

school edition

SQUABBLES

school edition



school edition



INSTRUCTIONS FOR PLAYING

THIS "SCHOOL EDITION" OF THE GAME IS TO BE LED BY A TRAINED HOST (PARENT, TEACHER, COUNSELOR, ETC.) AND PLAYED WITH A STUDENT VOLUNTEER. THE BETTER THE HOST DOES, THE MORE EFFECTIVE THE GAME WILL BE! HOST TRAINING VIDEOS AND OTHER HELPFUL RESOURCES CAN BE VIEWED ONLINE AT SQUABBLES.COM.

In this box of cards there are four carefully crafted games:

STOP IT! GOOD NEWS/BAD NEWS MAKE IT/TAKE IT SORRY NOT SORRY

EACH GAME COMES WITH SEPARATE INSTRUCTIONS.

THEY NEED TO SEE YOU DEMONSTRATE BOTH RESPONSES (UPSET VS. KIND) BEFORE YOU REVERSE ROLES AND TEASE THEM.

WHAT ARE YOU WAITING FOR? GO FIND SOME KIDS AND HAVE SOME FUN!

SQUABBLES™

ON TOUR NOW

BRING **SQUABBLESTM LIVE** TO YOUR SCHOOL AND PLAY THE GAME IN A SCHOOL ASSEMBLY FORMAT WITH OUR AWARD WINNING YOUTH SPEAKERS. MORE THAN 2,500 SCHOOLS HAVE BOOKED OUR PROGRAM ALLOWING US TO REACH OVER TWO MILLION STUDENTS!

YOUR STUDENTS WILL LEARN HOW TO MANAGE SOCIAL SQUABBLES ON THEIR OWN WITHOUT CONSTANT ADULT SUPERVISION AND INTERVENTION. THEY WILL LAUGH-OUT-LOUD WHILE LEARNING PRACTICAL SOCIAL SKILLS BUILT ON THE FOUNDATIONAL BUILDING BLOCKS OF EMOTIONAL RESILIENCE. ONCE YOUR STUDENTS EXPERIENCE THE GAME LIVE, THEY WILL BE EAGER TO PLAY THE GAME IN THE CLASSROOM, REINFORCING THE MESSAGE ALL YEAR LONG. SOCIAL AND EMOTIONAL LEARNING HAS NEVER BEEN SO FUN!

LEARN MORE AT WWW.SQUABBLES.COM.

SQUABBLES™ LIVE

INSTRUCTIONS FOR PLAYING

BULLYING IS BY DEFINITION, THE ATTEMPT TO MAINTAIN PSYCHOLOGICAL POWER OVER SOMEONE ELSE. IN THIS GAME YOU WILL TEACH STUDENTS HOW TO STOP BULLYING BEHAVIOR WITH VERY LITTLE EFFORT.

If someone is being mean to you and you get upset and treat them like an enemy, they will likely continue their mean behavior and remain your enemy. However, when you stop getting upset and treat them like a friend, they will likely stop their mean behavior and be friendly in return.

THIS GAME DEMONSTRATES THE POWER OF RECIPROCITY AND THE WISDOM OF THE GOLDEN RULE: "Treat others, the way you want to be treated"

When you choose a student volunteer to play this game with you, make sure that you (the host) are the one that they are teasing before switching roles in the bonus round. They need to see you demonstrate both responses (upset vs. kind) before you reverse roles and tease them.

STOP IT



ROUND TWO

WE ARE GOING TO PLAY
THE GAME AGAIN.
SAME RULES. YOU'RE GOING
TO BE MEAN TO ME.
AND I'LL TRY TO STOP YOU.
IF I STOP YOU, I WIN.
IF I CAN'T STOP YOU, YOU WIN.



THE HOST DOESN'T GET UPSET AND IS KIND BACK GAME ENDS WHEN THE PLAYER GIVES UP.

