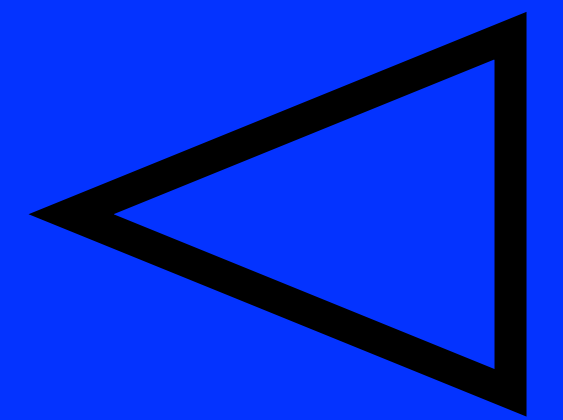
**If you could learn a new  
skill, what would you  
like to learn?**



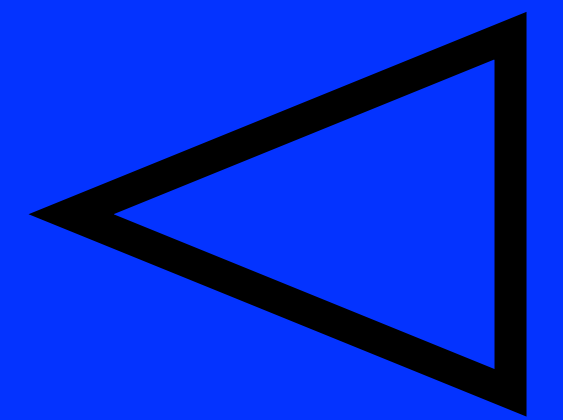
**What's the most  
memorable and inspiring  
book you've ever read?**



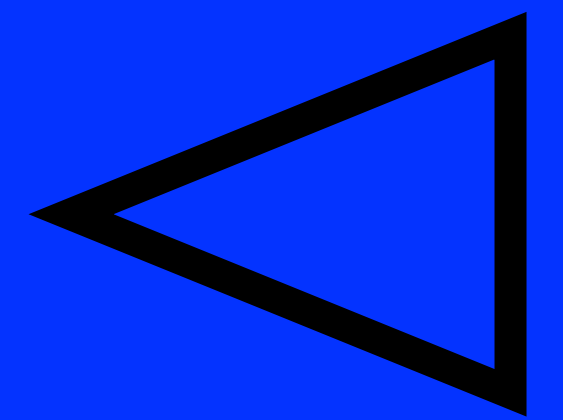
**What's the first thing  
you'd teach to someone  
who just moved into  
your community?**



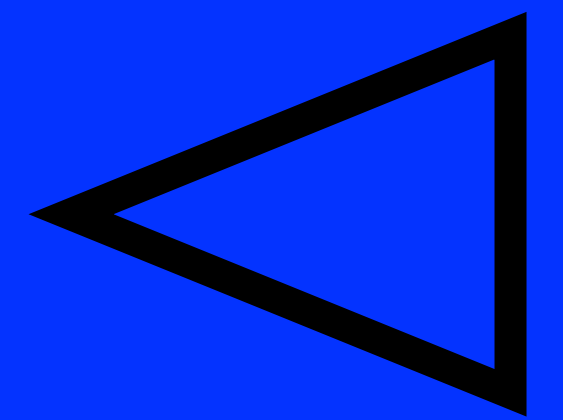
**Ask someone to teach  
you something they  
really enjoy doing.**



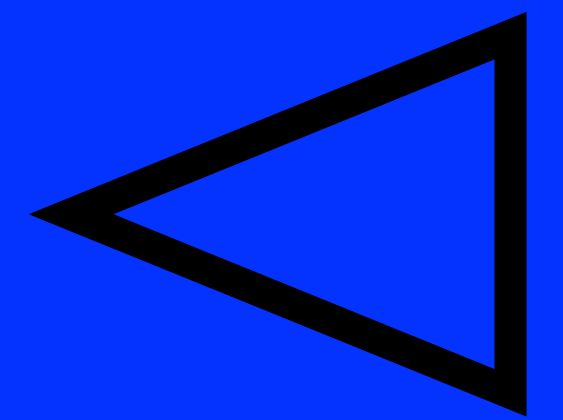
**What would you love to  
teach and to whom?**



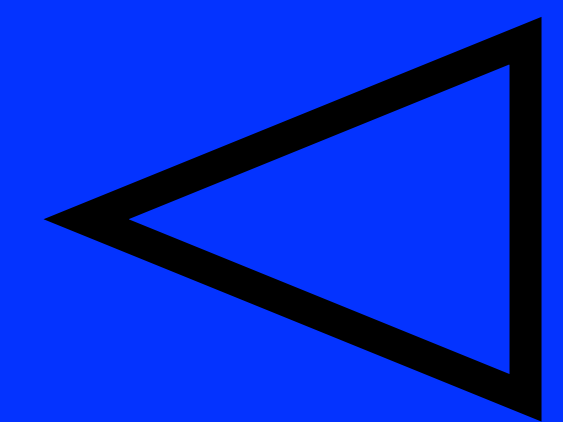
**What advice would you  
give to a newly-wed?**



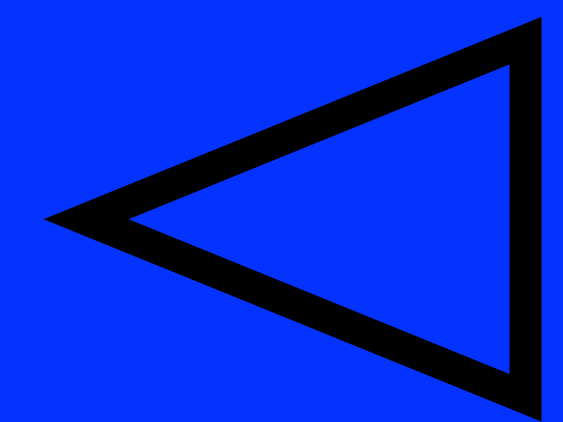
**What advice given to you  
do you treasure the most?**



