Weathering the Storm
A Game of Personalized Resiliency
**Weathering the Storm:**

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**INTRODUCTION**

Resilience is a characteristic that supports successful adaptation and survival despite stress, adversity, or misfortune (Knowles, 2009). It is the ability to recover from whatever life throws at you. Weathering the Storm is a unique board game aimed at teaching resilience. Players actually process various coping skills while using a personal, here-and-now stressful life event. Players will benefit from Weathering the Storm by

- Exploring a current stressor in their lives
- Developing coping skills relevant to a current stressor
- Developing a resilient way of thinking to protect against future adversities
- Setting goals to increase coping
- Recognizing current and potential social supports

**GAME RATIONALE**

In the rapidly changing world in which we live, stress is inherent to our very existence. With the complexities brought by technological advances and fast-paced life styles, children face higher and higher levels of stress. In addition, there are many children living in poverty, in homes with drug and alcohol abuse or domestic violence, who struggle with learning disabilities or chronic physical or mental illness, and who have experienced multiple losses. Even children who do not encounter severe trauma are exposed to the overwhelming expectations placed upon them and the stressors of daily life (Goldstein & Brooks, 2005).

Promoting resilient behaviors and thinking in children can help them more effectively manage disappointment, adversity and trauma both now and in adulthood. A resilient child is better equipped to handle everyday challenges and to recover from setbacks. A resilient child is flexible and self-reliant - s/he is one who can bounce back instead of fall apart when bad things happen.

There is strong evidence that supports Cognitive-Behavioral Therapy (CBT) as an effective treatment for building resilience in children (Gallop, 2009; Caffo & Belaise, 2005). Weathering the Storm employs strategies consistent with this approach. Weathering the Storm takes children through a “mini” therapeutic process during the course of the game, utilizing both cognitive and behavioral strategies that have been shown to promote resilience and increase coping. Players will explore and process a personal adversity, use coping strategies to decrease negative feelings, identify and explore existing social supports (Kaufman, et al., 2004; Stewart & Sun, 2004) and set goals to help overcome current adversities and stressors (Gallop, 2009; Caffo & Belaise, 2005; Knowles, 2009 ).
PLAYERS

2-4 players, ages 7 - adult

PROVIDED GAME MATERIALS

- Game board
- (6) Personal Storm game pieces
- (1) set of Mover Cards

NEEDED MATERIALS

Color printer

Paper OR card stock OR perforated business card stock (i.e. Avery 8373 or 8869 or 8371)

Scissors

Tape

Optional: Glue stick

BEFORE YOU PLAY

If using regular paper:

1. Print out pp. 6-14 of this document
2. Glue the backs of the cards to the fronts of the cards. (i.e. glue pp. 9-11 to pp. 12-14). (TIP: a glue stick works best so that the paper does not become too wet)
3. Cut along the dotted lines of all of the Mover cards and the two attachment points of the two sections of game grid
4. Cut along the solid lines of the game pieces (pp. 8).
5. Place the two pages of the game grid (pp. 6-7) on a flat surface with the numbered section above the other so that the black cut edges meet. Tape the sheets together at the cut edges to form 1 long game grid.

OPTIONAL: You can laminate the game board and cards for a longer lasting game

If using card stock:

1. Print out the game grid (pp. 6 and 7) and game pieces (pg. 8)
2. Print out the fronts of the cards (pp. 9-11); reload the pages into your printer so that the backs can be printed. Make sure that the card stock is facing the right direction. Print pp. 12-14.
3. Cut along the dotted lines of all of the Mover cards and the two attachment points of the two sections of game grid
4. Cut along the solid lines of the game pieces

OPTIONAL: You can laminate the game board and cards for a longer lasting game

If using perforated business card stock (Avery 8373 or 8869 or 8371)

1. Prior to loading the business card stock, print out the game grid (pp. 6 and 7 of this document) and the game pieces (pp. 8 of this document) on regular paper or card stock
2. Load the business card stock in the printer. (Make sure that none of the sheets stick together.)
3. Print out the fronts of the cards (pp. 9-11 of this document)
4. Reload the printed fronts of the cards into your printer so that the backs can be printed. Make sure that it is facing the right direction. Print pp. 12-14 of this document
5. Cut along the dotted lines of all of the Mover cards and the two attachment points of the two sections of game grid
6. Cut along the solid lines of the game pieces
7. Tear along the perforated lines of all the cards.

