

Dr. PlayWell's Think Positive Game™

Instructions

Ages 6–12
For 2–4 Players

Introduction

Dr. PlayWell's Think Positive Game is designed to help children see the importance of having a positive and optimistic attitude. The four decks of cards teach children:

- To change negative to positive thoughts
- To anticipate negative consequences
- To solve interpersonal problems
- To develop a positive value system

Before You Play

Note: The game board and card backs should be printed in color.

1. Print out the game board.
2. Print out the four decks of cards.
3. Paste or tape the backs of the cards to the fronts, and cut them apart.
4. Print out the Numbers Wheel.

In addition you will need:

- 1 quarter
- Game pawns (or you can use buttons, small figures, etc.)
- 50 chips (e.g., poker chips, pennies, etc.)

If this is the first time children have played, read this letter from Dr. PlayWell:

This game is about having a positive attitude. When you have a positive attitude, you will find that you do better in school, that it is easier to make friends, and that it is easier to get along with others. This game will help you think about different ways that you can be more positive in your life, but it is up to you to change your attitude with your family and in school. If you try, I'm sure you will succeed.

*Your friend,
Dr. PlayWell*

Using the Blank Cards

Each deck has six cards that are intentionally blank for you to fill in. After children have played once or twice, they can fill in cards themselves to add interest to the game. Children are typically excited to participate in constructing a game, and they often make thoughtful and insightful contributions.

How to Play

1. The first player tosses the quarter at the Numbers Wheel from about 12 inches away. He moves his pawn the number of spaces corresponding to the number on the wheel. If the quarter lands on a line, the player should use the higher number. If the player's quarter misses the wheel, he should move a little closer and try again.
2. The player then chooses the color card corresponding to the footprint where he has landed. He gets one chip for responding to the card.
3. A player who lands on a purple footprint pointing in the opposite direction tosses the quarter again and goes back the number of spaces indicated.
4. The player on the first player's right goes next, and play continues to the right.
5. The first player to get to the end of the path is declared the winner and gets three bonus chips.
6. At the adult's discretion, players can win small rewards for playing the game.
7. The game should end with a short discussion of what children learned while playing, and players should tell what they will do differently as a result of playing the game.

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DR. PLAYWELL'S

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START

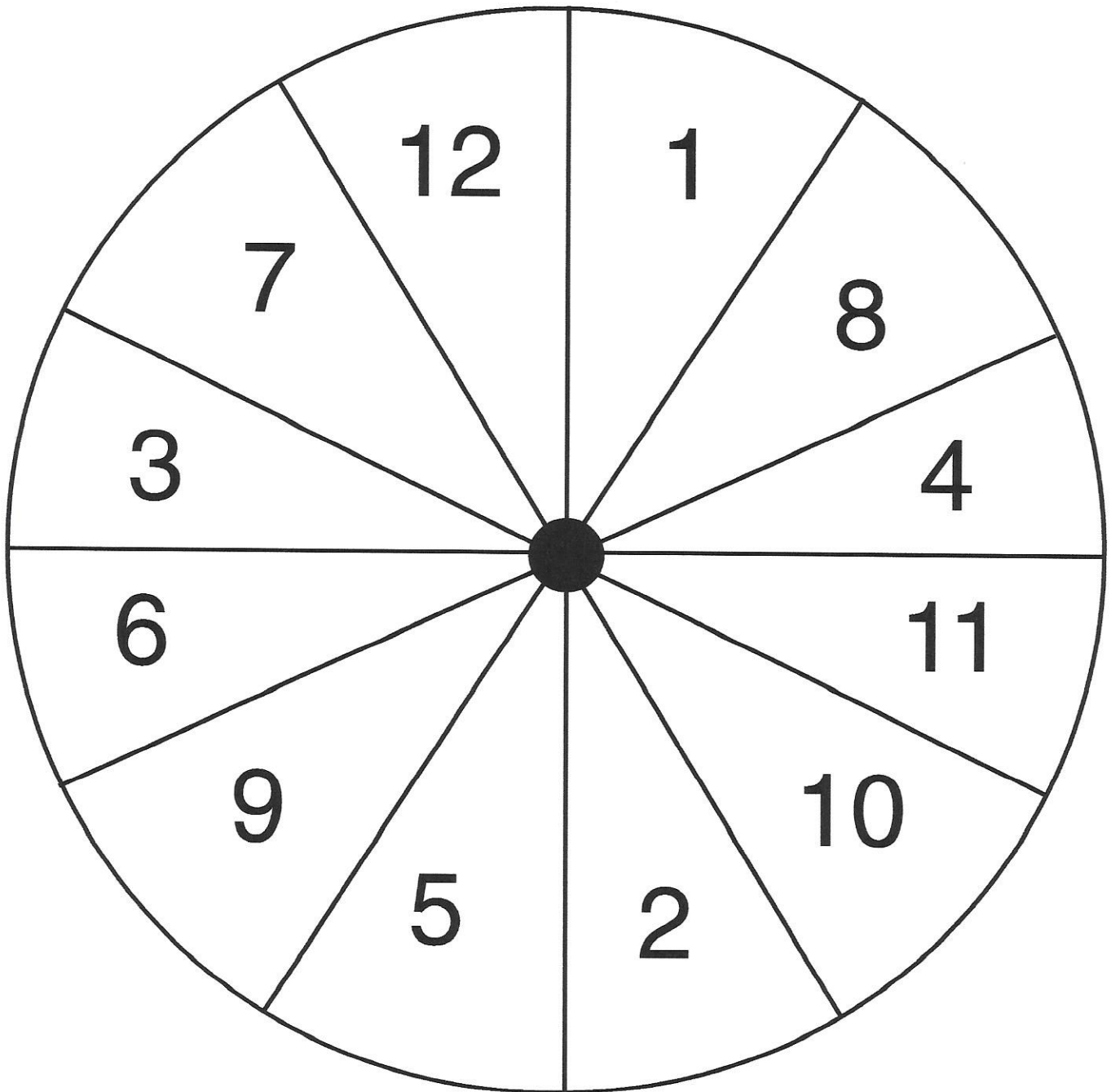
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Dr. PlayWell's
Numbers Wheel