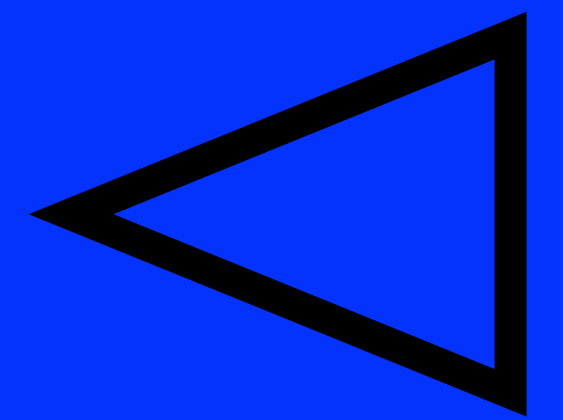
**If a child asked you  
to read them a book,  
which book would  
you pick?**

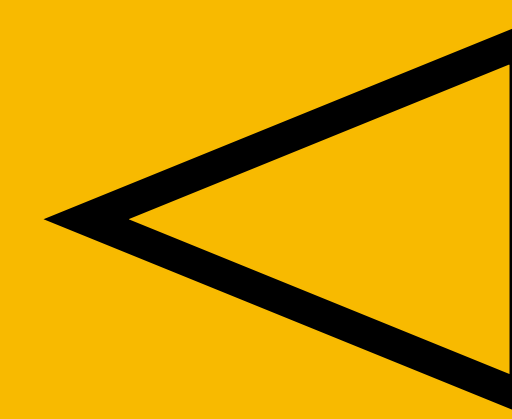
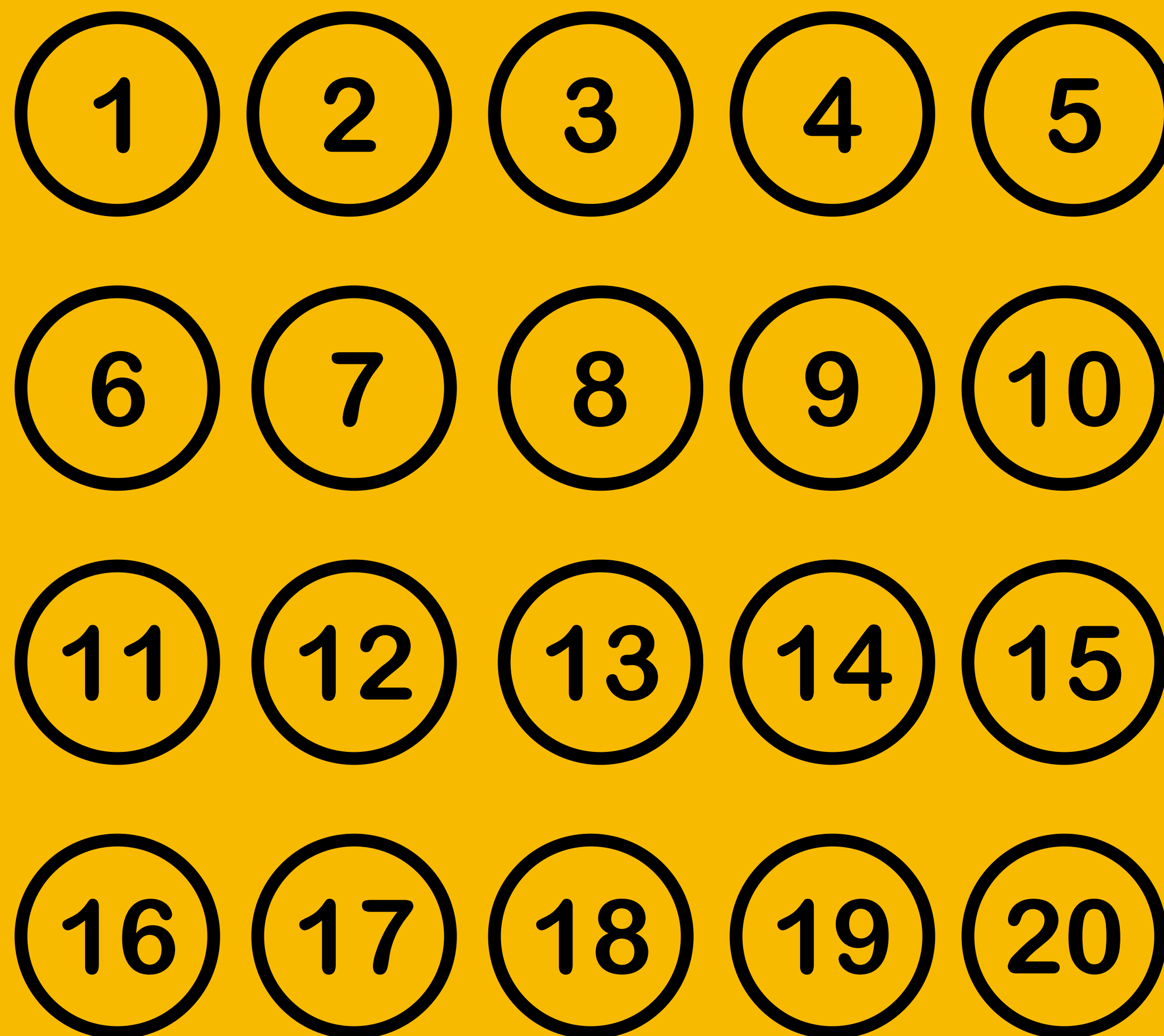


