

Penny Game

Helpful Materials

One penny for each participant

Number of Participants

6-50 people (have done this activity with community health workers, elders, youth, and mixed ages)

Amount of Time

20 minutes

Option: You can provide a comfort kit for each person to support self-care.

Comfort Kit includes a sticker, penny, band-aid, and eraser.

- The **sticker** is to remind you that we will all stick together and help each other.
- The **penny** is to remind you that you are valuable and special.
- The **band-aid** is to remind you to heal hurt feelings in your friends and in yourself.
- The **eraser** is to remind you that everyone makes mistakes and that it is okay.

Playing the Penny Game

Have fun playing the penny game. ☺ You can make your own penny story by using the words **right** and **left** to share healthy messages. Give each person a penny.

Participants stand in a circle, close enough to their neighbor to be able to pass the penny to the person on their **right** or their **left** when they hear the words **right** and **left**. One person stands in the middle of the circle and reads the penny story aloud. When you hear the word **right**, participants pass their penny to the person on their **right**. When they hear the word **left** they pass their penny to the person on their **left**.

After reading the penny story, invite people to share what healthy messages they learned.

After participants have shared the healthy messages they heard, reread the story without passing the pennies. Each person within the circle reads one sentence and then passes the story to the next person until the entire story has been read aloud without passing the pennies.

CHR suggestion: Invite participants to color their penny with a marker and pass it forward. Participants give their colored penny to a family member or friend and share a healthy message they want the person to know and understand. The person they give their penny to is invited to give the penny to a new person, continuing to share wellness ways, keeping the conversation going and expanding.



Penny Story: Healthy Ways

Welcome. It's a right fine day to learn the importance of wellness ways. The right way to take care of your health is what's right for you, but there are some things which should not be left out. Native traditional ways of healing and wellness are right important to live well along your journey. Diet is important. Eat foods from the right food groups including 5 servings of fruits and vegetables everyday, including weekends and holidays. No days are left out. Yes, you are right, 5 is fine but 9 is divine. Have a right fine time with your family picking berries and greens. Grow a garden-it's a right fun way to eat healthy.

Physical Activity shouldn't be left out. Move your body. Shake your right arm and your left arm. Dance, wiggle, squirm for 30 minutes every day. Your body is created to move. Each new journey starts with just one step, move your left foot or your right foot, but step forward for good health.

When it comes to cancer screening, don't get left behind. Right away, schedule those tests which are right for you. Listen up with your right ear and your left ear...colon screening saves lives and helps prevent colon cancer. Men and women love your colons! Women, remember self breast awareness, clinical breast exams, mammograms and pap smears. Tell your friends, your family, and your neighbors on the left. Oh yes, don't forget those special people on the right. Write reminders. Lovingly remind the right fine men in your life to do the right screening exams for their health. We don't want them left out. Testicular, prostate, and colon exams are right important for men's health.

You are the heart of wellness. Right away, you can make a difference by the choices you make! Share your new knowledge. Together we can all learn the right screening exams and make healthy choices. Right on!

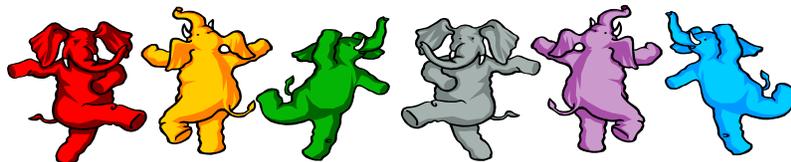
Penny Story: Colorectal Health

Play The Penny Game. Here's how it works.

- Give each person a penny to remind every player that they are valuable and special.
- Tell players you will read them a story and when they hear the word '**right**' each player will pass their penny to the person on their right. When they hear the word '**left**', each person will pass their penny to the person on their left.
- As you read the story ask participants to fill in the blanks. You can also project the story on a screen, so everyone can follow along.
- Read the Penny Story aloud while players pass their penny to the 'right' or 'left'.
- After all the blanks have been filled in, invite players to stand in a circle. Have one person read the completed story as participants pass their penny to the person on their right or left as the story is being read aloud.
- Invite players to share what they learned. Sometimes people only hear 'right' or 'left' due to all the laughter.

COLORECTAL CANCER SCREENING SAVES LIVES.

Have fun creating the colorectal wellness penny story!



Colorectal Wellness Penny Story Game

Complete your colorectal wellness story by filling in the 20 blanks with words from the word list. Words may be used more than once.

Hello! It's a **right** fine time to learn the importance of colorectal cancer _____.

When it comes to colorectal screening, you need to start **right** off at age _____, or age _____ or younger if you have a family history of colorectal cancer. Alaska Native people are encouraged to begin colorectal cancer screening at age _____.

Mrs. **Right** wanted to stay healthy, so **right** away on her 40th birthday she made an _____ to have a screening exam. After a few weeks, she **left** for the clinic where a doctor or trained health care provider can do a _____ or a _____, 2 types of screening exams. Mrs. **Right** encouraged her neighbors on the **left** to get a screening exam. It's a **right** important way to stay healthy. She decided to **write** to her mother to remind her that a colon exam was **right** important.

Mrs. **Right** called her sister and brother, "Don't be **left** out – have a _____ screening exam when you are healthy to stay healthy. It can save _____!" Mrs. **Right** said, "It makes me feel **right** happy. I am not **left** wondering if I have colorectal _____."

That **left** Mrs. **Right's** husband, Mr. **Right**, who was not at all sure if _____ screening was **right** for him – he wondered if he would be **left** feeling _____. Mr. **Right**, said Mrs. **Right**, "The health care providers are professional and nice. They also gave me medicine to help me feel **right** _____."

Word List: Words may be used more than once.

★ 40	★ embarrassed	★ family	★ 50
★ your life	★ comfortable	★ screening	★ colonoscopy
★ cancer	★ colorectal	★ appointment(s)	★ sigmoidoscopy

Colorectal Wellness Penny Game Continued

Mrs. **Right** reminded Mr. **Right** that if everybody age _____ and older had a colonoscopy or sigmoidoscopy screening exam we could prevent almost all colorectal cancer by finding and removing polyps before they become cancer. Colorectal cancer can happen to anyone and often there are NO early _____.

Since Mr. **Right** wanted to stay healthy to teach his grandchildren the traditional ways, he decided there was nothing **left** to do but have a _____ to look at his rectum and all of his colon. During Mr. **Right's** colonoscopy the doctor removed a _____ (small growth). Mr. **Right** knew that colon cancer may develop from _____ in the colon, and colorectal cancer can be prevented by removing them.

Together Mrs. **Right** and Mr. **Right** are on the **right** road to good health. Listen up with your **right** ear and your **left** ear. The bottom line is colorectal screening can save your life. Don't be **left** out. Screening is **right** important to stay healthy. **Right** on!

Word List: Words may be used more than once.

★ family

★ polyps

★ signs & symptoms

★ colonoscopy

★ colorectal

★ 50

★ cancer

★ polyp

★ 40