



The Family Meeting Game



Instructions

The Family Meeting Game was specifically developed to help families deal with the coronavirus pandemic, which has changed family life for most people around the world. The pandemic has put pressures on families never before experienced in the modern age; however, it has also given us a chance to strengthen family bonds and learn positive ways to communicate and solve problems together. The Family Meeting Game is designed to help families interact in a kind and compassionate manner. The game should be played at least once a week, but it can be played more often if your family enjoys it.

Overview

There are six different decks in the game: Talk About What Bothers You, Changes in the Family, Problem Solver, Staying Healthy, Supporting the Family, and Assignments. Each deck has eight written questions and eight blank cards where families can make up their own questions.

As players move around the board by rolling the die, they earn Family Bucks by answering questions from the different decks. When all players have gotten to the end of the game, the person with the most money pitches a coin onto the Rewards Wheel. The player should get the reward indicated before the next time you play The Family Meeting Game.

Preparation of the Game

- Print out all components of the game.
- Cut out the two halves of the board and tape them together. You can tape the board onto some cardboard to make it sturdier.
- Cut out the cards, fold each one, and tape them closed. Make the six piles of cards. **Note that each deck also has 8 blank cards. We suggest you play the game once, and then write some of your own cards to add to the game.**
- Cut out the die and tape it together.
- For pawns, you can use coins, pawns from another game, or a small object representing each family member.
- Cut out the Family Bucks.

How to Play





- Players put their pawns on the "Start Meeting" square.
- The youngest player goes first and rolls the die.
- The player moves the pawn as indicated. When the player lands on a "Pick a Card" square, he/she picks a card from any pile.
- If the player answers the question on the card, he/she gets the number of Family Bucks indicated on the card. If the player doesn't want to answer the question for any reason, that is fine, and the next player takes a turn.
- Assignment cards are worth the most Family Bucks. When a player chooses an assignment card, he/she agrees to do that assignment within the next two days.
- When all the players have gone around the board and returned to the "Start" square, the player with most Family Bucks is declared the winner.
- The winner of the game gets to toss a coin on to the "Rewards Wheel." This is a reward that the whole family can enjoy. **Note that you can also make your own "Rewards Wheel" with the blank wheel provided, writing in rewards you think your family would most enjoy.**

We hope you enjoy playing the Family Meeting Game. Look for more resources to help you through this difficult time at The Counseling Store (www.counselingstore.com).

Please stay safe, stay healthy, and be kind to each other.

About the Author

The Family Meeting Game was developed by psychologist Lawrence E. Shapiro, Ph.D. Dr. Shapiro has been developing practical solutions for a wide variety of problems for the last 30 years, including over 100 psychological board and card games and 75 books and workbooks. His work has been translated into over 30 languages. Dr. Shapiro is the Founder and President of Between Sessions Resources, a company dedicated to improving the delivery of mental health services.

<p>Get a compliment from all players.</p>	<p>PICK A CARD</p> 		<p>PICK A CARD</p> 		<p>PICK A CARD</p> 		<p>MOVE AHEAD 1</p>  <p>You made great suggestions</p>
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PICK A CARD



Talk About What Bothers You

MOVE AHEAD 3



You solved a family problem.

Problem Solver

the **Family MEETING** game



PICK A CARD



MOVE BACK 3



You weren't cooperative.





Assignments

PICK A CARD



START MEETING



<p>PICK A CARD</p> 		<p>PICK A CARD</p> 		<p>PICK A CARD</p> 		<p>MOVE BACK 2</p>  <p>You were too critical of others.</p>
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PASTE HERE