**What was your  
favourite book  
when growing up?**

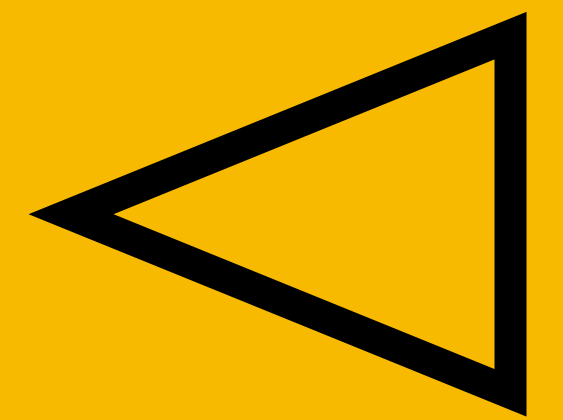


**What's the most  
intriguing fact you've  
ever heard?**

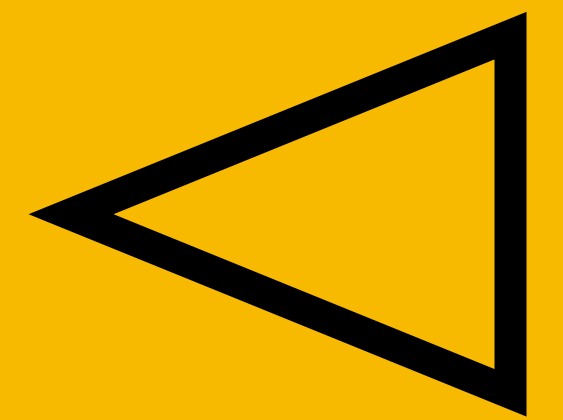




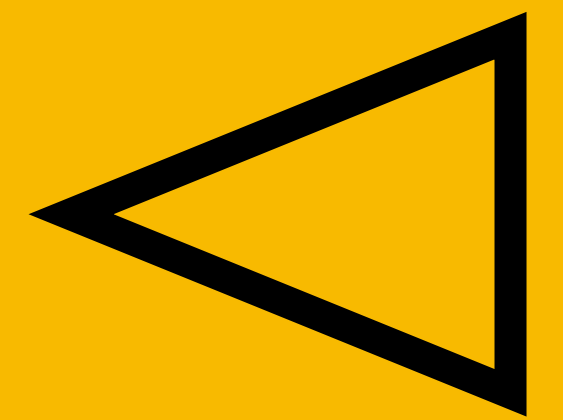
**What's the most  
treasured memory you'd  
like to share with us?**



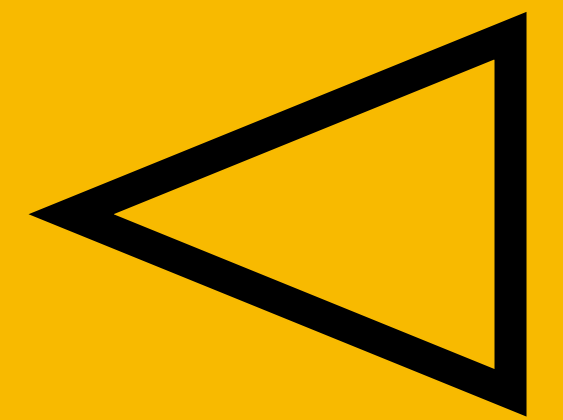
**Express gratitude for  
something you have in  
your life today.**



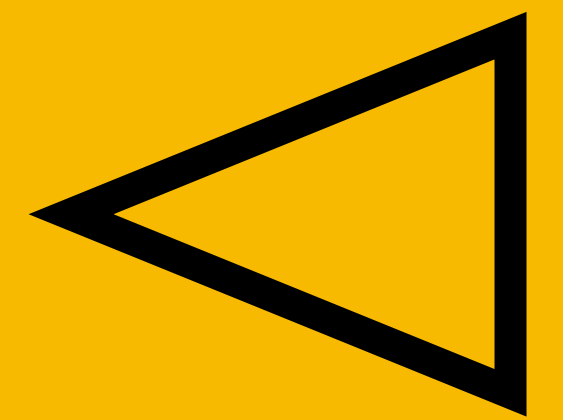
**Name three things in  
your life you have been  
grateful for.**



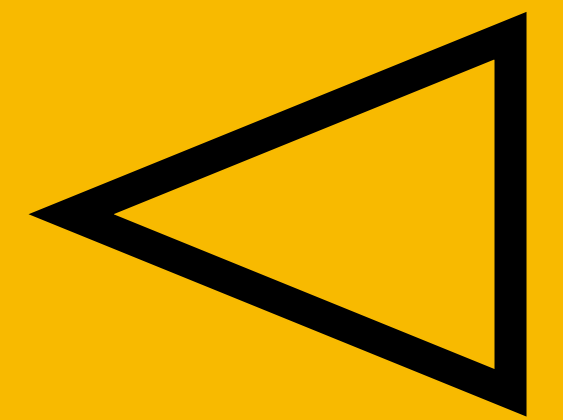
**Describe a place that  
makes you feel happy.**



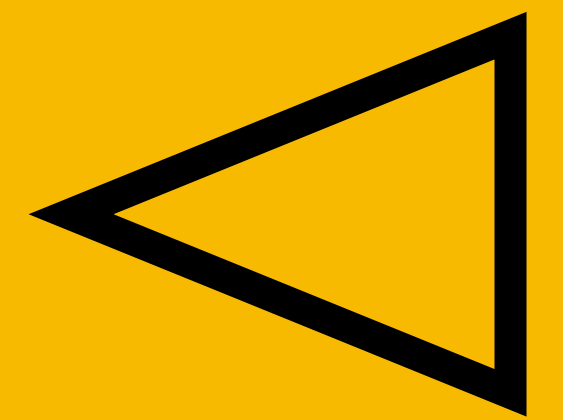
**Share a story of  
reconciliation you once  
read or heard about.**



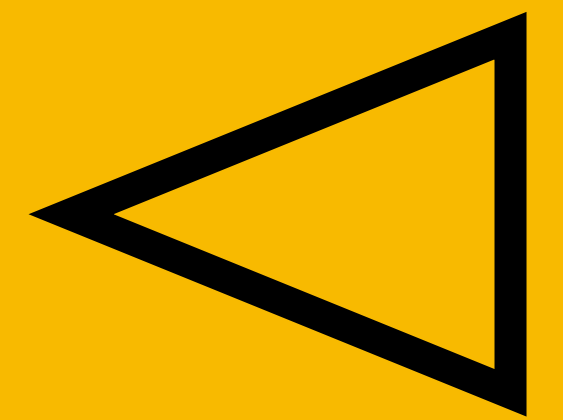
**Talk about your favourite  
religious festival.**



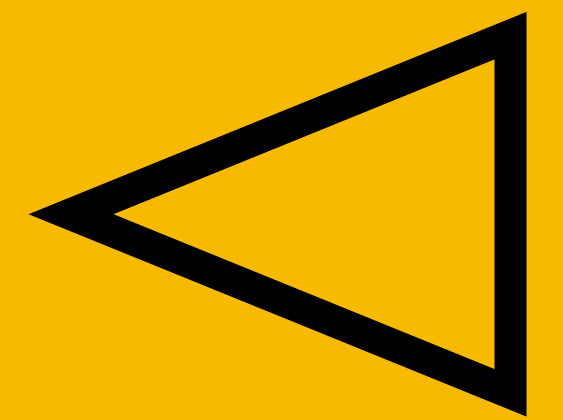
**Ask someone to  
express gratitude for  
someone they have in  
their life.**