Changing Negative Thoughts
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Evan thought, "I'm the worst basketball player in my class. I'll never get better." What would be a more positive thing Evan could say to himself?

Natalie's family couldn't afford all the toys and video games that some of her friends had. She thought, "I wish my parents would work harder so we could be rich." What would be a more helpful thing Natalie could say to herself?

David wanted to get back at his little sister for playing with his toys, even though she had plenty of her own. What would be another way for David to think about this?

Cora wanted a new CD, but her father said she would have to earn the money to buy it. Cora felt this wasn't fair. What would be a more helpful way for Cora to think about her problem?

Kelly was scared to go the dentist because she thought she had at least one cavity. What could Kelly say to herself to feel braver?

Dylan moved to a new school and didn't have any friends. He thought that he would always be by himself. What could Dylan say to himself that would help this situation? What could he do to make new friends?

Valerie wanted new clothes, but her mother said that the clothes her sister had grown out of were just fine. Valerie thought that that her mother was mean and that she would look like a dork. What would be another way that Valerie could think about this situation?

Peter wanted to be a professional football player when he grew up. His brother said that this was a silly dream, and that Peter was not a good enough player. Peter thought about quitting football altogether. What would you say to Peter?

Jonathon was unhappy with his new haircut. He thought it made him look weird, and he felt embarrassed about going to school. What advice would you give him?

Orin had failed his last math test, and he was worried that he would fail his next one as well. After he talked to his math teacher, he felt better. What do you think his math teacher said?

Alyson's family always visited her grandparents over Thanksgiving weekend. This year, Alyson wanted to stay home and spend time with her friends, but her mom said no. What could Alyson say to herself to feel better about going?

Whenever Beth Ann's friends came to her house, they paid a lot of attention to her older sister. Beth Ann felt left out. How could she think about this situation to help herself feel better?

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Greg told his dad, "It's not fair. I'm the only kid who's not allowed to go to the mall by myself." His dad still wouldn't give Greg permission to go. What would you say to Greg?

Nora's mom wouldn't allow her to get her ears pierced. Nora was so angry that she yelled, "I don't care what you say. I'm going to do it anyway!" How else could Nora have reacted?

Rob's parents insisted that he get all his homework done before he could play video games. Rob didn't think this was fair, but it was a rule that his parents wouldn't consider changing. What would you tell Rob?

Lisa wanted to join the swim team. Even though she was a great swimmer, she was worried about joining the team because she didn't want the other girls to see her in a bathing suit. She had a lot of freckles and was afraid that the others would tease her. What can Lisa think that will help her feel more comfortable?

Peter had to help his parents clean up after dinner every evening when all his friends were outside playing. Peter felt so angry that he would slam drawers and refuse to talk to his mom or dad while they were putting things away. Instead of feeling annoyed, what could Peter do?

Seth wrote great stories but he never raised his hand to read them in class because he didn't like how his voice sounded. What could his teacher say to convince him to read?

What Will Happen?

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Cara was angry at her mom because she wouldn't let her see the PG-rated movie that her friends were going to see. She decided to lie to her mom and say that she was seeing a different movie. What do you think will happen?

