The Four Pillars Family Trail

A relaxed story game for children and grown-ups

Travel around the trail together. Visit Brian's, Waves, Circles and Bridges through stories about Tom Tom and his family. There are no right answers, and nobody has to talk about private feelings.

BRIAN'S

Thoughts, ideas and questions

WAVES

Body signals, feelings and support

CIRCLES

Routines, what happens next and change

BRIDGES

Interests, relationships and connection

How to play

1. Print the board and cut out the scenario cards. Put the four card groups face down beside the board. Use a small object as a playing piece.
2. Take turns moving one or two spaces. If you have a die, roll it and move that many spaces. Follow the numbered path across each row, turning back at the end of the row.
3. When you land on a pillar, choose a card from that group. Read it, ask someone to read it, or just look at it together. The player may answer for Tom Tom, change the story, point, draw, use AAC, ask for help or pass.
4. Celebrate different ideas. A player can pause, leave the game or choose another activity at any time. Finish when someone reaches the last space, or stop whenever the group is ready.

Keep it accessible: keep the child's usual communication system available; allow processing time; include "no", "not sure" and "pass"; and do not treat silence or an unclear movement as a confirmed answer. These cards are optional prompts, not an AAC system.

You can play without a board: choose a pillar and a card, tell a story together, or simply use one prompt as a reminder for grown-ups.

The Family Trail Board

Move along the numbered path. Stop, skip or finish whenever you like.

At each space, pick a card from the matching pillar. If you do not have the cards, make up a story or choose another space.

1 **START** **BRIAN'S** Thoughts / ideas NEXT →	**2** **WAVES** What might help? NEXT →	**3** **CIRCLES** Now / next NEXT →	**4** **BRIDGES** Connect your way NEXT →
8 **BRIAN'S** Thoughts / ideas ← NEXT	**7** **WAVES** Body / support ← NEXT	**6** **CIRCLES** What changed? ← NEXT	**5** **BRIDGES** Connect your way ← NEXT
9 **BRIAN'S** Thoughts / ideas NEXT →	**10** **WAVES** Body / support NEXT →	**11** **CIRCLES** Now / next NEXT →	**12** **BRIDGES** Connect your way NEXT →
16 **FINISH** **BRIDGES** Finish together	**15** **WAVES** Body / support ← NEXT	**14** **CIRCLES** What changed? ← NEXT	**13** **BRIDGES** Connect your way ← NEXT

Use a token, finger, paper clip or small object. Move one space if a die feels too much. There is no need to finish the trail.

Scenario Cards

Cut out the cards. Use them as story starters; any player may pass.

BRIAN'S

Tom Tom has an idea for a new game. How could he share it?

A thought, drawing, object, sign, device or another way.

ANSWER OR PASS

WAVES

The room is noisy and Tom Tom wants a pause. What might help?

Quiet, space, time, a break, or something else.

ANSWER OR PASS

CIRCLES

Nanny Jax says the plan has changed. What could help Tom Tom know what is next?

Show the new plan, explain what stays the same, or give more time.

ANSWER OR PASS

BRIDGES

Tom Tom wants to show the Pound Pups something he enjoys. How could someone join?

Join in, watch, listen, play alongside, or give him space.

ANSWER OR PASS

BRIAN'S

Amy and Alic have different ideas for an afternoon. What might each be thinking?

They can have different ideas and still belong together.

ANSWER OR PASS

WAVES

After a busy day, Tom Tom is quiet. What might a grown-up check?

Tiredness, hunger, pain, sensory demands, or whether he wants space.

ANSWER OR PASS

CIRCLES

Pops is getting ready for a familiar family activity. What could make it feel predictable?

A familiar order, a clear now-and-next, or knowing who will be there.

ANSWER OR PASS

BRIDGES

Firefighter Ben helps Tom Tom ask for help. What are different ways to ask?

Words, a gesture, a picture, writing, AAC or asking a trusted person.

ANSWER OR PASS

Scenario Cards

Cut out the cards. Use them as story starters; any player may pass.

BRIAN'S

A child has many questions about a new place. What could the family do?

Answer, show a picture, visit, make a plan, or wait.

ANSWER OR PASS

WAVES

A child says "stop" during a game. What should the others do?

Pause, listen, check what is needed and respect the message.

ANSWER OR PASS

CIRCLES

The usual route is closed. What could help make a new route easier to understand?

Show the change, offer a choice and allow time.

ANSWER OR PASS

BRIDGES

Kiaron, Richard and Maria enjoy different things. What could they share?

A game, a story, a favourite topic, quiet company or separate activities nearby.

ANSWER OR PASS

BRIAN'S

Tom Tom is not sure what to choose. What could the grown-up offer?

A few real choices, "not sure", more time or no choice right now.

ANSWER OR PASS

WAVES

A child looks uncomfortable at dinner. What could an adult notice?

Food, smell, sound, temperature, pain, tiredness or a need to leave.

ANSWER OR PASS

CIRCLES

A child wants to know when an activity will finish. How could you show them?

A clock, timer, written note, number of turns or "finished" cue if useful.

ANSWER OR PASS

BRIDGES

Nanny Elcy, Hue or Siena joins a family story. How could everyone take part their own way?

Talk, listen, watch, draw, use AAC, play beside someone or pass.

ANSWER OR PASS