

# Rules of the Game

## Mount Confidence

### Setting Up

1. Together, build the "mountain" (game board), following the instructions on the back of the rules.
2. Then sort the Question cards into four piles, one for each category: self-knowledge, feeling of competence, sense of security, and sense of belonging. The four piles of cards are placed face-down on the table.
3. One player places the token representing Kili, the Yeti who has lost his self-confidence, in the cave at the top of the mountain.
4. Each player chooses a token and places it on the table close to square 1. The goal is to be the first player to reach Kili to help him get his self-confidence back.



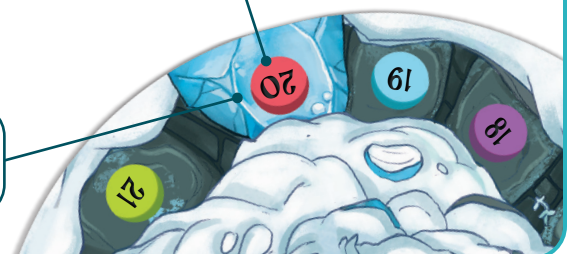
### Playing the Game

1. The youngest player goes first. For each turn, first roll the die, then go forward the number of spaces indicated.
2. The player takes a card that is the same color as the square where the token landed, and then reads the question on the card out loud and answers it. The adult can also read the card for younger children, if it's easier.
3. If a player has difficulty answering, the adult can help (see "Helping children answer questions during gameplay" in the Instructional Guide).
4. The next player (clockwise) then rolls the die and follows the steps described above. If a player has to pass another player's Yeti token, they still count the number of the square occupied by the other player. When a turn ends with a Yeti token landing on a square already occupied by another Yeti token, place both tokens side by side on the same square.
5. The game continues until the first Yeti token reaches Kili's cave. The player who reaches Kili's cave first is the winner.



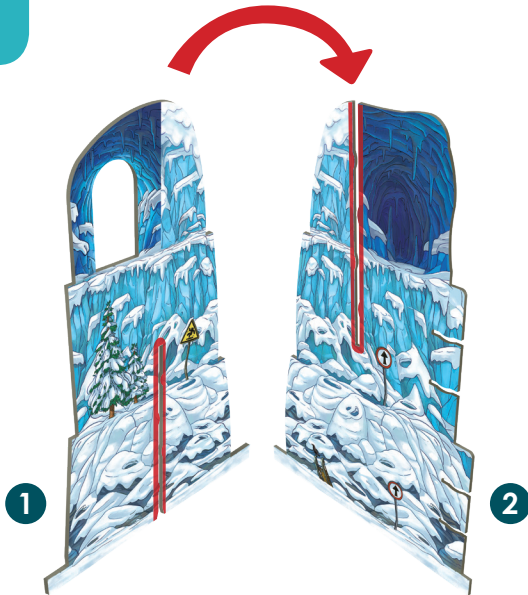
#### Sliding Squares

Players who land on the sliding squares slide off the mountainside. They then have to start again on square 5 or square 23, depending on where they fell from. The player then draws a card the color of the sliding square.



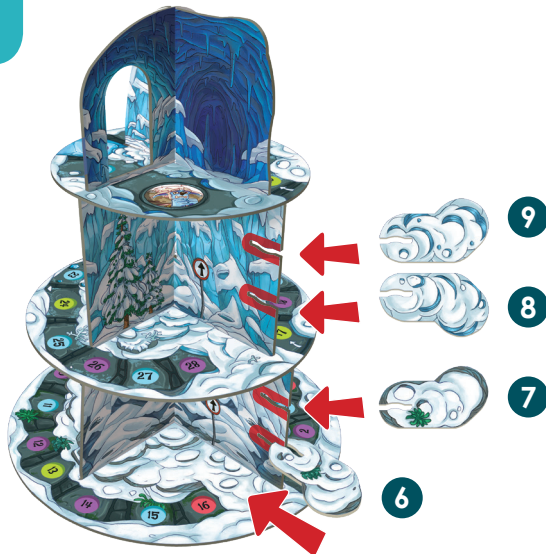
# Assembling the Mountain

1



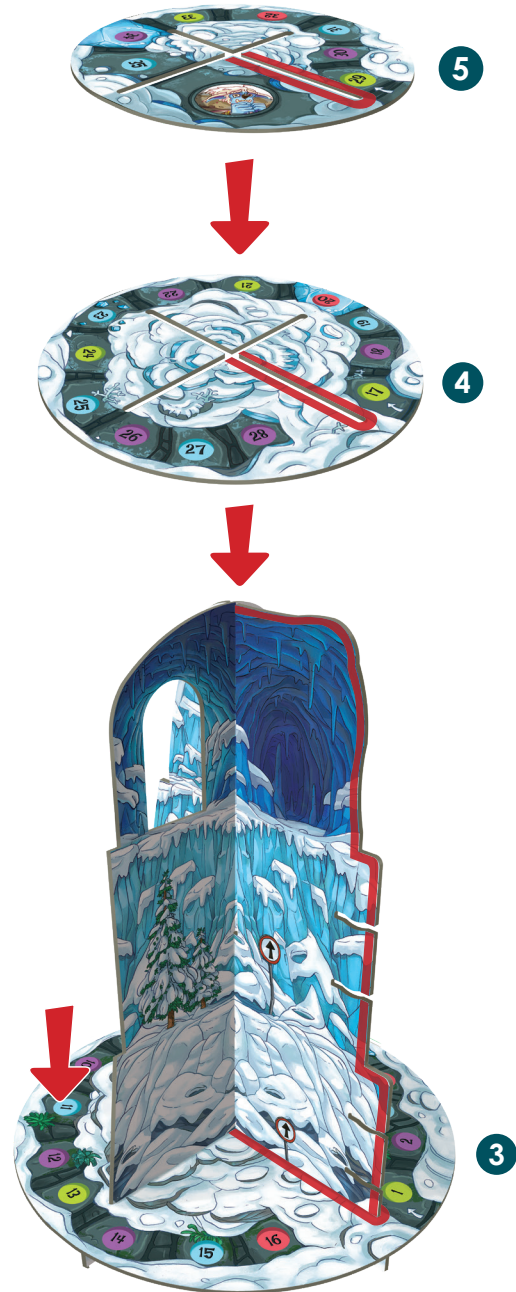
All of the pieces of the mountain are numbered on the back for easy assembly. Take pieces 1 and 2 and slot them together (there are notches\* at the top and bottom).

3



Finally, insert the tabs in the four notches on the side of the mountain. Proceed from the bottom level to the top, starting with piece 6 and ending with piece 9.

2



Once the initial structure has been put together, add the three circular "levels," starting with the biggest one (3) and ending with the smallest (5). The longest notch of each circle must be lined up with the longest side of the structure.

\*The notches are marked in red on the diagram.