

MEMO

CENTRAL OFFICE RESOURCES BOARD GAMES

The following resources/games are available on-loan through Central Office for use with students experiencing issues related to anger, ADHD, relationships, social skills, impulsive behaviors, etc.

Please contact Charlene @ Central Office to sign out.

- **ANGER CONTROL & VIOLENCE PREVENTION**

- **SMART AND ANGRY (Grades 2-5)**

Is an educational board game designed to teach young people specific skills that will help them look objectively at anger-provoking situations and react in a thoughtful, assertive, and respectful way. It's not the anger that gets kids in trouble, but rather the actions they take when they are angry that determine whether they can solve the problem or make things worse. In addition, many people misread situations and become angry when it's inappropriate.

Smart and Angry gives children the thinking and decision making skills that they need to overcome these tendencies.

- **ESCAPE FROM ANGER ISLAND (Grades 1-5)**

Is designed with the busy counselor in mind, and it can be played in just 15 minutes. There are six skills in total, and one skill is the focus of each 15 minute session. Kids can play multiple times to learn all six skills.

The six skills are:

*Problem solving

*Reducing stress

*Knowing your hot buttons

*Self talk

*Talking out conflicts

*Relaxation

This games also includes a reproducible Anger Management Checklist, a Skills Record (to keep track of which players have practiced which skills), and a facilitator booklet with complete lesson plans, suggested activities for practice between sessions, and questions for discussion.

- **INTELLIGENT ANGER (Grades 5-8)**

This game is designed to teach young people specific skills that will help them look objectively at anger-provoking situations and react in a thoughtful, assertive, and respectful way. It isn't the anger that gets kids in trouble, but rather the actions they take when they're angry that determines whether they can solve the problem or make things worse. In addition, many people misread situations and become angry when it's inappropriate. Intelligent Anger is based on the Social Information Processing Model of anger and aggression. It gives young people the thinking and decision making skills to overcome these tendencies.

- **BREAKING THE CHAINS OF ANGER (Grades 5-8)**

In this game players learn important concepts and practical skills as they help Alex (a middle school student) control his anger and avoid aggressive actions. Alex has many trying experiences, including being made fun of, being bullied, being punished for something that he didn't do, and dealing with a younger sister who eats all of his dessert. Players learn skills for self-control, self-reinforcement, and anger reduction, problem solving, and planning ahead. The game format helps students learn about these important concepts without the usual denial and defensiveness. In the post game discussion, the teacher relates the players' actions in the game to real life situations.

- **FURIOUS FRED (Grades 2-5)**

This game teaches important concepts and practical skills for controlling anger and avoiding violence. Players earn points by giving Fred, a fictitious student, good advice on how to deal with frustrating and anger-provoking situations at school and at home. Players learn that anger can lead to actions that Fred will regret later. The skills taught in the game help Fred stay calm, make good decisions, and take actions that will help himself instead of trying to hurt others. By giving advice to Fred, the fictitious student, players are not hindered by the usual defensiveness and denial that accompanies discussions about anger and violence.

- **BULLYING/VIOLENCE REDUCTION**

- **BULLIES TO BUDDIES (Grades 2-5)**

Bullying is a complex process involving the bully, the intended victim, the bystanders, and the climate in which the bullying takes place. This educational game deals with the complex nature of bullying in a way that students in elementary school can understand and learn skills specific to their grade. Players learn that all students must take a stand against bullying. The bystanders, for example, play a key role in the bullying process. If bystanders are present during the bullying or know about it beforehand, they can take action to discourage it. Regardless of when they learn about bullying (before, during, or after an incident), all bystanders can refuse to reward the bully with his desired popularity and power. Students will learn positive, non-violent skills that they can use if they are targets of bullying, bystanders, or bullies.

- **BULLY BUSTERS (Grades 5-8)**

Bullying is a complex process involving the bully, the intended victim, the bystanders, and the climate in which the bullying takes place. This educational game deals with the complex nature of bullying in a way that students in elementary school can understand and learn skills specific to their grade. Players learn that all students must take a stand against bullying. The bystanders, for example, play a key role in the bullying process. If bystanders are present during the bullying or know about it beforehand, they can take action to discourage it. Regardless of when they learn about bullying (before, during, or after an incident), all bystanders can refuse to give the bully the status, popularity, and power that he/she is looking for. Students will learn skills that they can use if they are targets of bullying, bystanders, or bullies who are looking for positive ways to achieve their goals.

- **CAREER EXPLORATION**

- **CAREER CHALLENGE (Grades 3-6)**

Career Challenge combines the fun of a quiz show with a board game. Players learn about a wide range of careers and which careers may be good matches for their interest, talents and job preferences. Questions help players learn (1) education requirements, (2) about everyday life on the job, and (3) the advantages of various careers. The game gets players to look at and to learn about careers that may not have considered previously. Players are encouraged to see how their plans for college will impact their career choices.