Chen was ashamed that his parents had such heavy accents so he never invited anyone over to his house. What do you think will happen?

Susan worried all the time. She worried that her parents would get sick or be in an automobile accident, that her house would be robbed, and that she would get germs from touching doorknobs or things that fell on the ground. But Susan didn't want to tell anyone about all her worries. What do you think will happen?

Reed got a D on his math test. He was supposed to show his parents all his tests, but he decided that if he just threw it away, they wouldn't find out, and he would do better the next time. What do you think will happen?

Benjamina decided to copy information from the Internet and hand it in as his own work. What do you think will happen?

Kate didn't like brushing her teeth, so most of the time she just let the water run and pretended that she was brushing. What do you think will happen?

Tracey didn't like to practice the piano. When it was time for her recital, she decided to pretend that she was sick. What do you think will happen?

Libby stuttered when she was nervous, and she was very nervous about starting at a new school. She thought it was better not talk at all than to take the chance that she would stutter. What do you think will happen?

Pat was worried about trying out for the basketball team. He thought that if he missed too many shots the kids already on the team would laugh at him. What do you think will happen?

Dana felt embarrassed about her new braces and tried not to let them show when she talked. When anyone smiled at her, she would nod back rather than smiling. What do you think will happen?

Christopher had borrowed his brother David's bike without permission. His mom saw him with it and asked whether David had said it was okay. Christopher didn't want to get into trouble so he just said yes. What do you think will happen?

Kelsey was having trouble with her science homework. She wanted to go to her friend's house rather than spend more time trying to figure it out, so she asked her older sister to do the homework for her. What do you think will happen?

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Sarah wanted to become friendly with a new group of girls. Every day at lunch, she thought about asking if she could sit with them. But she felt shy about approaching them, so she stayed where she was. What do you think will happen?

Brianna had seen a really cute new hairstyle in a magazine. She thought about getting her hair cut that way, but she wasn't sure whether the kids at school would like it. She told herself it probably wouldn't look good on her, but as she was waiting her turn for a haircut, she was still thinking about it. What do you think will happen?

Kayla's aunt asked her to babysit for her younger cousin. Kayla knew her aunt really needed her help, but she always found her cousin to be a pain. She told her aunt that she had too much homework and couldn't come over. What do you think will happen?

Andrew thought he had a lot in common with Zach, a new boy at school. He knew that his friends thought Zach was geeky, and he wasn't sure he wanted to try starting a friendship with him. What do you think will happen?

Emily's dad wanted her to enter the school talent contest. Her dad and her music teacher both told her that her singing voice was great, but she was nervous about singing in front of an audience. What do you think will happen?

Brandon wanted to ask Taylor to go with him to the sixth-grade dance. They had never hung out before, and he was afraid she would say no. What do you think will happen?

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Solving Problems

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What would you do if a child in your class always called you names?

What would you do if you knew you were going on a long car trip, and that you would be bored?

What would you do if your mom wanted you to cut your hair, but you wanted to keep it long?

What would you do if your parents made you try a lot of different foods, but you didn't like any of them?

What would you do if you were supposed to spend an afternoon at your grandmother's house, and you knew there would be nothing for you to do there?

What would you do if you often raised your hand to answer questions, but your teacher never seemed to call on you?

What would you do if your mom said you had to finish the thank-you notes for your birthday gifts this afternoon, but there was an after-school soccer game you really wanted to watch?

What would you do if you wanted to watch a TV show that ended after your bedtime and your parents said you couldn't stay up for it?

What would you do if your dad thought one of your friends was a bad influence on you and told you to stop playing with that friend?

What would you do if you felt like you had tried really hard but still couldn't think of a topic for your social studies report?

What would you do if a kid who sat behind you in class always kicked the back of your chair?

What would you do if your friend borrowed one of your favorite toys and broke it?

What is one helpful thing you do that your parents appreciate?

