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# HOW TO REACH THE DREAM PLANET?

## The set include:

- 6 astronauts
- Game board
- 6 planet cards  
(6 English, 6 German)
- Rules

## Family game

Ages 6+  
1–6 players



The direction of  
movement for received  
points



The goal of the game –  
the dream planet

## How to play

1. The CHALLENGE, DUTIES, TEMPTATIONS and DREAMS planet cards are taken. Parents and children think of and write down challenges, duties, temptations and dreams. These are written on the corresponding cards and assigned a number of points (*see overleaf*), according to the effort and time required. Then the planet cards are put in their places on the game board. The cards can always be updated with new ideas.
2. The game board should be put up in a convenient and visible place (*e.g. on the fridge, on a wall, etc.*).
3. The child chooses the astronaut he/she will travel with, and attaches it to the game board next to the START.
4. CHALLENGES are filled in by the child if he/she chooses to do so. DUTIES are compulsory. TEMPTATIONS are to be avoided in order to move towards the DREAM.
5. The child earns points for the mandatory duties and optional challenges, and his/her astronaut moves forward.
6. Points are deducted and the astronaut goes back if the duties are not fulfilled or temptations are given in to.

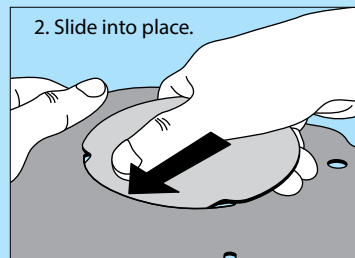
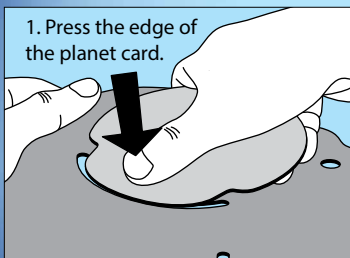
## Aim of the game

To encourage the child to pursue DREAMS through his/her own efforts.

## Notes and tips

1. Be creative with both challenges and duties: they can vary in nature, complexity and scope.
2. When thinking about challenges and duties, remember to take into account the child's age, interests, abilities and other characteristics.
3. Cards can be updated if necessary at any time. A greater number and variety of tasks means more choice and opportunities to learn new things.
4. The right number of points can be a great motivator to complete challenges or fulfil duties, or a great deterrent to a wide range of harmful temptations.
5. If more than one child is involved, CHALLENGES, DUTIES, TEMPTATIONS and DREAMS can be the same for all the children, or they can be distinguished to suit each child's ability to perform them (*e.g. by putting the child's name next to the duty to show which child has to do it*).
6. During the game, parents should monitor the situation, and, if necessary, change the number of points according to how the number of points motivates the child to complete the challenges and duties or to avoid temptations.
7. The number of times a child can perform the same task is determined by the parents, taking into account the child's ability and willingness to improve in a particular activity.

How put the planet cards in their places on the game board:



## Planet cards

### The DUTIES planet

The card of this planet is filled in by parents based on the duties they would like their child to do. The duties are compulsory and must be done every day. Points are earned when the duties are performed, and lost when they are not. In this way, the child tries to do all the duties assigned, and not to lose points.

**Example. DUTY.** Make the bed. Parents observe, and if the duty is fulfilled the child receives the corresponding number of points (+1), and the astronaut moves forward. If the bed is not made, points are deducted (-2), and the astronaut moves back. This goes on every day.



### The three CHALLENGE planets

There are three categories: HOUSEHOLD CHORES, INTELLIGENCE/CREATIVITY and SPORT. The challenges are created and the cards of these planets are filled in by the parents together with their children, based on their intention to develop the child's willingness and ability to complete the challenge. The child decides and chooses which tasks he/she wants to do (or does) or does not want to do (or does not do). The parents are involved and monitor the progress. Once the challenge is completed, points are awarded and the astronaut moves forward. The challenges are not compulsory, and points are not deducted if the task is not completed.

**Example. INTELLIGENCE/CREATIVITY.** The child says he/she wants to solve a logic problem. The parents have to create and explain it. If the child solves the problem, he/she receives the corresponding number of points (+2), otherwise he/she receives no points.



### The TEMPTATIONS planet

The card of this planet is filled in by the parents based on the bad habits their child should get over. Points are deducted here, so the goal is to resist temptation and not to lose points.

**Example. TEMPTATION:** 1 extra hour of video games. The child decides to play video games for 2 hours longer than agreed. In this case, the child loses the corresponding number of points (-4), and the astronaut moves back.



### The DREAMS planet

The card for this planet is filled in by the parents together with the children, based on the child's dreams and the parents' possibilities. To keep the child motivated, the game board has interim milestones of 20, 40, 60 and 80 points (of course, you can write your own numbers and your own child's dreams). Once these milestones have been reached, the child can choose smaller dreams and pay for them with his/her points. Or they can move on to bigger dreams. The 80-point zone is the destination of this journey, the child's main dream. Once it is reached, the game starts from zero points again.