Change in the Family


Staying Healthy

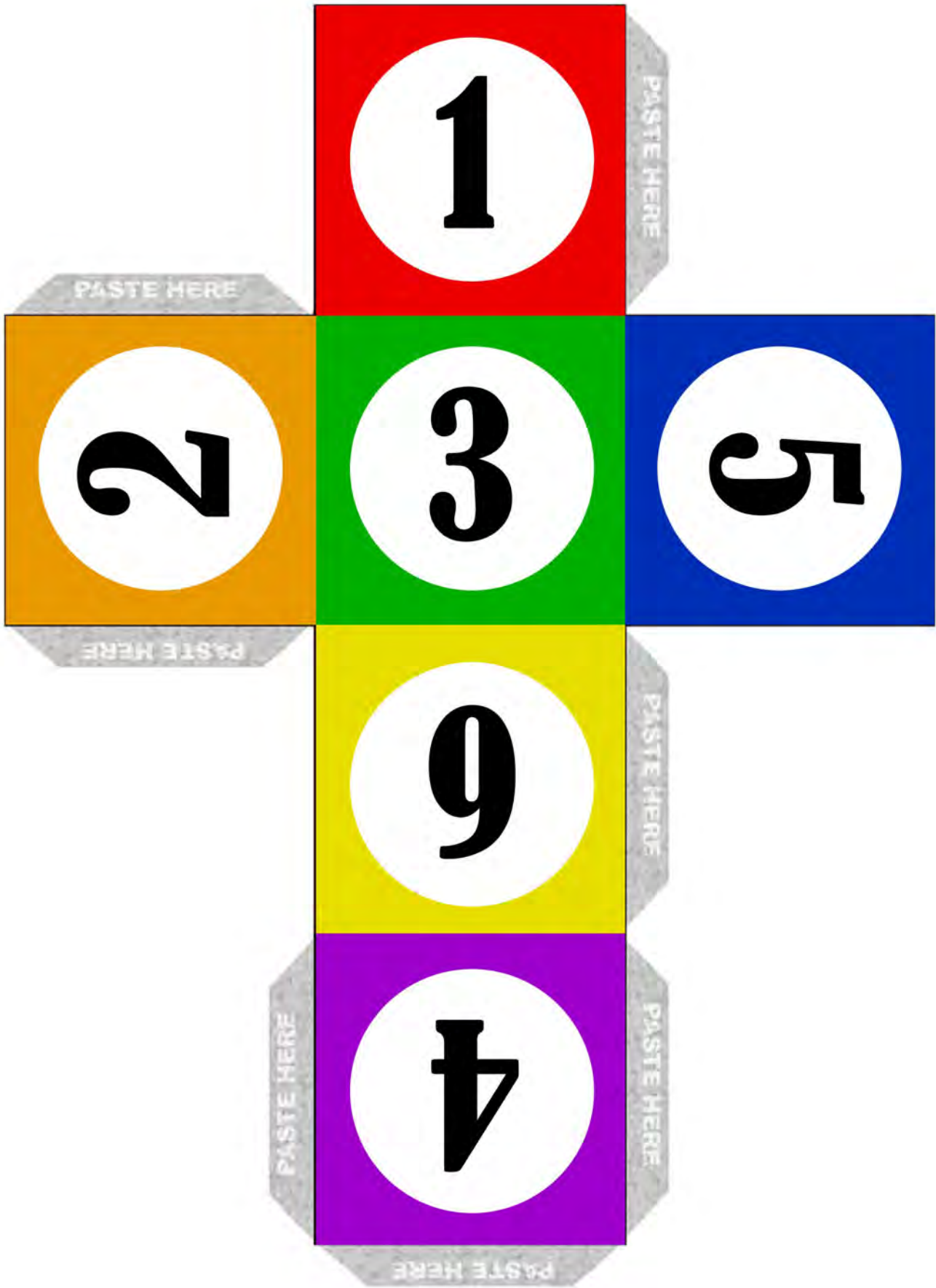
Supporting the Family

Copyright 2020 Between Sessions Resources

		PICK A CARD 		PICK A CARD 		PICK A CARD 	5 BONUS BUCKS 
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<div data-bbox="345 373 808 642" style="border: 1px solid black; padding: 10px; text-align: center;">Change in the Family</div> <div data-bbox="967 814 1230 1281" style="border: 1px solid black; padding: 10px; text-align: center;">Staying Healthy</div> <div data-bbox="345 1457 808 1722" style="border: 1px solid black; padding: 10px; text-align: center;">Supporting the Family</div>								PICK A CARD
							You weren't really listening to others.  MOVE BACK 1	
							 PICK A CARD	
							You showed that you cared.  MOVE AHEAD 2	
							 PICK A CARD	

		PICK A CARD 		PICK A CARD 		PICK A CARD 	20 BONUS BUCKS 
--	--	--	--	--	--	--	--



1

2

3

5

6

4

Change in the Family

What changes do you think will affect your family in the next few months?