GAME PREPARATION

Place game grid on a flat surface in the center of the playing area. Place the shuffled stack of Mover cards to one side of the playing grid. Distribute one, untaped Weathering the Storm game piece to each player. Instruct players to think about a situation or event that is causing them stress or has caused them stress and ask them to write it on the blank line of the game piece. The stressor they wrote on the game piece will be referred to as “their storm”.

Then assist player to role and tape their game pieces into tubes so that text is upright and outward facing and pieces are able to stand freely.

OBJECT OF THE GAME

The object of the game is to be the first player to make it across the playing grid and complete the instructions on a space in the final row of the grid.

RULES

With the youngest player going first, players will choose in which space they want to begin and place their game piece in that space. All players will begin in the top row of the game grid but may choose which column to start. Players may not start in the same space. Game play will begin with the youngest player.

Game play begins with youngest player and continues to the right. Player’s first turns will begin by following the instructions on the first row starting spaces. Each player will begin his/her first turn by telling other players what “their storm” is. The player will then turn over the top Mover card from the Mover card deck so that all players can see. Players will be advancing only one row per turn and the number on the Mover card indicates which column the player will move to in the next row. For example: If a player is on the first row in space (column) 2 and turns over a Mover card with the number 4; The player will advance to the next row and place her/his game piece in space (column) 4.

If the Mover card indicates a space that is already occupied, the player will return her/his game piece to it’s previous location and the player will lose a turn and resume play on her/his next turn.

After moving to a new space, players will read aloud and follow the instructions provided. The player will end his/her turn by returning the Mover card to the bottom of the Mover card deck. Play continues to the right.

The winner is the first player to reach and follow the instructions on a space on the final row.

NOTE: If the space on the final row instructs the player to “go back 2 rows” this does not mark the end of the game and the player must follow the instructions and game play continues.
REFERENCES