- **CONFLICT RESOLUTION**

- **MEETING OF THE MINDS(Grades 5-8)**

There is lots of excitement as players try to develop win-win solutions and learn conflict resolution skills. In the game players earn points in two ways. First, they answer questions on effective ways of resolving conflicts that are built into the game. Second, they resolve conflicts with other players that occur during the game. As a result, the players participate in two learning processes simultaneously – (1) learning the knowledge and skills for successful conflict resolution, and (2) applying the knowledge and skills during the play of the game. Players are therefore cooperating in finding solutions and competing to win the game at the same time. This dynamic relationship leads to a very exciting game.

- **CONFLICT BUSTERS (Grade 2-5)**

Conflict Busters is a cooperative educational game with a space travel theme. It teaches important knowledge and skills for conflict resolution. Some anger control skills are also included. The cooperative nature of the game encourages students to work together to reach a common objective-completing their mission to Saturn (which is achieved by completing a jigsaw puzzle of Saturn). There are two sets of rules and two sets of some of the cards in order to make the game challenging for all players.

- **IMPULSE CONTROL**

- **IMPULSE CONTROL GAME (Grades 2-8)**

The Impulse Control Game is an educational and therapeutic board game designed to help young people with ADD, ADHD, and other conditions involving impulse control problems. Learning to stop and think is a good start, but effective control of impulses requires the acquisition of specific skills. The game teaches seven specific skills that have been proven in the research literature to help impulsive children control their impulses, make good decisions, and avoid actions that are detrimental to themselves and others.

In the game, players drive their cars, making their way through a maze of roads. At each intersection they have to make a decision regarding the best path. Some paths are short, but contain various hazards that are represented by road signs. Therefore, players must avoid hasty decisions and choose their routes in a way that looks forward to the consequences of each path. They learn that the “easy way” isn't always the best way. In order to do well in the game, players are forced to delay decisions until the facts and consequences have been considered.

- **INTERNET SAFETY**

- **CYBERSAFE (Grades 3-7)**

Cybersafe helps players stay safe from predators, bullies, scams, viruses, and identity theft, as they travel through the exciting, yet dangerous world of the Internet, cell phones, MP3 players, and other wireless devices. Players travel around a board that represents cyberspace, answering questions and winning play money. Players learn specific steps that they can take to stay safe from all the dangers listed above. Players also learn positive internet skills such as courtesy and “Netiquette.”

- **LISTENING SKILLS**

- **THE POWER OF LISTENING (Grades 4-7)**

This educational game uses a movie theme to teach young people specific skills that will help them to become good listeners. Players learn six listening skills and four aspects of listening for verbal and non-verbal cues, such as tone of voice and body language. Players learn to focus on the feeling of the speakers as well the content of what the speakers says. As guidance, there are twenty-four stars with feeling words on the game board. The six skills and four categories of cues are also on the game board. There are four kinds of cards. Movie Cards contain a few “lines” from a fictitious movie and the feeling that should be conveyed when reading the lines. When picking a Movie Card, players act out the lines on the card while trying to convey the feeling listed on the card. Other players pick Listening Cards, which ask them to figure out the feeling, summarize the content, identify cues, etc. How Can You Tell? Cards ask players to name or identify specific cues, such as sarcasm or body language. Finally, True-False Cards cover various aspects of listening, reinforcing the skills learned in the game.

- **LISTENING COUNTS (Grades 1-5)**

This new educational game teaches six basic listening skills to elementary school students. Players learn skills that will help them become better listeners at home, with friends, and in the classroom. Skills include remembering to make good eye contact, avoiding interrupting, and interpreting body language correctly. Players have fun moving from cloud to cloud, picking cards, answering questions, practicing the six listening skills, and avoiding the rain clouds that could cost them a turn. There are two sets of rules to tailor the game to older and younger students.

- **PERSONAL SAFETY**

- **SAFETY ISLAND (Grades 3-6)**

This unique educational game is designed to teach a wide range of safety guidelines to children. Topics covered include water safety, bicycle safety, guns, drugs, (including tobacco), physical and sexual abuse, strangers, etc. Players learn to take charge of their own safety, even if adults are lax. Cards focus on what kids can do to help themselves, friends, and family be safe. Players help each other during the game and answer questions to win points.

- **POSTIVE THINKING**

- **CLEAR THINKING (Grades 2-5)**

Empowering kids to solve interpersonal problems by taking responsibility and focusing on positive solutions. These positive thinking skills will help students deal with problems effectively whether in school, in the community, or at home. Students learn how to respect themselves and others, to avoid common pitfalls, and to think clearly about problems and frustrations as they arise. The game builds thinking and problem-solving skills for addressing emotional difficulties such as anger, opposition, frustration, disappointment, worry, and low self-esteem. An antidote to negativity, Clear Thinking shows kids how to choose a positive perspective. Positive behaviours naturally will follow the positive outlook.

- **RESPONSIBILITY**

- **COUNT ON ME(Grades 1-5)**

Being responsible is vital for success in school and throughout liFe.