Change in the Family

Who is the most positive person in your family? What do you like about his or her attitude?

Change in the Family

What routines in your home have changed? Is there anything you can suggest to make things easier for you or another family member?

Change in the Family

Can you think of something YOU can do differently to make this an easier time for anyone in your family?

Change in the Family

Have you noticed any changes in another family member that you really like?

Change in the Family

What changes would you like to make in your house or apartment that would help the whole family?

Change in the Family

Where in your home do you do your schoolwork or adult work? Is there anything you can do to make this space a better place to work? Ask other family members if they have suggestions for you.

Change in the Family

If a magic genie gave you three wishes, what would they be?

**Change in
the Family**

**Change in
the Family**

**Change in
the Family**

**Change in
the Family**

FOLD

FOLD

**Change in
the Family**

**Change in
the Family**

**Change in
the Family**

**Change in
the Family**

FOLD

FOLD

Problem Solver

Ask another player if you can do anything different to support the family.

Problem Solver

What do you worry about?
Can anyone in the family help you with this?

Problem Solver

What is a serious problem you had in the past that you solved? Can you apply this solution to a present problem?

Problem Solver

What can you do when you are bored?

Problem Solver

What is the biggest problem that faces the family? What can you do to help?

Problem Solver

How can you make this difficult time better?
Ask everyone to brainstorm 5 ideas.

Problem Solver

People love their "screen time," but how much is too much?
How can you control your screen time?

Problem Solver

What is a good way to settle your differences when you have a conflict with a family member?

**Problem
Solver**

**Problem
Solver**

**Problem
Solver**

**Problem
Solver**

**Problem
Solver**

**Problem
Solver**

**Problem
Solver**

**Problem
Solver**

FOLD

FOLD

FOLD

FOLD

Family Assignments

FOLD

Make a poster that has a positive message for your family.

Family Assignments

FOLD

Plan an activity that will be fun for the whole family. Ask another player for help if required.

Family Assignments

FOLD

Make a thank you card of appreciation for each family member.

Family Assignments

FOLD

Clean something (i.e., a closet or drawer) you've been putting off.

Family Assignments

FOLD

Do an extra chore today. What will you do?

Family Assignments

FOLD

Plan a surprise for another family member. Ask for help from another player, if required.

Family Assignments

FOLD

Do an unexpected kindness for another family member.

Family Assignments

FOLD

Choose a game for the whole family to play together.

**Family
Assignments**

**Family
Assignments**

**Family
Assignments**

**Family
Assignments**

FOLD

FOLD

**Family
Assignments**

**Family
Assignments**

**Family
Assignments**

**Family
Assignments**

FOLD

FOLD

**Supporting
the Family**

What can you do to help someone else in your family?

**Supporting
the Family**

Give a compliment to another family member.

**Supporting
the Family**

Using a pleasant tone of voice goes a long way to getting along with family members. Ask another player what they think about your tone of voice.

**Supporting
the Family**

It's normal for families to have arguments, but you can still be considerate and respectful when you argue. What can you do differently when you are upset with someone?

**Supporting
the Family**

What chores do you do?
Can you do more?

**Supporting
the Family**

What can you do to be more kind to other family members?

**Supporting
the Family**

Ask another player how you can help them deal with pandemic-related stress.

**Supporting
the Family**

What do you do when you need a "time out"- quiet time by yourself? Is there anything you need from other family members to get some quiet time each day?

**Supporting
the Family**

**Supporting
the Family**

**Supporting
the Family**

**Supporting
the Family**

FOLD

FOLD

**Supporting
the Family**

**Supporting
the Family**

**Supporting
the Family**

**Supporting
the Family**

FOLD

FOLD

Staying Healthy

FOLD
\$1

What kind of exercises do you do at home to stay healthy?

Staying Healthy

FOLD
\$1

Do you have any aches, pains, or other health problems you want to talk about?

Staying Healthy

FOLD
\$5

Are you eating foods that will keep you healthy? What should you change about your diet?

Staying Healthy

FOLD
\$1

Are you drinking enough water? How much water do you drink during the day?

Staying Healthy

FOLD
\$5

Do you wash your hands enough? Describe your hand-washing habits.

Staying Healthy

FOLD
\$5

Is there anything that the whole family can do to be healthier?

Staying Healthy

FOLD
\$5

Are you getting enough sleep? If not, how can you change your sleeping habits?

