



# Race to the Treasure

Before you begin playing, brain storm as a group:

Directional Pieces: All the "directions", "paths" "roads" and "ways" grief journey's may go. How do these vary based on age? Family dynamics? Birth order? Relationships? Cause of death? Etc? What is good about the direction? What is challenging? What is disliked and or uncomfortable?

Keys: What is helpful? What keeps you motivated? What do you look for on this journey?

Ogre Snack: What fuels you up? How do you take care of yourself?

Ogre: What is frustrating, anxiety provoking, discouraging, stressful, sad, etc. in the process? How to you work with those challenges?

## **Key Concepts to Understand to Play Race to the Treasure:**

- Keys & Ogre Snacks are placed, by rolling the alphabet dice and number dice to find their placement.
- Shuffle Ogre's and direction pieces together.
- You only need 3 keys to win. The 4<sup>th</sup> key is to alleviate pressure!
- The beige piece on the directional tile, must connect to other beige pieces.

## When You Finish:

- What made it easy to reach the treasure?
  - Have you reached any treasure chest in your grief journey?
- If the Orge won, how can you regulate your body and mind to play again?
  - How is it to work as a team?



# Cauldron Quest

Before you begin playing, brain storm as a group:

Board: What does the circle represent? Is there a part of your grief journey that seems like many circles? What do the section parts represent? Is there a center (cauldron) in your grief journey?

Paths: What do the animals represent? What are their strengths? What are their weaknesses? How is this relevant to your story?

Magic Hat:

Potion Bottle Symbols: What could these represent for coping skills? Strengths?

## **Key Concepts to Understand to Play Cauldron Quest:**

- Use the directions!
- Even Magic Charms, will help you turn your potion bottles faster.
- The spell blocker, removes a path blocker.
- Begin playing and refer to the directions each play, this will keep the pace of the game.

When You Finish:

- What was easy?
- What was challenging?
- Did you have to change your path?
- What was it like having to depend on the magic charms?
  - What would you do differently?
- Have you ever had to change your grief coping skill strategies



# Mole Rats in Space

Before you begin playing, brain storm as a group:

Ladders: When do you feel like your climbing? What challenges come with the climb? Have you ever wanted to climb "up" but it is not available?

Tunnels: When do you feel like you're sliding down? How do you view tunnels? What is the hardest part in communicating experiences with tunnels with others?  
What is unknown about tunnels?

Snakes: *(Think things around us, that we may not be able to always eliminate by we can reduce their strength)* Anxieties? Stressors? Frustrations? Daily Chores? Daily Task?

Equipment Tokens: What do you believe they represent? What does it feel like to work as a team to collect them? Are you working as a team collecting "tokens" in your grief journey?

## **Key Concepts to Understand to Mole Rats in Space:**

- Remember Moles move before Snakes.
- If it is colorful you choose what Mole to move.
- If it is all colors, ALL moles move.

## When You Finish:

- What was easy?
- What was challenging?
- Did you have to change your path?
- Did you ever feel "trapped" between a ladder or a tunnel?
  - What would you do differently?
- What did it feel like to get to the space station?



# Rory's Story Cubes

Before you begin playing, brain storm as a group:

How do you want to play?

Is there a right way or a wrong way?

Is this game more child center or directive?

Do you want to go through and identify/ clarify the images as a group?

How does the story relate to grief?

## **Key Concepts to Understand to Rory's Story Cubes:**

- Try a collaborative round first! Practice makes perfect!
- The icons are open to meanings.
- If it feels overwhelming try less cubes, or try making a story related to one cube.  
Example: base story off "House" cube. Story with three cubes: Bee, Flashlight, Dice  
Using my bee breath (bee), as many times as I need (dice), shines light on my strengths (flashlight)
- You can create new rules as you go along! Using the cube templates how could you make your own game.

## When You Finish:

- What was easy?
- What was challenging?
- What did you think about the options?
- How did you recognize external cues when players struggled to find meaning to an icon?



# Hoot Owl Hoot

Before you begin playing, brain storm as a group:

Owls: How many do you want to play with? Do you want to ask how many people are in each person's family & take an average? Do you want to start out easy and then add more owls? How is this similar to when a person in your household dies?

Sun: How can something so positive seem so exhausting and or tough? Does something such as the sun serve as a motivator or provoke anxiety? Is there a time when you wish time would stand still since the death?

Colors: Do these represent a feeling? A particular time? A place? A person? An Anniversary? A dream? A wish? A dread? A fear? A worry? A risk? A coping skill?

**Key Concepts to Understand to Hoot Owl Hoot:**

- It may be easier to draw one card at a time!

When You Finish:

- What was easy?
- What was challenging?
- Did you change the number of owls?
- What did you think about the options?
- How did you recognize external cues when players struggled with the sun setting?



# Hi Ho! Cherry-O

Before you begin playing, brain storm as a group:

Fruit: If the fruit represented memories/feelings/ ideas- What is it like to pick 1 \_\_\_\_\_ at a time? What is it like, to pick more than 1 at a time? How do you handle picking several at a time? Are there \_\_\_\_\_, that you'd rather not pick?

Spilled Basket/ Bird/ Dog: What is it like to spill memories? Feelings? Ideas? What do you need from a friend when you have to put one back? What makes it hard to handle emptying your basket?

## **Key Concepts to Understand to Hi Ho! Cherry-O!**

- It is up to you if you use the puzzle (if available).
- Try playing from the perspective of changing the rules or with missing pieces.
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## When You Finish:

- What was easy?
- What was challenging?
  - What did you think about playing from another perspective?
- How did you recognize external cues when players struggled with putting the cherry's back?



# Gone fishin'

Before you begin playing, brain storm as a group:

Fish: What does each color fish mean? Set this as a group. This can be feelings, memories, future events, past events, holidays, coping skills etc. Encourage the person fishing to share about their "fish".

## **Key Concepts to Understand to Gone Fishin**

- Sometimes this is tricky!
- Practice validating emotions, and recognizing cues on participants.

## When You Finish:

- What was easy?
- What was challenging?
  - Was there a fish you wanted to catch, but you didn't?
- Did you open other plays to talk about their experience with the person fishing?
- How did you recognize external cues when players struggled with catching a fish?



# Rory's Story Cubes

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How do you want to play?

Is there a right way or a wrong way?

Is this game more child center or directive?

Do you want to go through and identify/ clarify the images as a group?

How does the story relate to grief?

## **Key Concepts to Understand to Rory's Story Cubes:**

- Try a collaborative round first! Practice makes perfect!
- The icons are open to meanings.
- If it feels overwhelming try less cubes, or try making a story related to one cube.  
Example: base story off "House" cube. Story with three cubes: Bee, Flashlight, Dice  
Using my bee breath (bee), as many times as I need (dice), shines light on my strengths (flashlight)
- You can create new rules as you go along! Using the cube templates how could you make your own game.

## When You Finish:

- What was easy?
- What was challenging?
- What did you think about the options?
- How did you recognize external cues when players struggled to find meaning to an icon?





# Chutes and Ladders

Before you begin playing, brain storm as a group:

Is there a right way or a wrong way to play?

Is this game more child center or directive?

How does the story of "ups" and "downs" relate to grief?

## **Key Concepts to Understand to Chutes and Ladders:**

- Since this is a game many families may own, you might want to lead into the start of the game. Example: Tell me something you've climbed. Have you ever gone down a big slide?
- Can you relate the ladders and chutes to body work? Such as breathing or yoga poses?
- How might you talk about regulated states verse hyper and or hypoaroused states?

## When You Finish:

- What was easy?
- What was challenging?
- What did you think about the options?