

# TALKABOUT GAME

Instructions



Monday



Thursday



Friday



Tuesday



Wednesday

Speechmark



# TALKABOUT GAME

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## Description of game

2 – 6 players    Ages 7 – 16

This board game has been designed to support work on social communication skills, self esteem and friendship skills.

The Talkabout board game is a journey through the week where you will encounter a number of different social skills tasks that you need to complete in order to get to the end of the week.

The purpose of the game is to work together to get everyone to the end of the week. There is therefore no winner of the game. Once you have got to the middle of the board, your role is to help the others get there too.

The Talkabout board game can be played at 6 different levels by using the different colour coded card packs to work on different skills:

Pack 1: Self awareness and self esteem

Pack 2: Body Language

Pack 3: Conversational skills

Pack 4: Friendship skills

Pack 5: Assertiveness skills

Or any combination of the above

## Contents

1 game board

6 Talkabout character pieces

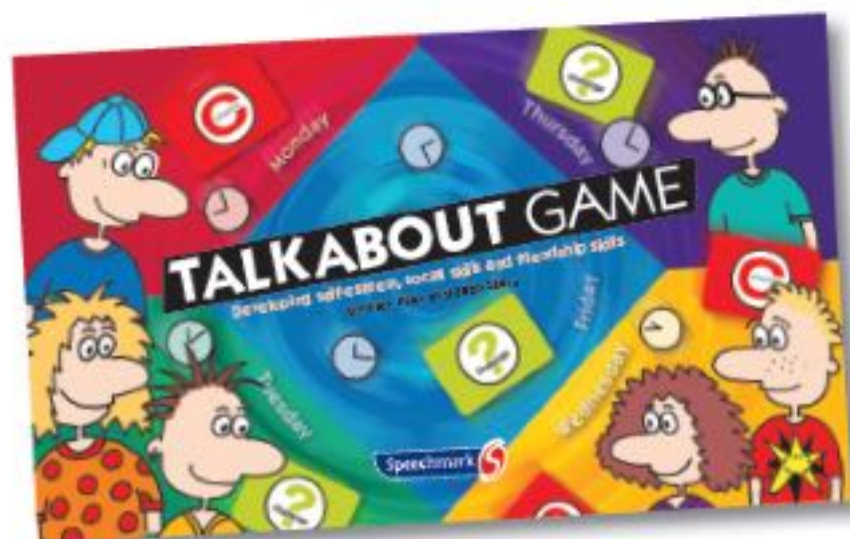
5 sets of Talkabout challenge cards (1 for each level)

1 set of chance cards

1 die

## Object of the game

- Each player chooses a character piece and places them at the start (Monday)
- The students roll the die and the person with the highest number starts the game
- Each person takes it in turns to roll a die and move their character around the board
- If they land on chance 'C' – they take a chance card and follow instructions
- The first objective is to get to the end of Monday and when they have landed on the '?' they complete a Talkabout Challenge
- The group facilitator then asks the group 'How did they do?'
- If the group agree that the person did the challenge well, they are allowed to step onto the next day
- If not, the group discuss how it could have been improved and the player completes another challenge on their next turn
- They can only move onto the next day, when they have successfully completed the challenge
- The final Talkabout challenge is on Friday and following that, they step into the centre (and into the week end)
- Their role then is to support the others to complete the Talkabout challenges and join them in the centre



## Setting up the game

- Decide which Talkabout Challenge cards to use:
  - Yellow – self awareness and self esteem
  - Blue – body language
  - Green – conversational skills
  - Pink – friendship skills
  - Orange – assertiveness skills
  - A mixture of them all
- Shuffle the challenge cards and place them on the '?' section of the board
- Shuffle the red chance cards and place on the board
- Ask each player to select a Talkabout character
- Each person rolls the die to choose who to start
- The game begins!



## The Talkabout characters



Frankie



George



Harry



Eddie



Sam



Marty

## Chance cards

- You paid someone a compliment... **go forwards 1 place**
- You held open the door for somebody... **go forwards 1 place**
- You were a good friend today... **go to the end of the day**
- You noticed someone looking upset in the playground and you asked them if they were OK... **go to the end of the day**
- You shared your lunch with someone who didn't have any... **go forward 1 place**
- You're late for your lesson... **go back 1 place**
- You forgot to brush your hair this morning... **miss a turn**
- You didn't stand up for your friend this morning... **go back to the beginning of the day**
- You didn't apologise to your friend for hurting their feelings... **go back to the beginning of the day**
- You didn't listen to the teacher... **go back 1 place**

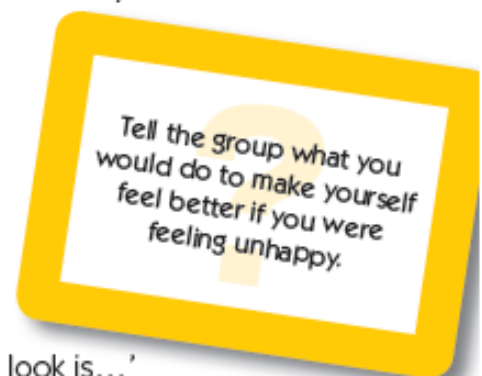


## Challenge Cards



### Level 1 Cards (yellow) – Self Awareness and Self Esteem

- Tell the group 1 thing that makes you feel happy
- Say something nice to a person of your choice
- Look at the person on your right and describe 3 things about the way they look
- Ask the person on your left how they are feeling today
- Tell the group one thing that makes you feel good about yourself
- Tell the group about the last time you had a really good laugh
- Tell the group what you would do to make yourself feel better if you were feeling unhappy
- Choose someone in the group and say 1 thing that they are good at
- Tell the group 3 things that you are good at
- Describe what you look like
- Finish this sentence: 'I would like it if I was...'
- Think of 3 ways in which you are different to the person on your right
- Think of 3 ways in which you are similar to the person on your left
- Tell the group about something you enjoy doing
- What do you think people like most about you?
- Describe a favourite place – why do you like it?
- Finish the sentence: 'I like my friends to be...'
- Share with the group 1 thing that made you feel bad recently. What did you do about it?
- Finish the sentence: '1 thing I like about the way I look is...'
- Can you think of 3 things that might happen to your body when you feel angry?



