

Connect More—A Family Therapy Game

Directions

Players: 6 players, ages 4 to adult.

Equipment:

Red Card Deck--All About Me	Game board (make-your-own)
Orange Card Deck—Mindfulness	6 felt rectangles
Green Card Deck—Imagination	6+ felt shapes of each color (make-your-own)
Blue Card Deck--Social Skills	6 playing pieces
Purple Card Deck--My Family	Die

Game Objective:

Collect all five colors of felt pieces by answering questions (or performing tasks) from the corresponding colored card decks.

Therapeutic Objectives:

Identify personal and family strengths and create strength-based narratives. Practice mindfulness. Identify and practice a wide-range of social skills such as emotion regulation, focus and attention, empathy, problem-solving, and adhering to rules.

Game Set-up:

1. Set each of the colored decks, the felt shapes, and the die next to the game board.
2. Players each choose a playing piece and place it in the center of the board.
3. Players each select a felt rectangle and keep it near them.
4. Decide who goes first and the order of play (i.e. die roll, then clockwise; youngest to oldest).

Basic Game Play:

1. **ROLL.** Player rolls die and moves in any direction. *Note: Players can move any direction on each turn, but cannot reverse direction mid-turn.*
2. **TAKE A CARD AND FOLLOW DIRECTIONS.**
Red, Orange, Green, Blue and Purple Spaces: Player chooses the top card from the colored deck corresponding to the colored space on the board. Answer the question or perform the task on the card.
Yellow Spaces--ALL PLAY: Player chooses any colored card. All players answer the question or perform the task to earn a felt piece of that color. *Note: Yellow spaces are customizable, so your unique game board may have alternate rules.*
3. **TAKE A FELT PIECE.** Player chooses a corresponding colored felt piece and places it on their felt rectangle. *Combining shapes to create pictures is encouraged!*
4. **END GAME.** Game ends when one player collects all 5 colored pieces and gets back to the middle (competitive goal) or when all players collect all 5 colored pieces and meet in the middle (cooperative goal).

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Directions continued

Specific Rules, Adaptations, and Notes:

Description of color categories:

Red Spaces--All About Me: Questions invite players to identify and share their personal strengths, interests, and experiences.

Orange Spaces--Mindfulness: Tasks invite players to tune into their current sensory experience by noticing what is happening in their environment and in their body.

Green Spaces--Imagination: Questions invite players to imagine future situations, both realistic and fantastical.

Blue Spaces--Social Skills: Questions invite players to empathize with others in hypothetical social situations. Tasks invite players to practice social skills with other players.

Purple Spaces--My Family: Questions invite players to identify and share strengths, relationships, and experiences of their families.

Landing on a color more than once--If a player lands on spaces when they have already earned the corresponding felt piece, use one of the following options:

- **Player may take another felt piece.** This option is best with younger players. With cooperative game goal, players could also trade colors to more quickly accomplish the group goal. (If the game designer will be playing with 5 or 6 players, they need to make sure there are more than 6 felt pieces of each color to use this option).
- **Player answers the question (or performs the task), and then rolls again.** This option works well for older players or when there are fewer players and the play moves quicker.
- **Turn ends.** This option works better with older players or when using the competitive gameplay option, as it encourages strategic movement on the board.

Yellow spaces--Yellow spaces provide a way to customize the game. Individual game boards may have unique rules for these spaces or customized card decks that correspond to the yellow-colored spaces. The default rule for yellow spaces is *ALL PLAY*, which is described in the *Basic Game Play* section.

Tips for helping younger players--There are many skill building opportunities in this game appropriate for pre-school aged children. Adult players can help children count and identify colors and shapes. Additionally, there are many opportunities to teach and reinforce social skills such as taking turns, focusing attention, and listening. For pre-readers, teach emergent literacy skills by allowing the child to hold the card as you read and run your finger under the words. The questions and tasks on the cards may be too challenging for some children, so adults can coach children by prompting, asking more questions, or providing options to choose from.

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Cards Only Adaptations

Players: 2 or more players, ages 4 to adult.

Equipment:

Red Card Deck—All About Me: Questions invite players to identify and share their personal strengths, interests, and experiences.

Orange Card Deck—Mindfulness: Tasks invite players to tune into their current sensory experience by noticing what is happening in their environment and in their body.

Green Card Deck—Imagination: Questions invite players to imagine future situations, both realistic and fantastical.

Blue Card Deck—Social Skills: Questions invite players to identify examples of social skills and empathize with others in real and hypothetical social situations. Tasks invite players to practice social skills with other players.

Purple Card Deck—My Family: Questions invite players to identify and share strengths, relationships, and experiences of their families.

Game Objective:

Collect all five colors by answering questions or performing tasks from the corresponding colored card decks. *Note: objective is customizable (see options for play).*

Therapeutic Objectives:

Identify personal and family strengths and create strength-based narratives. Practice mindfulness. Identify and practice a wide-range of social skills such as emotion regulation, focus and attention, empathy, problem-solving, and adhering to rules.

Options for Play on next page

Connect More—A Family Therapy Game

Options for Play:

- 1. Cards only:** The cards can simply be used on their own to spark discussion or provide practice prompts. Basic structure or rules can be created to adapt to the number of players, desired outcomes, and time allotted. For example:
 - At a therapeutic group, each member chooses and follows one **Mindfulness** card prompt for a warm-up activity.
 - A family answers one **All About Me** card and one **My Family** Card at dinner.
 - In a counseling session, each person tries to earn one of each color card by taking turns.
- 2. Using the cards with other games:** Use the cards to add an emotional-intelligence dimension to common family board games. Download the free **Connect More-A Family Therapy Game** directions (thegamecrafter.com or corrinaskildum.com) for game-play guidance. A *Trivial Pursuit* or *Candy Land* board work great as they both have multiple colors that can be matched to the cards.
- 3. Create your own board game:** A creative activity for families, groups, or counseling sessions.
 - A. Download the free **Connect More—A Family Therapy Game** directions** (thegamecrafter.com or corrinaskildum.com) for game-play and a list of equipment you can gather (i.e. playing pieces, die).
 - B. Make a game board:** On a piece of poster-board, draw a track with spaces. (The shape of the track and number of spaces is up to you). Color the spaces to match the colors on the cards (red, orange, green, blue, purple). Then design the backdrop in any way you choose.
 - C. Cut felt** rectangles for each player (approx. 4"x6") and small colored felt shapes (1"-2") of each color to earn when questions and tasks are completed. *Note: in place of felt, you can also use other tokens for collecting (i.e. pennies, chips, post-it notes, stickers).*