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<th>Describe the storm you are weathering</th>
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<td>How do you feel when you think about your storm? Why?</td>
<td>How does thinking about your storm affect your behavior?</td>
<td>Do you know anyone else that has to deal with a storm like yours? How can you help each other?</td>
<td>The sun comes out, draw another dice card and move forward one row to that # column. Follow instructions.</td>
<td>When is your storm the hardest to deal with? Why?</td>
<td>Lightning strikes; wait until next turn and go again.</td>
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<td>Draw another dice card and move back one row to that # column. Follow the instructions.</td>
<td>Pretend that your storm is a Rocket ship that you are watching sail away into outer space. How does it feel?</td>
<td>Pretend that you have a magic wand, how would you change your storm?</td>
<td>Pretend that your storm is a soccer ball and kick it as hard as you can. How did it feel?</td>
<td>Pretend that you are floating away in a bubble, leaving your storm far below. How does it feel?</td>
<td>Draw another dice card and move back one row to that # column. Follow the instructions.</td>
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<td>Say aloud “I can handle this.” What is another positive thing you can tell yourself about your storm?</td>
<td>Draw another dice card and move back one row to that # column. Follow the instructions.</td>
<td>Say aloud “this isn’t that bad, other people have been through this.” How can positive self-talk help you?</td>
<td>Say to aloud “this too shall pass.” What does this mean? Ask the other players if you don’t know.</td>
<td>Draw another dice card and move back one row to that # column. Follow the instructions.</td>
<td>Say aloud “everything is going to be OK.” What is another positive thing you can tell yourself?</td>
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<td>What is an activity you can do to relax and take your mind off of your storm?</td>
<td>Who is someone you can talk to about your storm? Would you feel better? Why?</td>
<td>Draw another dice card and move back one row to that # column. Follow the instructions.</td>
<td>Take ten deep breaths. Breath in “happy thoughts” breath out “bad thoughts.” How did you feel?</td>
<td>The rain stops, draw another dice card and move forward one row to that # column. Follow instructions.</td>
<td>What is your favorite TV show? How can watching your favorite TV show help you to relax?</td>
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<td>What is a relaxing song that you can listen to, to help get your mind off of your storm?</td>
<td>Draw another dice card and move back two rows to that # column. Follow the instructions.</td>
<td>What is something that you do to relax? How often do you do it?</td>
<td>What is your favorite game? How can you use your favorite game to relax?</td>
<td>Exercise is a good way to feel relaxed. How often do you get exercise? What is your favorite way to exercise?</td>
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<td>The wind calms, draw another dice card and move forward one row to that # column. Follow instructions.</td>
<td>Who is a friend that you can talk to about your storm? What is 1 reason that it is important to talk about your storm?</td>
<td>Who is a family member that you can talk to about your storm? What is 1 reason that it is important to talk about your storm?</td>
<td>Who is a counselor that you can talk to about your storm? What is 1 reason that it is important to talk about your storm?</td>
<td>Draw another dice card and move back two rows to that # column. Follow the instructions.</td>
<td>Who is a teacher that you can talk to about your storm? What is 1 reason that it is important to talk about your storm?</td>
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<td>Draw another dice card and move back two rows to that # column. Follow the instructions.</td>
<td>Who is a teacher that you can talk to about your storm? What is 1 reason that it is important to talk about your storm?</td>
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<td>Draw another dice card and move back two rows to that # column. Follow the instructions.</td>
<td>Picture that your storm is rocket ship that you can launch way off into space. How do you feel? Why?</td>
<td>Sometimes eating right can help us handle stress better. How can you change your diet to be healthier?</td>
<td>Who is a your role model? What would they do in your situation?</td>
<td>Is there a silver lining to your storm? What is something positive that could come from your storm?</td>
<td>Draw another dice card and move back one row to that # column. Follow the instructions.</td>
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<td>Draw another dice card and move back two rows to that # column. Follow the instructions.</td>
<td>Talk about a time that you dealt with a problem similar to your storm? How did you get through it?</td>
<td>Ask someone else if they have ever dealt with a problem like your storm and if they have advice.</td>
<td>Draw another dice card and move back one row to that # column. Follow the instructions.</td>
<td>Have you ever seen a TV show where someone had a storm like yours? What did they do?</td>
<td>How will dealing with your storm make you stronger and smarter?</td>
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<td>What is something you can do to help make your storm get better?</td>
<td>You see a rainbow, draw another dice card and move forward one row to that # column. Follow instructions.</td>
<td>Draw another dice card and move back one row to that # column. Follow the instructions.</td>
<td>What is a goal you can set for yourself to help deal with your storm?</td>
<td>Draw another dice card and move back two rows to that # column. Follow the instructions.</td>
<td>What is something that you should not do, that may make your storm worse?</td>
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<td>What experiences have you had in the past that can help you weather this storm?</td>
<td>What skills do you have that you can use to weather this storm?</td>
<td>Draw another dice card and move back one row to that # column. Follow the instructions.</td>
<td>What questions can you ask to help you with your storm?</td>
<td>Draw another dice card and move back two rows to that # column. Follow the instructions.</td>
<td>What is something that you are good at, that can help you with your storm?</td>
</tr>
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<td>What will your storm look like when it is no longer a problem?</td>
<td>How will you be able to help others once you have made it through your storm?</td>
<td>Draw another dice card and move back three rows to that # column. Follow the instructions.</td>
<td>What will be different when your storm is over?</td>
<td>How will you feel and act when your storm is over?</td>
<td>Draw another dice card and move back one row to that # column. Follow the instructions.</td>
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