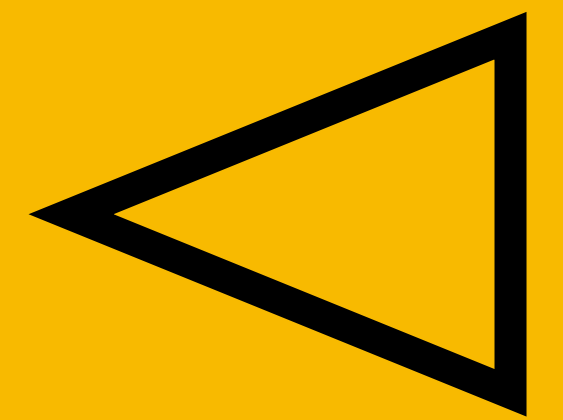
**Lead the group in taking  
three slow breaths.  
How do you all feel?**



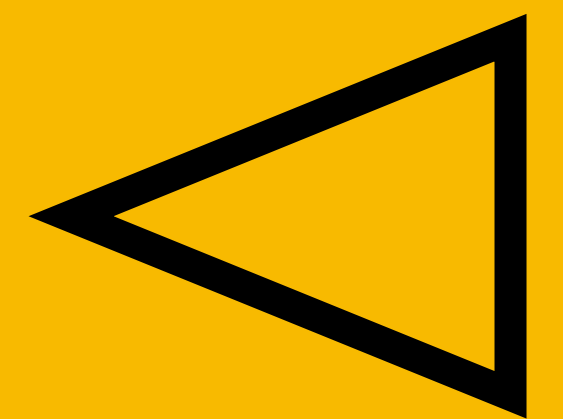
**What is your  
favourite colour  
and why?**



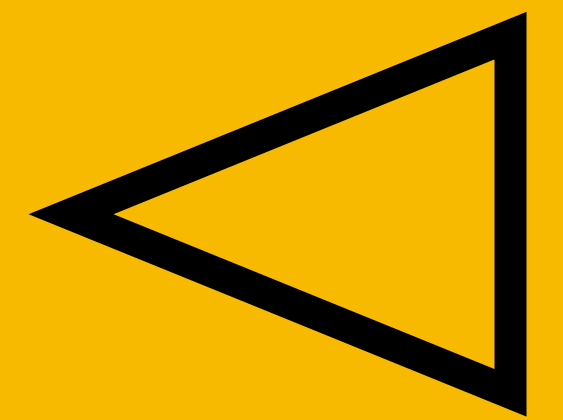
**Ask someone to share  
about their favourite  
holiday and why it's so  
special to them.**



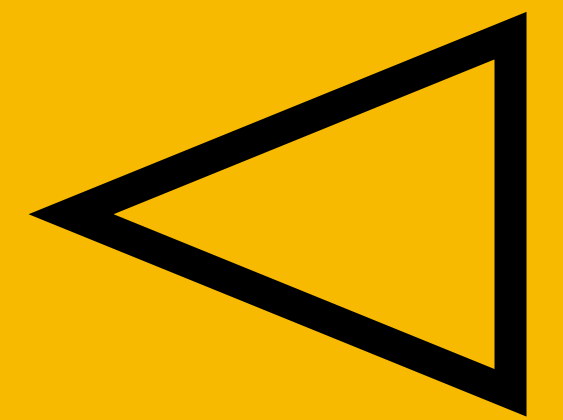
**Is there a celebration you  
remember fondly?**



**Someone is having a  
dispute with their partner.  
What advice would you  
give them?**

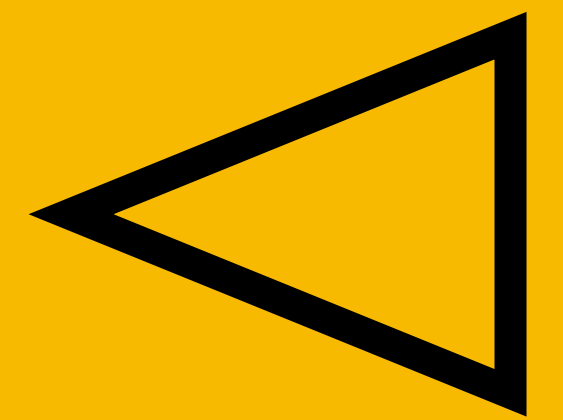


**Accepting reality is  
the springboard for  
new opportunities.  
What do you think?**

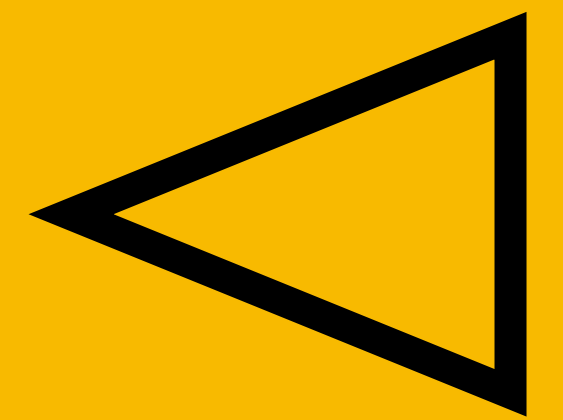


**When you love with heart  
and soul, there is no such  
thing as separation.**

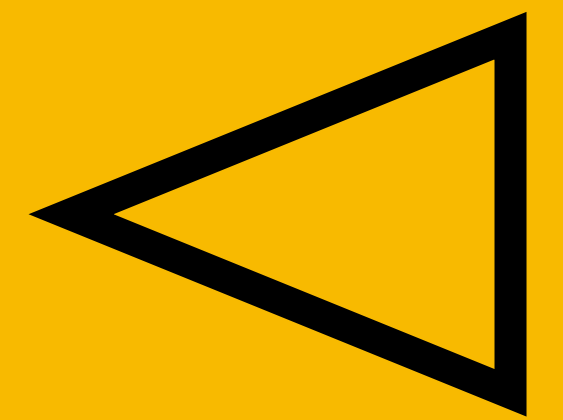
**What's your experience?**



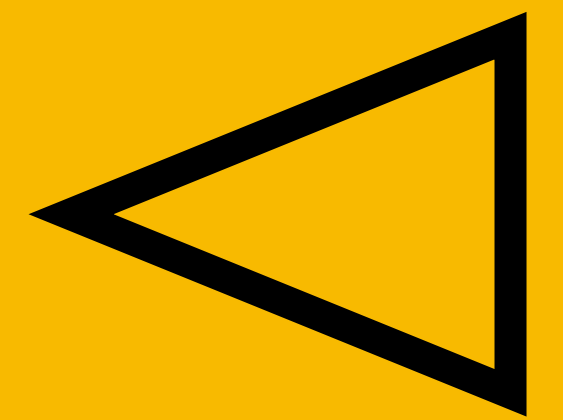
**Each one of us has  
something valuable to  
bring to the world.  
What do you think?**