Staying Healthy

FOLD
\$5

How do you deal with stress? Ask the other players if they think you should do something else to cope with stress.

Staying Healthy

Staying Healthy

Staying Healthy

Staying Healthy

FOLD

FOLD

Staying Healthy

Staying Healthy

Staying Healthy

Staying Healthy

FOLD

FOLD

Talk About What Bothers You

What is something that annoys you right now? What do you think can be done about this?

Talk About What Bothers You

Do you have any complaints about your school work or your adult work that you want to share?

Talk About What Bothers You

What do you think about the noise level in your home? Can you think of anything that could be different?

Talk About What Bothers You

Do you want anyone in the family to do something different? Can you ask them in a polite and positive manner?

Talk About What Bothers You

Is there something you would like to change about your schedule? What do you suggest?

Talk About What Bothers You

Do you have any suggestions about what other family members can do to make life easier in the home? Can you make these suggestions in a kind and positive way?

Talk About What Bothers You

What can YOU do to help someone else in the family?

Talk About What Bothers You

Do you feel overwhelmed with what you have to do? What is bothering you most? Is there anyone in the family who can help you?

**Talk About What
Bothers You**

**Talk About What
Bothers You**

**Talk About What
Bothers You**

**Talk About What
Bothers You**

FOLD

FOLD

**Talk About What
Bothers You**

**Talk About What
Bothers You**

**Talk About What
Bothers You**

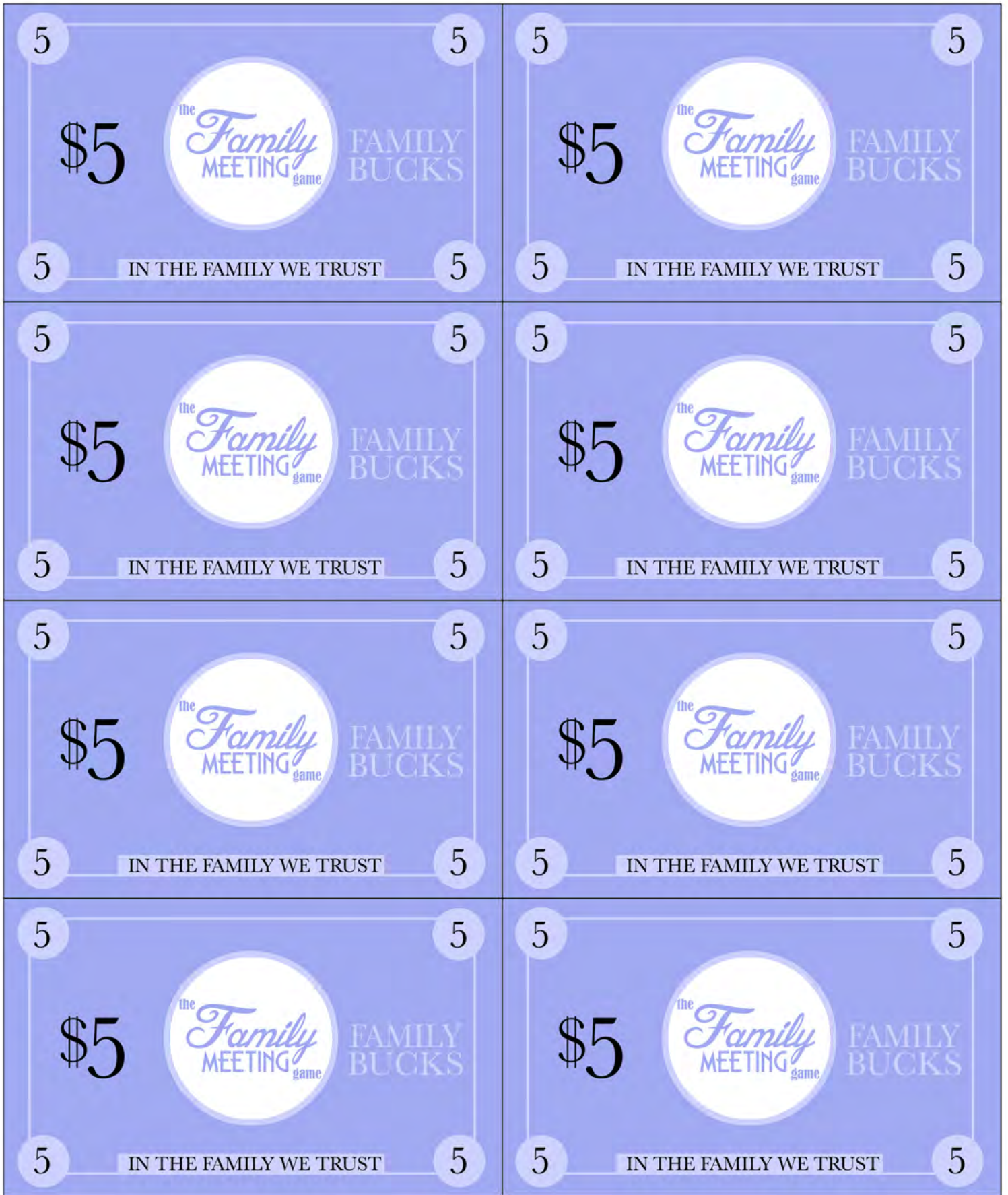
**Talk About What
Bothers You**

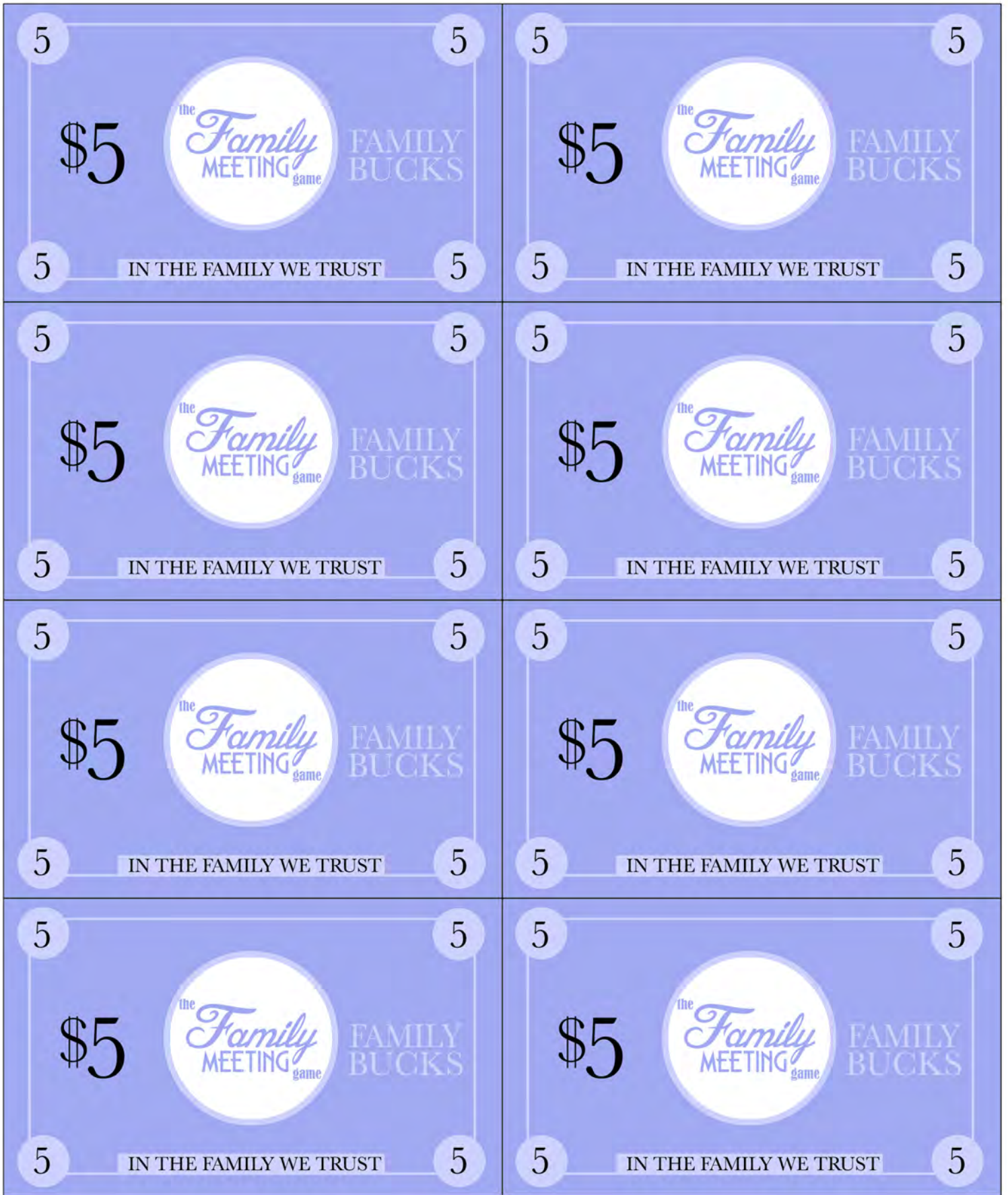
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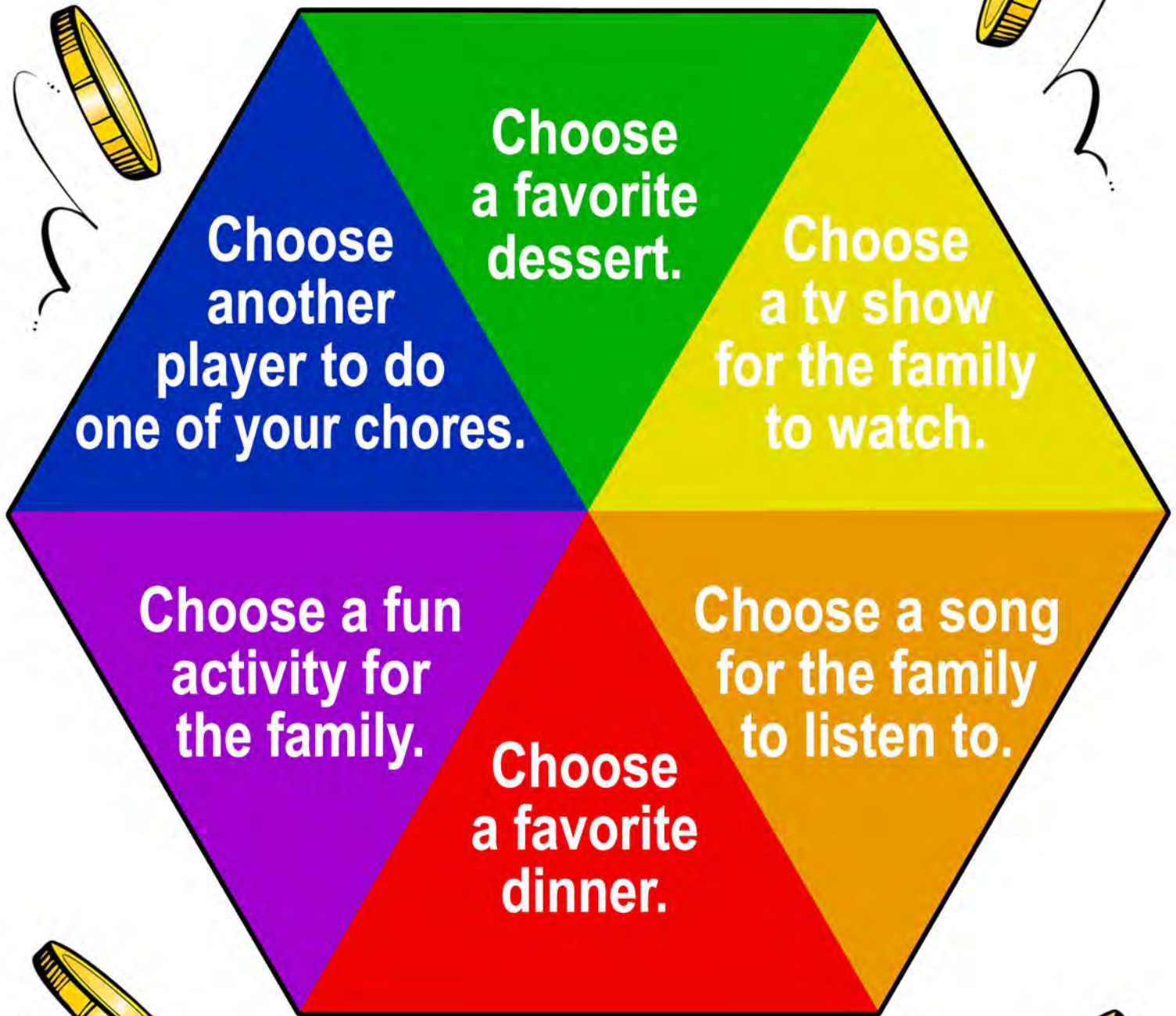




