

GET SETS - a type of board game

Print a 'play sheet' for each player, regular paper will do (rules are also on each play sheet.)

Print 4 copies of the deck on business card stock.

You will also need: a 'man' for each player (use buttons or any small object) and a die.

The deck contains three **sets** of cards that are reminders of important diabetes care, and 4 wild cards.

The sets: *COUNT CARBS:* a scale, a measuring cup and a book of carbohydrate counts.

CHECK BLOOD: a glucose monitor, test strips and lancets.

EXERCISE: swimming, biking and playing ball.

Goal: Collect two different sets to win the game - only one wild card can be used to make a set.

To start: each player puts their 'man' on the 'GO' square of their 'play sheet'.

All players roll the die - lowest roller goes first and play continues clockwise - to the left;

Before play begins the highest roller deals one card to each player and puts the deck in the center.

Landing on:  roll again.

A square that matches a card held - take another card.

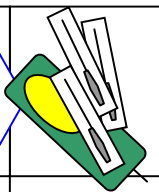
Take 1 - take the top card from the deck

Give 1 Pick 1 - This is an optional move; you may *either* choose a card from your hand to give to any other player and then pick a card from that player's hand **or** you may forfeit your turn.

Picking a card matching one held, either from the deck, or from a **Give 1 Pick 1** move- take another turn.


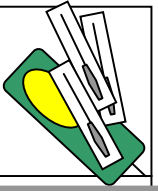


Get ready, get set, GET SETS!!

GET SETS play sheet



Give 1 Pick 1    Go to nearest    **GO** 

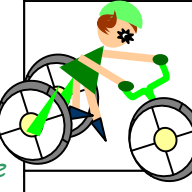
*Start from GO and keep going round until one player has two different sets.
As you pass GO take a card from the deck. Put down any set you have only as you pass GO.*

1) Land on

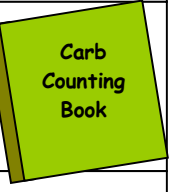

Give 1 Pick 1    Take 1 

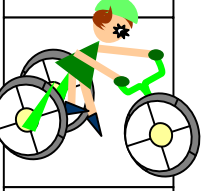
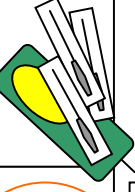

This is an optional move. Either choose a card from your hand to give to any other player and pick a card from that player's hand OR forfeit your turn.

 **15.....20**  **6) Land on**


Go to nearest 

Go to the closest square with a matching image - you may have to move back!

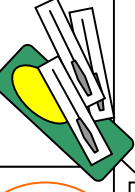
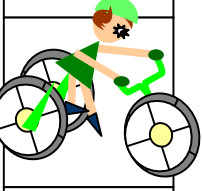

Take 1   **5) Land on**


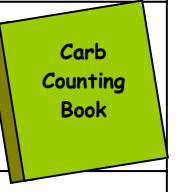
Go to nearest   

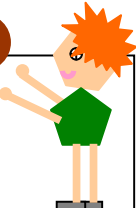

2) Land on the image of a card you hold, take a card from the deck.

3) Land on a die  *Roll again.*

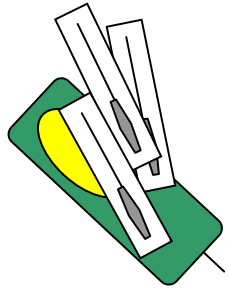
4) Pick a card matching a card you hold, Roll again.

Take 1   **Take 1** 

Give 1 Pick 1  **Go to nearest** 

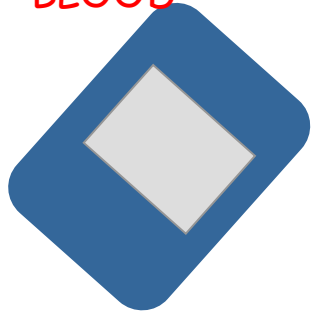
15.....20  **Take 1** 

CHECK
BLOOD



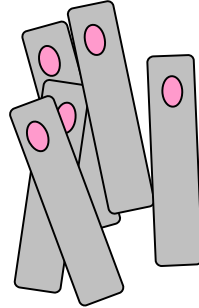
Lancets

CHECK
BLOOD



Glucose
monitor

CHECK
BLOOD



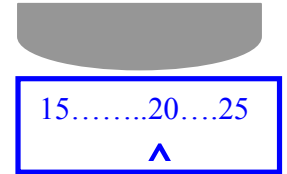
Test strips

COUNT
CARBS



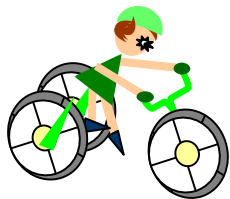
Measuring cup

COUNT
CARBS



Scale

EXERCISE



Biking

EXERCISE



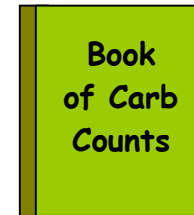
Playing ball

EXERCISE



Swimming

COUNT
CARBS



Book of
carbohydrate
counts