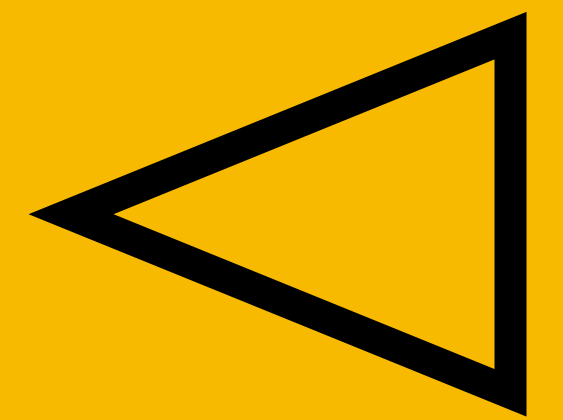
**What goal would you  
like to set today?**



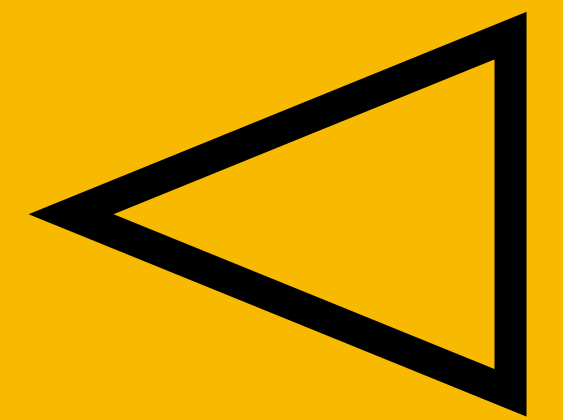
**What are the three things  
you look forward to  
each day?**



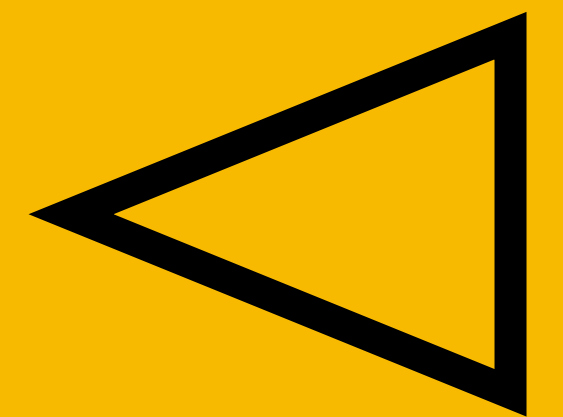
**Imagine receiving an  
Oscar as best actor.  
What role did you play?  
In which film?**

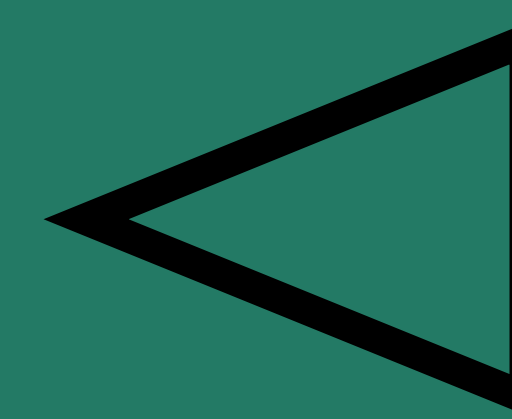
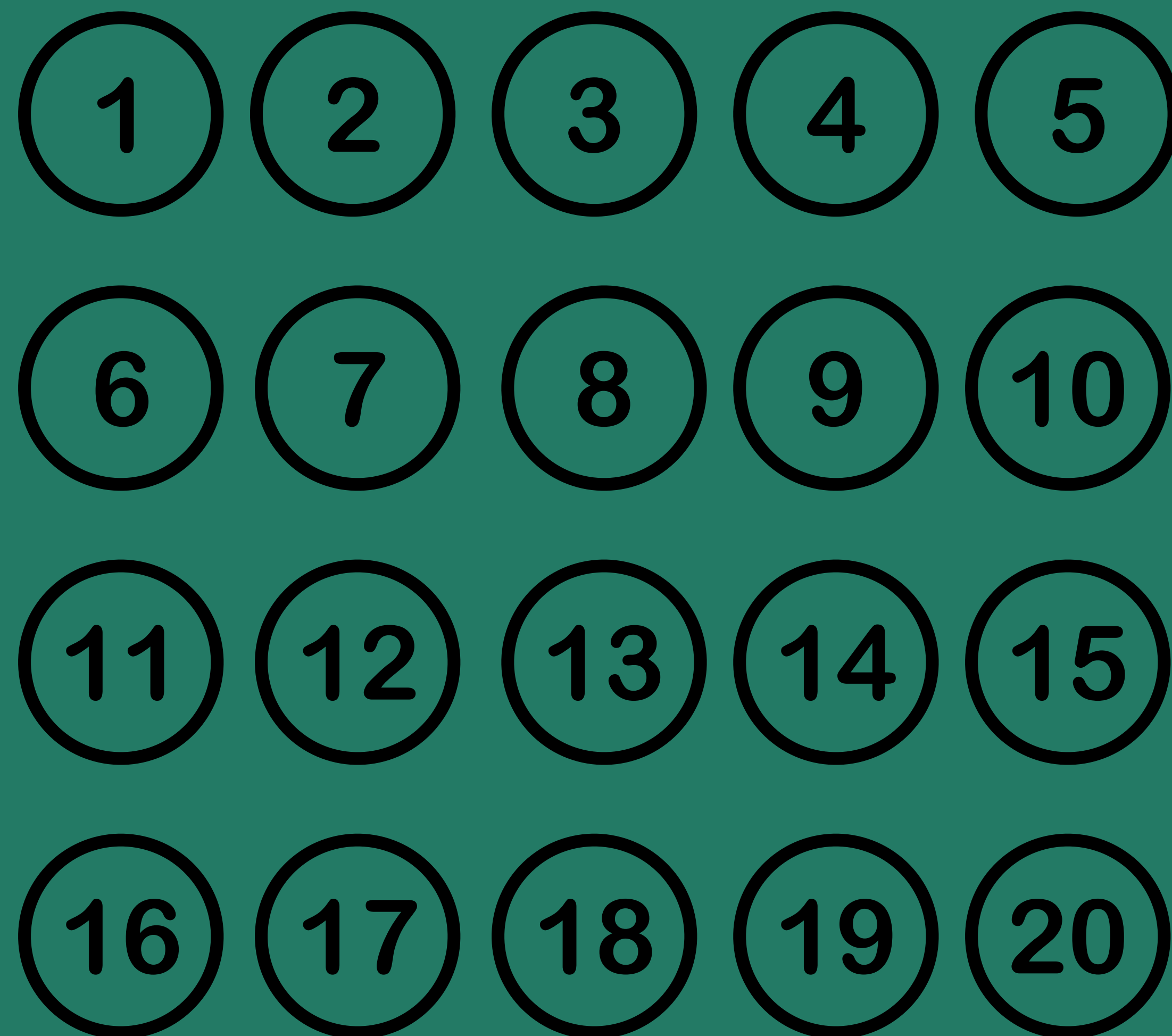


