

## **SNAKES AND LADDERS**

Square off a cork or foam square about 20 x 20 inches into squares. Then just like the game snakes and ladders you move according to the rules. 1 for a loss of turtle, 1 for bringing in a menu, 1 for exercising 3 times a week for 20 minutes, 1 for bringing in something newsworthy for the group to discuss, 1 for calling a TOPS member to encourage them. Along the way you may climb up the ladder or have to go back when you reach a snake. It is fun to do and I am sure every chapter must have someone who remembers the game.