



July is BIPOC Mental Health Awareness Month

Get Rooted: A board game to nourish what grounds you

For many Black, Indigenous and People of Color (BIPOC), mind and body wellness are deeply rooted in culture and community. By prioritizing self-care and nourishing your body with intention, you support your mental wellbeing, honor your roots and inspire future generations.

Purpose

Explore how daily choices and culture can nourish or “uproot” your mental wellbeing. Play solo or with a group.

What you’ll need

- A six-sided die
- A small game piece that represents each player’s culture or identity (like a bead, charm or other meaningful item)

How to play

1. Place your game piece on “The root.” Roll the die to see who goes first—the highest roll starts.
2. On your turn, roll the die and move forward that number of spaces. If you land on a red, green or yellow space, follow the instructions:

Green: “Rooted Choice”

Positive actions that support mental wellbeing and cultural pride.

Red: “Uprooted Moment”

Habits or situations that disrupt balance or disconnect you from what grounds you.

Yellow: “Grounding Practice”

Activities that invite reflection—complete before your next turn.

If playing solo, reflect on each space—consider journaling or connecting with the message.

3. The first to reach the end wins. If solo, celebrate your journey of reconnecting with your roots, identity and wellbeing.

Flip this page to start playing Get Rooted—it’s time to reconnect, reflect and thrive.



Scan the QR code to visit your member website for more information.

BUILD HABITS THAT SUPPORT YOUR WELLBEING— one rooted choice at a time



HOORAY!
Your "rooted"
choices have
helped you
thrive.

Skipped a
cultural practice
that grounds
you
Move back
six spaces

Found
affirming
mental health
support
Move forward
three spaces

Chose processed
snacks over
ancestral
nourishment
Move back
six spaces

Express how
you're feeling
using cultural
movements
Complete
before your
next turn

Say a calming
phrase rooted
in your
culture
Move forward
four spaces

Restore
energy with
herbal tea or
infused water
Complete
before your
next turn

Missed
restorative rest
Move back
three spaces

Cooked a
cultural meal
with a loved
one
Move forward
three spaces

Your body
and spirit
feel out of
balance
Move back
two spaces

Reflect on
a cultural
tradition you're
thankful for
Complete
before your
next turn

Reflected
on a cultural
teaching or
proverb
Move forward
six spaces

Your roots feel
neglected
Move back
three spaces

Prepared a
nutritious,
traditional dish
Move forward
five spaces

Scrolled
instead of
connecting to
self or culture
Move back
six spaces

Practice
deep
breathing
Complete
before your
next turn

Seasoned your
meal with
healing herbs
from your
culture
Move forward
two spaces

Ate
nourishing
ancestral
foods
Move forward
four spaces

Dance to
music from
your culture
Complete
before your
next turn

Missed a
traditional
breakfast that
fuels your body
and spirit
Move back
two spaces

**START
HERE:**
The root