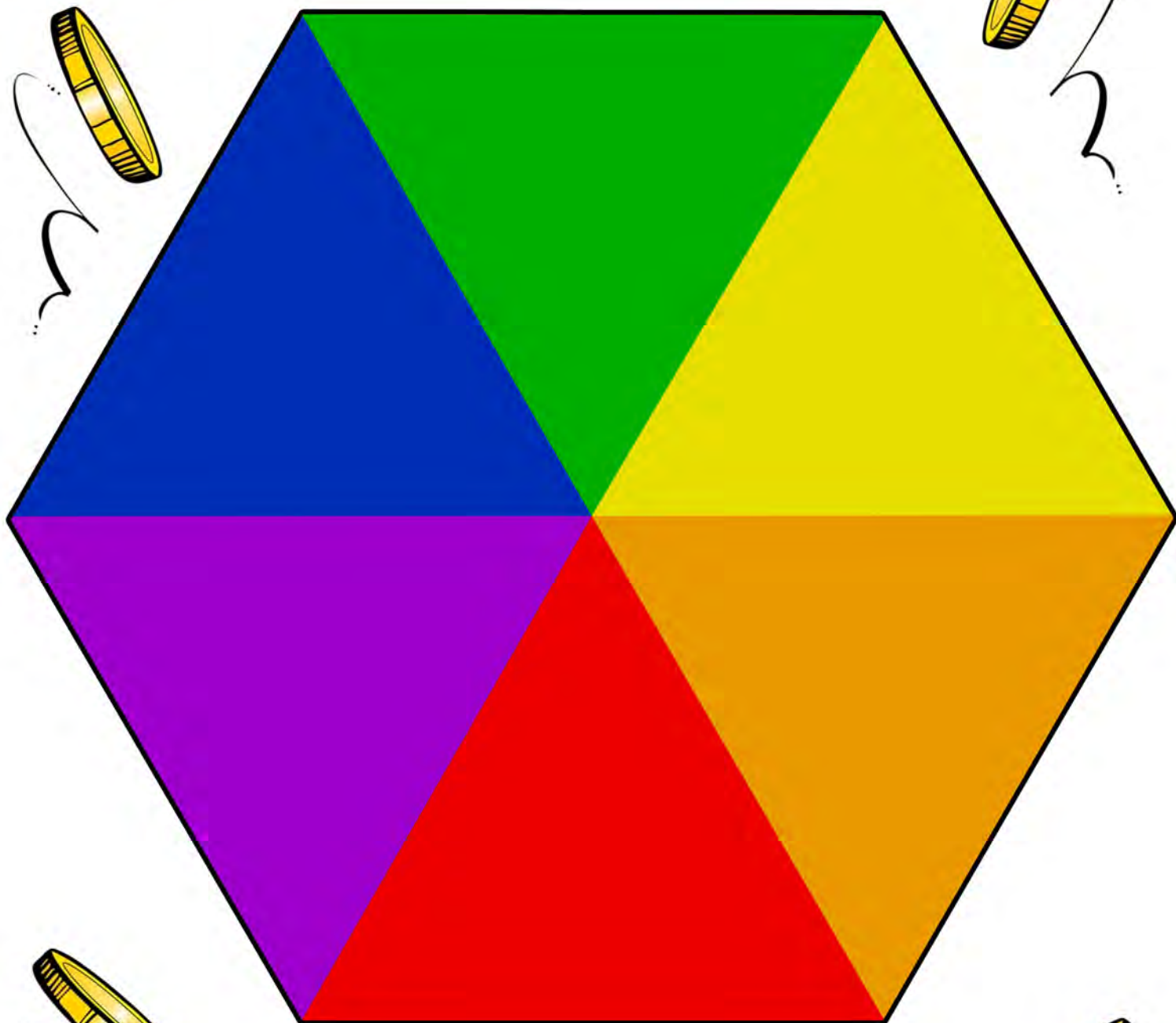








Rewards Wheel



Rewards Wheel