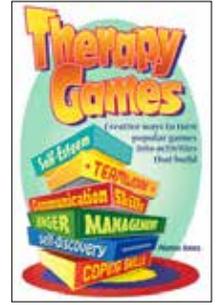


A game from the book:
Therapy Games
*Creative Ways to Turn Popular Games Into Activities That Build
Self-Esteem, Teamwork, Communication Skills, Anger Manage-
ment, Self-Discovery, and Coping Skills*



Building Words

Objective

To discover how the choices we make as individuals can affect others.

Who

People who need to think about the choices they're making in their own lives.

Group Size

4 or more

Materials

- The BANANAGRAMS game or the SCRABBLE game
- Paper
- Pens

Description

Divide the group into teams of two to eight members each. One at a time, each team member will go to where you have a pile of letter tiles laid out and select a specific number of tiles. (You want each team to end up with a total of around 20 tiles.) When selecting the tiles, allow individuals to look at the letters. However, don't allow them to let the others in their group know what was chosen until everyone has selected their tiles. Once everyone has collected their tiles, team members reveal the letters they chose to their own team and put them all into one pile.

Set a time limit (three to five minutes), and challenge the teams to use their letters to make as many words as possible by rearranging them. Have them write down the words on their paper. You may give points according to how many words they come up with, extra points for longer words, etc. The team with the most points at the end wins.

Discussion Prompts

1. Did the letters you chose make it easier or harder for the group to create words?
2. Did you have control over what letters your team members chose?
3. If you chose your letters after they had been picked through, how was your selection compared to others?
4. In your own life, do you ever experience times when the choices you make have an affect on a group of people?
5. Do you find the choices you make in life usually help or hurt others?
6. Do you feel like you have control over the choices you make?
7. Do you ever feel like the choices others make hurt you?
8. If others make poor choices that affect you, how can you overcome this obstacle?

Variations

- After each team has made as many words as they can with their letters, have them write the words down on a list. Send the list and letters to another group, who can get bonus points for any additional words they make.
- Let people collectively choose which letters to use. Next, either allow them to keep the letters or make them trade with another group.