**The local paper called  
you The Best... in town!  
What did the article say?**

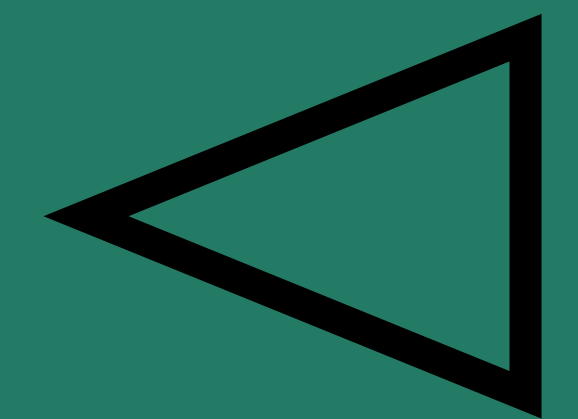


**How would you like to  
celebrate your next  
birthday?**

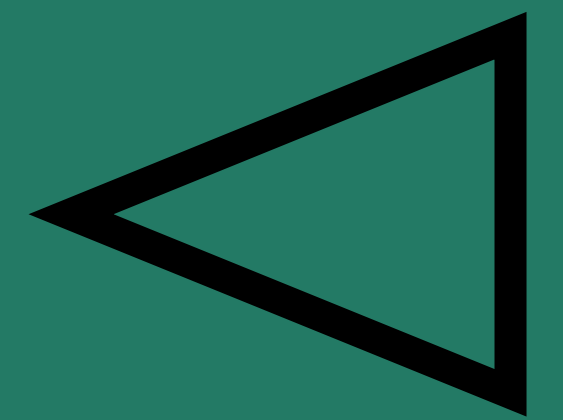




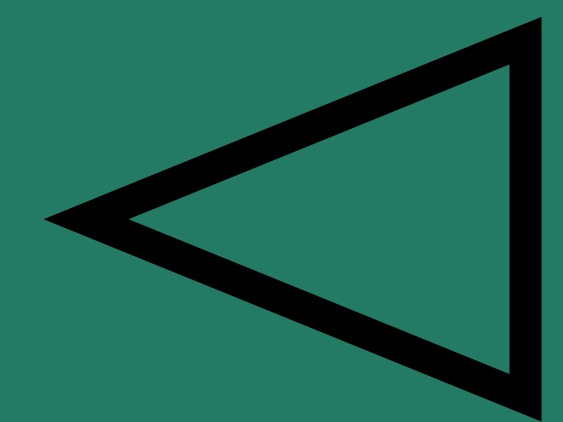
# **When do you feel the safest?**



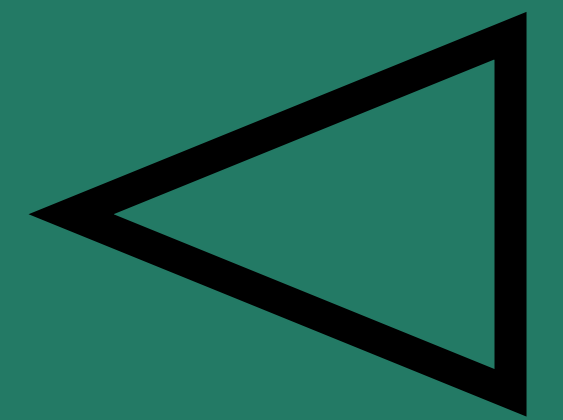
**Why checking your teeth  
every day is important?**



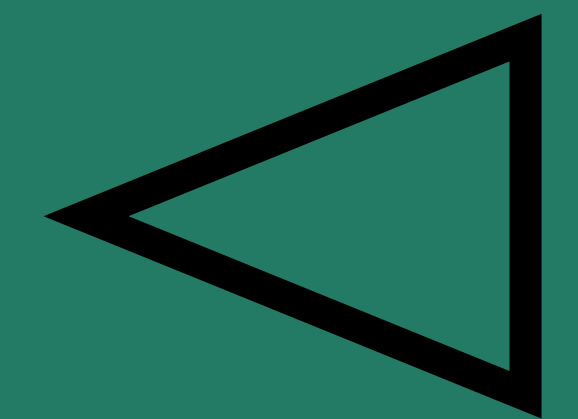
**Lift your hands above  
your head five times.  
How does moving feel?**



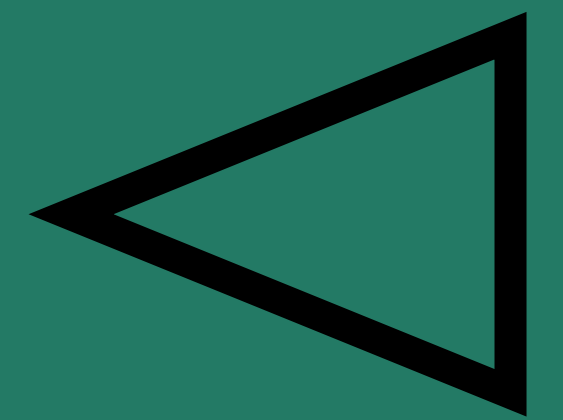
**You're leading a seated march  
accompanied by a band.  
Ready, Set! Go!**