## Level 2 Cards (blue) – Body Language

- Can you list 4 ways we use our bodies to communicate?
- Make an angry face.
- Tell the group why you think facial expression is important when talking to people?
- Tell the group one reason why eye contact is important when talking to people?
- If your friend is upset, what would you notice about their body language?
- When you meet someone for the first time, what helps you decide whether you will like them or not?
- Get up and walk around the room using nervous body language
- Tell the group 1 thing you did this week that was nice and use a happy facial expression
- What would you notice about someone's body language if they were feeling angry?
- How can I show someone I am listening?
- Sit on your hands and explain to the group what a spiral staircase looks like
- Ask the person on your left to tell you something they did at the week end. Make sure you use good eye contact when listening to them.
- Walk around the room using confident body language
- Say the sentence 'I can't believe that!' twice. The first time use an excited facial expression and the second time use an angry facial expression
- How would you tell someone you were scared using just your body language?
- Stand up and ask another person to stand facing you. Show the group how close you can get to that person when talking to them.
- Name one person you would feel OK about getting a hug from
- Make an excited face and jump up and down
- What tells other people more about how we're feeling – our bodies or our words?
- Tell the group about your least favourite meal using appropriate body language






### Level 3 Cards (green) – Conversational skills

- Ask the person on your left what is their greatest ambition
- Find out who is the older, you or the person on your right
- Tell the group who you would most like to be like
- Find out who has travelled the furthest this morning, you or a person of your choice
- Ask the person to your left their best memory
- Tell the group the best thing that has happened to you this week
- Ask the person to your right what is their most treasured possession
- Tell the group what your ideal Saturday would be like
- Ask the person to your right what their favourite game is
- Tell the group what colour you feel like today
- Tell the group what car you would like to drive when you are older
- Who has the longest name, you or the person on your left
- Who has travelled the greatest distance in their life – you or the person on your right
- See if you can remember something that someone has said in this game
- Who has the most brothers and sisters you or the person on your left
- How can you show someone you are really listening to them
- How could you start a conversation with someone you don't know
- What could you do to end a conversation
- Pretend you are trying to get to know the person opposite you – ask them 3 questions about themselves
- If you are talking to someone, how would you know they were not listening to what you were saying



## Level 4 Cards (pink) – Friendship skills


- Think of a friend and tell the group one thing that you think they like about you
- Tell the group 3 things that you look for in a friend
- Think about your best friend. Tell the group why you like them
- Can you think of someone who you wouldn't want to be friends with? Can you tell the group why?
- Tell the group about something you have done recently that shows you can be a good friend
- Think of someone you trust. Why do you trust them? What is it about them that makes you think they are trustworthy?
- Can you tell the group about a time when you have looked out for a friend and done something that shows them you value them?
- Think of 1 reason why you are proud to be you.
- Choose someone in the group and pay them a compliment. Make sure you mean it.
- Can you think of 3 things you might do to help you calm down if you were feeling angry.
- Turn to someone in the group and finish this sentence: 'I think you are great because...'. Make sure you mean it.
- If you had an argument with your friend, can you tell the group 1 thing you might do to make things better?
- Tell the group what you think peer pressure means.
- Tell the group 1 way you might try to handle peer pressure.
- Imagine you felt jealous of your friend because they got twice as much pocket money than you. What would you do?
- Turn to the person on your right and tell them why you think someone else would like them
- Do you think it's better to be friends with lots of people but to not have a really close friend, or to just have 1 really good friend?
- Why is it important to be able to trust a friend?
- If you could choose any celebrity to be your friend, who would you choose and why?
- If you had to be stuck on a desert island with 1 person from this group, who would it be and why?



Think of a friend and tell the group one thing that you think they like about you.

## Level 5 Cards (orange) – Assertiveness skills

- If someone is being aggressive, think of 3 things you might notice about them
- If someone is being passive, think of 3 things you might notice about them
- If someone is being assertive, think of 3 things that you might notice about them
- If someone said to you 'that's your problem, not mine' do you think they are being assertive or aggressive? Why?
- Why is it important to stop and think before you express your feelings?
- Why is it important to tell other people how we are feeling?
- Your friends are trying to decide what to do at the weekend and you want to make a suggestion. What could you do?
- Think of 3 ways you can show respect to someone who is talking
- Your friend has just made a comment that you really disagree with. What is important to remember to do?
- Think of 3 things that are important to remember when refusing assertively
- Do you need to say 'sorry' when you say 'no'? Tell the group why
- You have upset your friend and you need to apologise. Tell the group what you are going to do. Do they agree with you?
- Tell the group what you think an assertive person looks like?
- Tell the group what you think an assertive person sounds like?
- Think of someone who you think is assertive. Why do you think they are assertive?
- Do you think it is ever better to be passive rather than assertive? Can you give an example?
- Do you think it is ever OK to be aggressive rather than assertive? Can you give an example?
- What 3 things would you do if you felt you were becoming aggressive?
- You are having a meal with your friends. Ask the person next to you to pass the salt and say it in an aggressive way. Now say it in an assertive way.
- Ask someone in the group to lend you a pencil. Say it in a passive way. Now say it in an assertive way.



If someone is being aggressive, think of 3 things you might notice about them.

