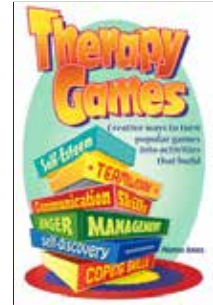


A game from the book:
Therapy Games
*Creative Ways to Turn Popular Games Into Activities That Build
Self-Esteem, Teamwork, Communication Skills, Anger Manage-
ment, Self-Discovery, and Coping Skills*



Consequences and Rewards

Objective

To explore actions we take in our lives that are negative and to understand the consequences that can occur. To explore positive things we can do and understand the rewards for choosing a positive way to live instead of a negative one.

Who

Individuals who would benefit from looking at positive ways to deal with situations and understanding the consequences of acting in a negative manner.

Group Size

4 to 10 is ideal (find items to use as game pieces if you have more than four)

Materials

- The CHUTES AND LADDERS game
- 2"x1.5" Sticky Notes (or regular size Sticky Notes and cut them into smaller sizes)
- Scissors, if needed
- Pens or colored markers
- Extra game pieces (if you have more than four players)

Description

Hand out four small Sticky Notes to each person. Ask everyone to create two new spaces for the game that can be associated with one negative thing that a person might do to slide backwards in life. The first Note tells of the action and the second one reveals the consequence. These can be just words on the Note, or they can draw pictures. Ask each person to do the same thing regarding a positive behavior, with one positive action listed on one Note and the reward revealed on the other.

Ask the group members to share what they have come up with. Then place the negative ones on a chute and the positive ones on a ladder before playing the game as a group. When a person lands on a related space, ask them to share with the group any time they may have had a similar experience.

Discussion Prompts

1. Was it easier to think of situations that held negative consequences or positive rewards? Why?
2. Do you think about the possible outcomes before you act? Or do you act first and then worry about the consequences later?
3. Was there any positive action that someone put on their Sticky Note that you would like to do more often in your own life?

Variations

- Use paper instead of Sticky Notes and cut the paper into pieces the size of a space on the game board.
- Ask group members to come up with enough cards to fill all of the CHUTES AND LADDERS game spots on the board (hand out more than four notes to each person).
- Have the group think of the new spaces for the board as a group and the leader writes them down.
- Make a paper copy of the game. Next, have each person fill in blank Notes for CHUTES AND LADDERS negative and positive actions and consequences as described above. Share with the group about the new game board they have created.
- After creating the new spaces, play the game but do not place the Sticky Notes on the game until someone lands on a chute or a ladder. At that time, they can share what they came up with.