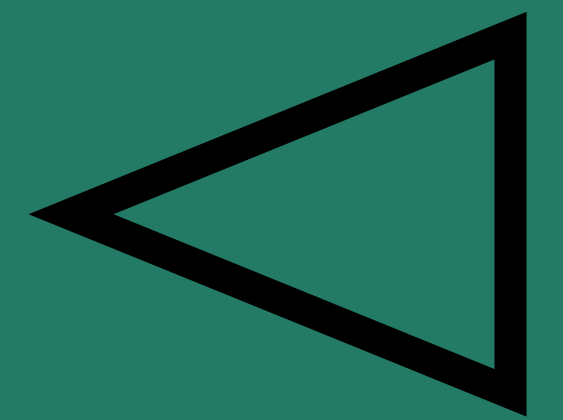
# **Why is balance so important?**



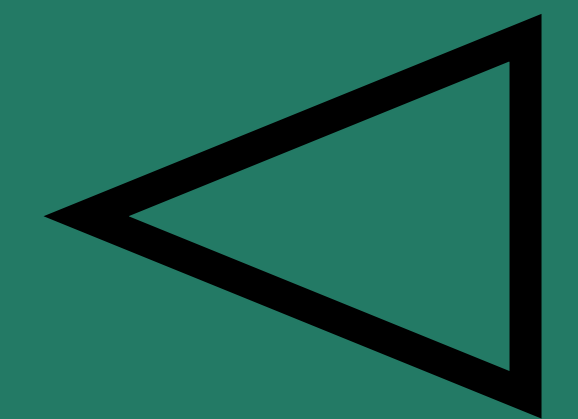
**What do you do to  
keep your space clear  
and minimise the  
chance of falling?**



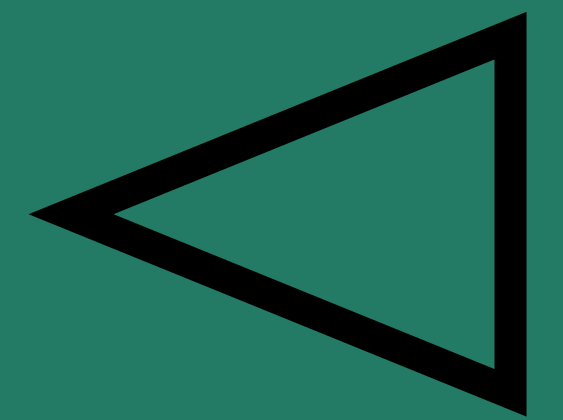
**Share why it's important  
to drink plenty of water.**



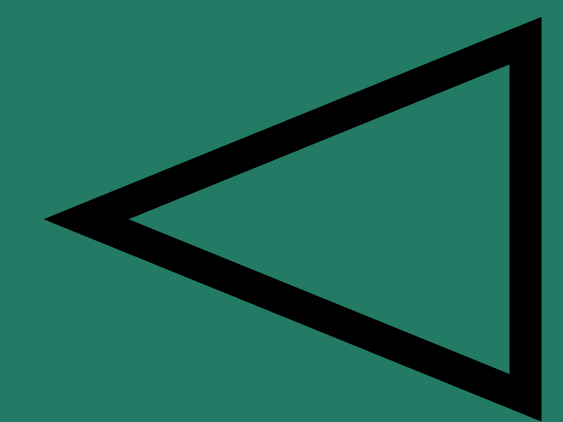
**How do you sleep?  
Discuss with other  
players why sleep  
matters.**



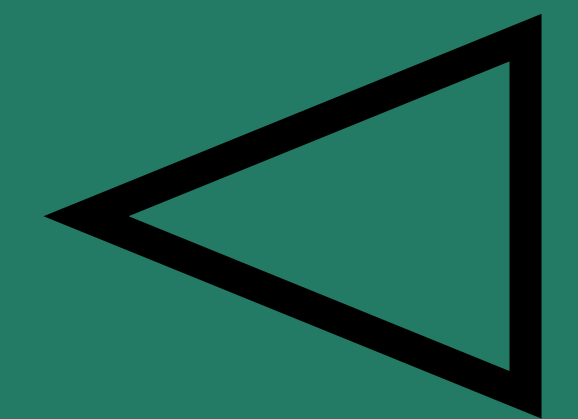
**If you were the chef  
today, what would  
you cook?**



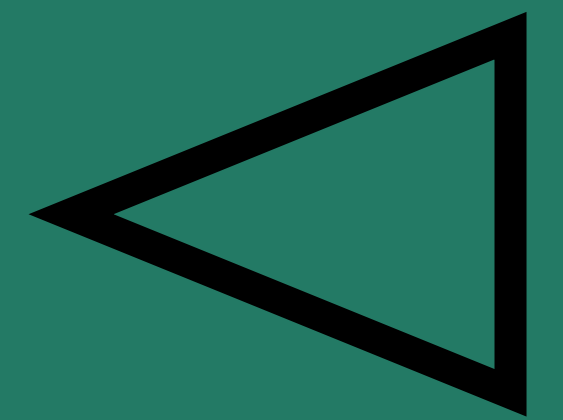
**You've been asked to  
promote healthy habits.  
What would you do?**