Count on Me is designed to teach students specific actions that they can take to be responsible. The game focuses on four areas of the students' lives in which it is important to be responsible: * With Friends * With Family * At School * In the Community

The game box contains two games, one for grades 1 and 2, and one for grades 3,4, and 5. As a result, this game will be challenging fun, and educational for all students in grades 1 through 5. During the post-game discussion students relate their experience in the game with the real world.

- **SOCIAL SKILLS/FRIENDSHIP**

- **TRUE FRIENDS (Grades 3-6)**

An education board game designed to give kids the knowledge and skills they need to successfully navigate the world of cliques, shifting relationships, and (for older students) the beginning of interest in the opposite sex. Players learn how to be a true friend, to resist negative peer pressure from friends and other classmates, and to strive to be themselves instead of trying to fit the unrealistic cookie cutter mold of the “popular” kid. Players navigate through the ocean and pass through a series of islands (Popularity Island, Friendship Ups and Downs Island, etc.) until they reach True Friends Island. Bad luck takes you to Castaway Island. The game has two sets of cards – one for Grades 3 and 4; one for Grades 5 and 6. The cards for the older students also deal with girl-guy issues.

- **FRIENDSHIP ISLAND (Grades 1-4)**

Social skills needed for positive peer relations are some of the most important skills to be learned during elementary school years. Friendship Island is specifically designed to teach these skills to students.

The game focuses on the three vital areas of friendship:

- *Making Friends

- *Being a good friend

- *Resolving disagreements in a win-win manner

The play of the games has been designed so that players cooperate and help each other, as well as answer questions about friendship to win points for themselves. The game box contains two games. One game is designed for grades 1 and 2. The other game is designed for grades 3 and 4. As a result, this game will be challenging, fun, and educational for all players. During the post-game discussion players relate their experiences in the game with the real world.

- **CIRCLE OF RESPECT (Grades 1-5)**

Understanding the concept of respect and developing the ability to show respect in a variety of situations are vital for success in school and through life. Circle of Respect teaches students

- (1) the guiding principle that showing respect is the best way to receive respect, and

- (2) specific ways that they can show respect with classmates, at school, with family, in the community.

Players learn to identify situations in which showing respect is important, including respecting differences, rules and the environment. The game is careful not to equate respect with obedience, and players learn that they can disagree with kids and adults as long as it's done in a respectful way. The game board contains two games, one for grades 1 and 2, and one for grades 3, 4, and 5.

- **JOURNEY TO FRIENDSVILLE (Grades 1-5)**

Board games are a very effective way to teach social skills, but many counsellors don't have the time to play a traditional board game with their clients. Journey to Friendsville is designed with the busy counselor in mind. Kids learn social skills and how to develop rewarding friendships in 15 minute increments as they journey on the game board towards the town of Friendsville. There are five skills in total, and one skill is the focus of each 15 minute session. Kids can play multiple times to learn all five skills. The five skills are:

 - *Using humor appropriately in social situations
 - *Joining and participating in groups
 - *Dealing with conflicts
 - *Showing respect and fairness
 - *Conversing with others – expressing yourself and listing skills

- **A DAY IN THE LIFE (Grades 5-8)**

Players learn vital social and communication skills as they help Alison (a middle school student) handle problems with friends, teachers, and family members. Players help Alison deal with difficult situations (such as a friend being mad at her for not being invited to her party), help her be assertive (yet respectful), disagree without lowering the self-esteem of others, use facts to be persuasive, show empathy, and others. Players also use tone of voice and body language to enhance the effectiveness of what Alison says. Color poster is included. Teachers are encouraged to keep the poster up in subsequent classes for the purpose of continued reinforcement of the skills.

- **EMPATHY COUNTS (Grades 2-7)**

Empathy is the ability to understand how others feel about issues. Empathy is essential for building lasting friendships and positive relationships with family members and adults. This educational game developed to teach young people to understand the concept of empathy, to be empathetic, and to take positive actions towards others based on empathy. Although designed for Grades 2-7, it can also be used as high-interest material for older students.

- **CHARACTER CHALLENGE (Grades 5-8)**

This board game specifically designed to challenge students to think critically about important character issues. They will learn what constitutes good character (and bad character) and what character means in terms of the quality of relationships with family, friends, and adults at school. The dimensions of character built into the game include:

- * Trustworthiness
- * Honesty
- * Compassion
- * Respect for Others
- * Respect for Self*
- * Fairness
- * Responsibility
- * Caring
- * Loyalty

* Respect for self includes avoiding tobacco, drugs, and alcohol, turning down rides with others who have been drinking, etc.

- **UNDERSTANDING DISABILITIES**

- **CALL ME CAPABLE (Grades 3-9)**

Call Me Capable is an educational game that helps students understand disabilities, and develop empathy and respect for the disabled. It encourages players to focus on the *capabilities* of individuals living with disabilities. The game is designed primarily for students who are not disabled, although disabled students also enjoy the game and benefit from increased knowledge and self-esteem. Players pick Emotion Cards, Experience Cards, Imagination Cards, and Challenge Cards to deal with the many aspects of disabilities. The game includes only those disabilities that the court have unambiguously determined to be disabilities under current law.