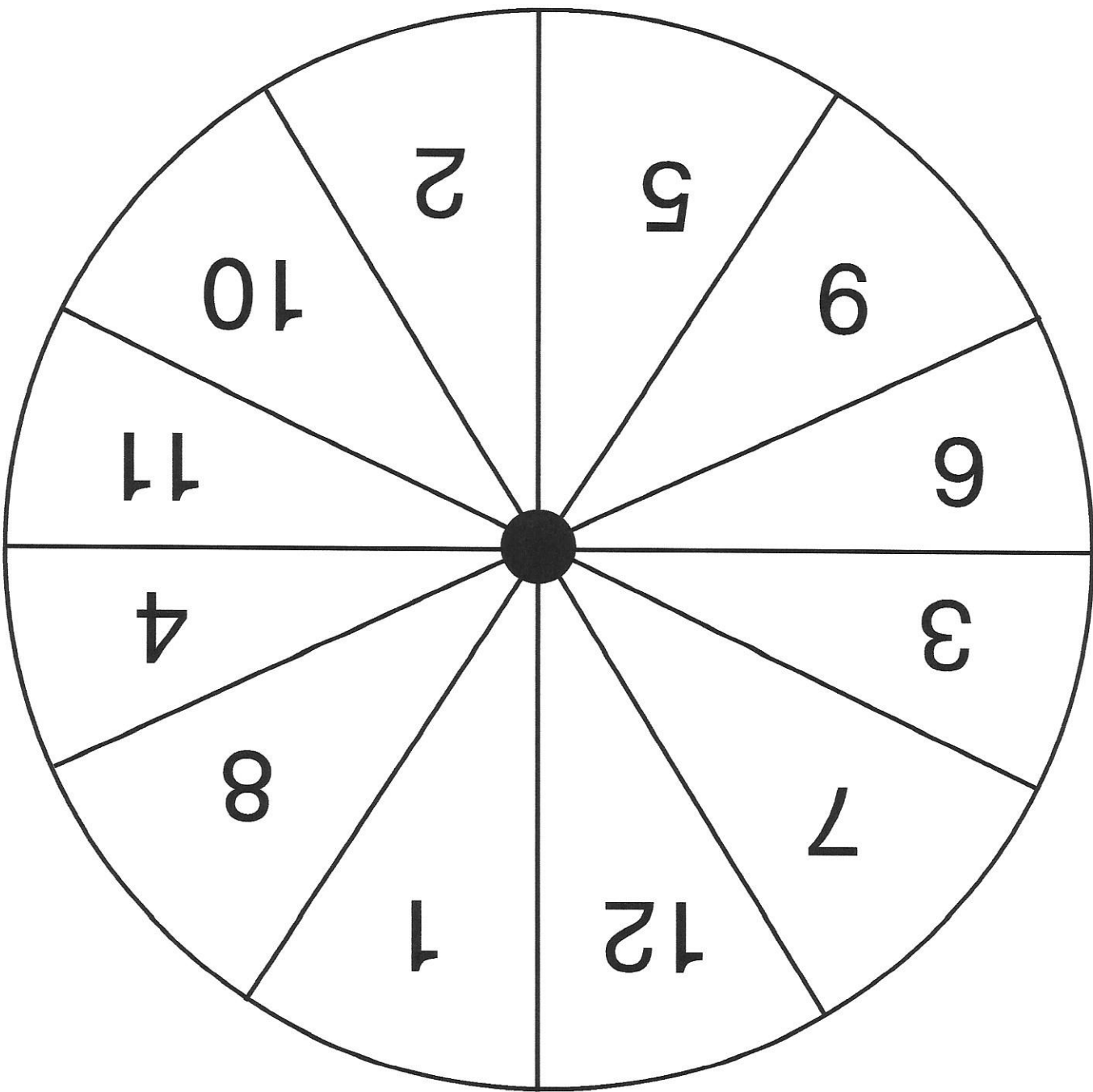
How do you feel when you share something with a friend?

What are two ways to show respect for other people?

Why is it a good idea to get to know other people before deciding whether you want to be friends?

Numbers Wheel

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Solving Problems

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What would you do if someone you thought was a friend suddenly started to ignore you?

What would you do if all your friends were invited to a party and you weren't?

What would you do if you and your sister both wanted to watch a different TV show at the same time?

What would you do if you were trying to study for a test and your younger brother kept bugging you to play with him?

What would you do if you really wanted a new pair of sneakers, but your mom thought they cost more than they were worth?

What would you do if a kid on the school bus put out his foot to trip you every day when you walked down the aisle?

Positive Values

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Why is it important to do your own homework?

What is the one thing you did for someone else that you are most proud of?

What does this expression mean?
"Kindness is its own reward."

If you found a \$10 bill on the floor in a store, what would you do?

What would you do if you saw another student cheating on a test?

Why is it important to give to charity?

What does this expression mean?
"Treat other people like you want them to treat you."

What does this expression mean?
"It is better to give than to receive."

Why is it wrong to be selfish?

You are getting an award for having good character. What did you do to earn this award?

If you won a million dollars and had to spend it all on other people, what would you do?

Why is it important to be concerned about the environment?
What do you do to show that you care about planet Earth?

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Name three things you can do to help a younger child.

What is one helpful thing you do that your parents appreciate?

How do you feel when you share something with a friend?

Why is it a good idea to keep your room neat?

What are two ways to show respect for other people?

Why is it a good idea to get to know other people before deciding whether you want to be friends?