



Let me introd

My name is **FEST**. I attend a secondary college. I am into everything. Always on the move. I am a bit of a mad cap inventor and my latest crazy activity is designing different types of chatterboxes and board games, don't ask! I like to party big time, as well as taking time out to help others in one way or another.\*

At times our lives may not seem to be what they are, but in the end life turns out to be not so bad.

Trying to express my feelings is more powerful than I first thought. I have tried to keep the personal stuff out. This isn't my diary, but I want to connect to anyone who has been in emotional situations.

There are times when we all find ourselves in situations that are really complicated and not of our own doing and sometimes our own experiences might have an influence on our lives. Sometimes we criticise and judge people for who they are and that may bring their self esteem down and it is not

\* Story by Natalie.  
# Story by Sam.

*Colour in your own individual FEST board game by imagining*

FEST drawing by Ben

the Hand of Hope team  
offering a hand in hope and  
friendship  
making an impression on children depression  
The Goldenhope Foundation  
www.goldenhope.org  
a schools based health promotion charity



**This FEST board game** is fun as well as being educational for two to four players. The FEST board game will help you think about issues that may affect your wellbeing and how to respond to these issues.

**The FEST board game is divided into four major**

- Family**  
Family provides support and shelter as well as guidance and understanding. Family should
- Education**  
Education involves teaching and learning. It is important that teachers understand you
- Social**  
Social activities revolve around friends and leisure. Friends should be caring, trustworthy and
- Trauma**  
A sense of loss and rolling emotions are often associated with trauma and it is important to