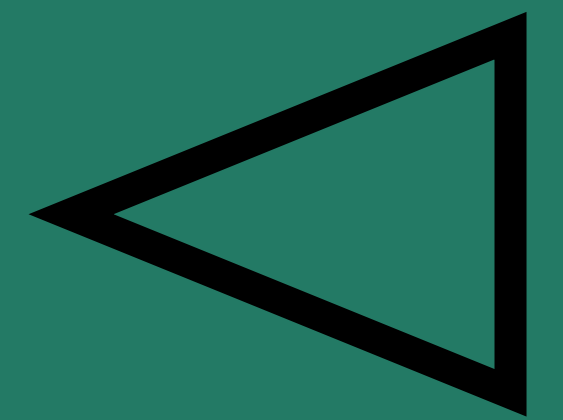
# **Tell us about your favourite food**



**Take your pulse.  
Tell us about it.  
What happens to it when  
you exercise?**

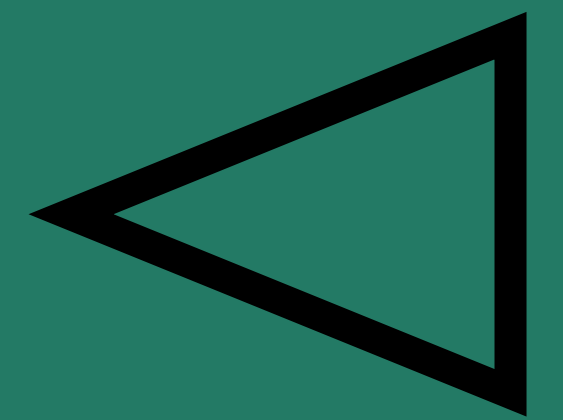


**Did you ever smoke?  
What do you think of  
smoking today?**



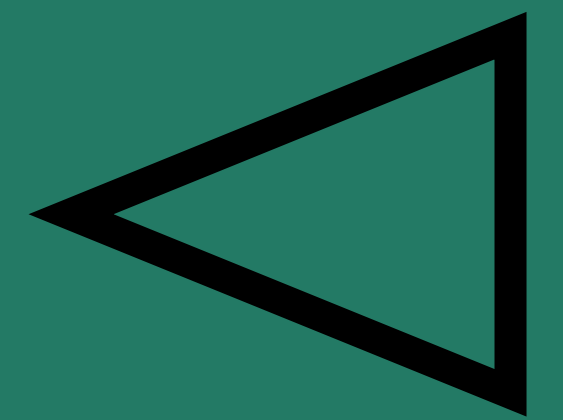
**What's your most regular  
form of transport?**

**Walk/bike/public/car....**

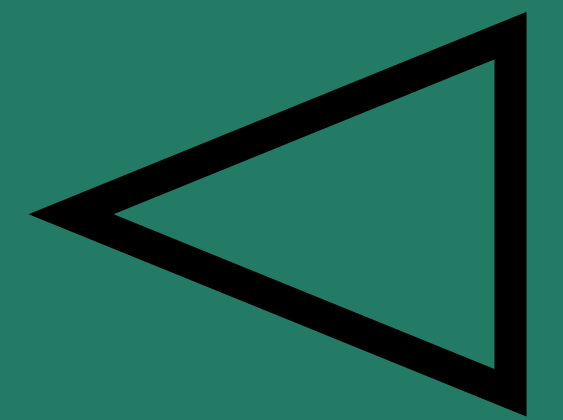


**Straighten and stretch  
where you are.**

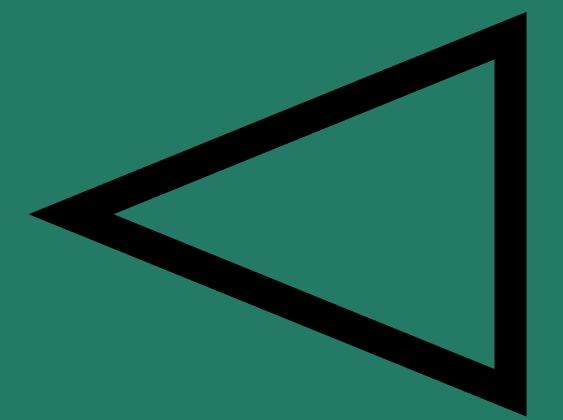
**How much taller can you  
make yourself?**



**When was the last time  
you were out of breath?  
What were you doing?**

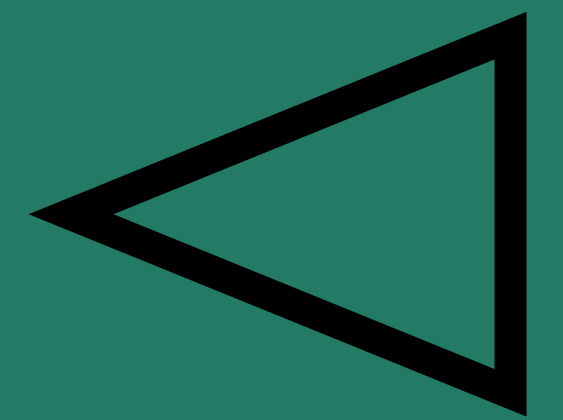


**How does it feel to rub  
your tummy and pat your  
head at the same time?**

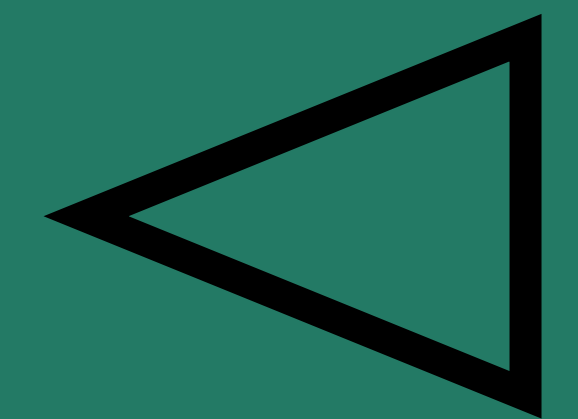


**Lead the players in  
ankle/foot flexions/circles, or  
wrist flexion/circles.**

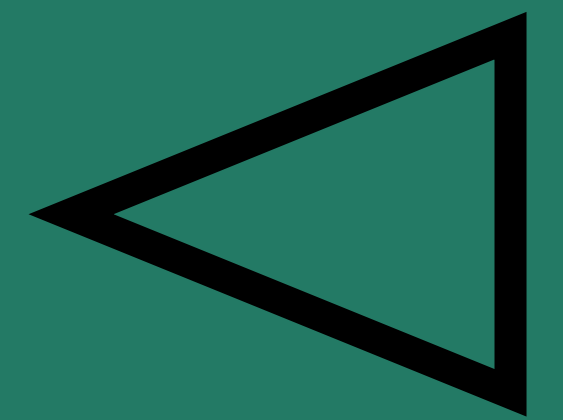
**How did it go?**



**Lead a short  
“Simon Says” game!**



**Lead the group in:  
heads shoulders knees  
and toes...**





**Reach! is a facilitator-led social game designed to enhance the physical, cognitive and social-emotional wellbeing of people in later years. It was developed by Ilaria Vilkelis, a Mission 3 Zinc Founder. This version was especially designed for residents of care homes to enhance their wellbeing and their social confidence.**

**Ilaria was supported by a team of specialists she wishes to acknowledge.**

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