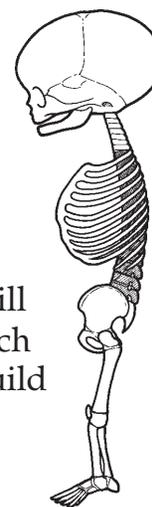


ACTIVITY 5C:

STUDENT DIRECTIONS RULES FOR “OS COSTS: BANKING ON HEALTHY BONES” GAME



In this game, players will move around the game board that is divided into three color sections. Each color represents a different stage of bone development in life. Players will make choices that will increase or decrease their bone bank. The object of the game is for each player to accumulate enough “Osteo-coins” in their bone bank to build a large enough reserve to accommodate the bone loss that could occur later in life. At the end of the game, each player will use their bone bank total and final age to determine where they fall on the “Bone Mass Across a Life Span” graph. Players are winners if they stay out of the fracture zone for osteoporosis.

To play:

1. Each game needs 4 to 6 players; one of the players will be the “Os Master.”
2. Each player should be given an “Os Cost” Game Log. Players will use this to record their answers and bone points earned or lost from the cards drawn.
3. Place the fate cards and choice cards in their appropriate spaces on the game board.
4. The “Os Master” should give each player 25 “Osteo-coins” since everyone is born with about 25 grams of bone mass.
5. Each player should select a game piece.
6. Each player shall roll a die. The player with the highest roll goes first. The players should take turns in a clockwise direction from this player.
7. The first player will roll a die and move that many spaces on the game board. A player may land on the same space as another player. If a one is rolled, the player moves and draws a fate card of the same color as the space the player is on. After the player reads the fate card, the “Os Master” will award or take away the number of “Osteo-coins” the card states.

ACTIVITY 5C:

8. After rolling a 2, 3, 4, 5, or 6 and moving the correct number of spaces, the player should draw a choice card. The color of the **card drawn should match the color of the space the game piece** landed on. The player reads the question and the choices out loud. The player selects an answer. The “Os Master” should look on the answer sheet to determine how many “Osteo-coins” the player should receive. The “Os Master” should not discuss all of the answer choices and their payoffs. They should just hand out the “Osteo-coins” to the player.
9. The game continues in this way until every player reaches the area at the end of the game board called “How Much Did Your Os Cost?” This area contains the spaces with the ages 75 through 100 years old. The space the players land on in this area gives the age they will use to determine if they are a winner at the end of the game.
10. Players will add up all their “Osteo-coins” after entering a space from 75 through 100 years old. This total will represent the total bone mass obtained in that life span.
11. To determine if a player is a winner, each player will use their age and total bone mass to plot their location on the “Bone Mass Across a Life Span” graph located at the bottom right of the game board. Players are winners if they stayed out of the fracture zone on the graph.



“OS MASTER” DIRECTIONS

Each game will need one “Os Master” (*the bone banker*). The job of the “Os Master” is to control the central bone bank. If a player draws a fate card, the “Os Master” will award or take away the number of “Osteo-coins” stated on the fate card. If a player draws a choice card, the “Os Master” will use the color-coded “Os Costs” answer sheets to determine if any “Osteo-coins” are owed or given to the player. The “Os Master” should also encourage players and indicate the “value” of the choices they made by saying things like “That’s a very good choice,” “Good job,” “ You’re getting a great pay off for that choice.” For choices that are not the best, the “Os Master” may want to say, “Maybe your choice will be better next time,” or “Hang in there, your next choice could be a better one.” The “Os Master” will not disclose the values of the other choices. That is, the “Os Master” will not tell the players how many points they would have received, if they had chosen another answer.