3 of 9

STOP IT

LESSON #1

THE CYCLE OF AGGRESSION

WHICH TIME DID YOU

HAVE MORE FUN

BEING MEAN TO ME.

THE FIRST OR THE SECOND?

WHY?



- THE MORE UPSET I GET. THE MORE FUN YOU HAVE
- THE MORE FUN YOU HAVE, THE MEANER YOU ARE
- THE MEANER YOU ARE. THE MORE UPSET I GET

"HATE CREATES MORE HATE,
ANGER CREATES MORE ANGER,
VIOLENCE CREATES MORE VIOLENCE.
IT'S AN ALL-DESCENDING
SPIRAL LEADING TO DESTRUCTION"

4 nf 9

STOP IT

LESSON #2

THE AGGRESSION PARADOX

WHICH TIME WAS I
TRYING THE HARDEST
TO STOP YOU.
THE FIRST OR SECOND?



- THE MORE I TRY TO STOP YOU, THE HARDER IT IS TO WIN.
- THE LESS I TRY TO STOP YOU, THE EASIER IT IS TO WIN.

"A SOFT RESPONSE
TURNS AWAY ANGER"

STOP IT

BONUS ROUND

WE ARE GOING TO PLAY
THIS GAME ONE LAST TIME.
LET'S REVERSE ROLES.
I'LL BE MEAN TO YOU.
AND YOU'LL TRY TO STOP ME.
REMEMBER. DON'T GET UPSET
AND TREAT ME LIKE A FRIEND.



THE PLAYER DOESN'T GET UPSET AND IS KIND BACK. GAME ENDS WHEN THE HOST GIVES UP.

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STOP IT

LESSON #3

THE ILLUSION OF AGGRESSION

WHEN I BECAME
UPSET THE FIRST TIME,
WHO WAS
MAKING ME UPSET?



- IT APPEARED THAT YOU WERE MAKING ME UPSET, BUT YOU WERE NOT.
- I UPSET MYSELF THE FIRST TIME AND WAS ABLE TO REMAIN CALM THE SECOND TIME.

"IT IS NOT THINGS
THAT DISTURB US, BUT OUR
THOUGHTS ABOUT THEM AND
INTERPRETATION OF THEIR
SIGNIFICANCE"

6 nf 9

STOP IT

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LESSON #4

THE SOLUTION TO AGGRESSION





- WHEN I TREAT YOU LIKE AN ENEMY, YOU WILL STAY MY ENEMY.
- WHEN I TREAT YOU LIKE A FRIEND, I JUST MIGHT MAKE YOU MY FRIEND.

"DO I NOT DESTROY MY ENEMY WHEN I MAKE THEM MY FRIEND?"

7 11 9

STOP IT

THREE WARNINGS BE CALM AND KIND 100% BE CALM AND KIND IT MIGHT GET WORSE BEORE OF THE TIME. IF THEY DISCOVER 100% OF THE TIME. IT GETS BETTER. ONCE THEY THAT THEY CAN UPSET YOU EVERY REALIZE THEY CAN'T UPSET YOU, IF THEY DISCOVER THAT ONCE IN A WHILE, THEY WILL THEY MIGHT INTENSIFY THEIR THEY CAN UPSET YOU EVERY CONTINUE TO BE MEAN. **BEHAVIOR BEFORE LEAVING** ONCE IN A WHILE, THEY WILL YOU ALONE. CONTINUE TO BE MEAN. 9 of 9 STOP IT

INSTRUCTIONS FOR PLAYING

In this game, you will teach students how to be optimistic. You will be asking the player what the good news is about the bad news you just gave them. They need to find a positive in the negative. If they are having a hard time, help them by asking this question:

"How could it be worse?"

HELPING THEM SEE THAT THE NEWS COULD BE WORSE IS ANOTHER WAY OF BEING OPTIMISTIC AND FINDING GOOD IN THE BAD.

THIS GAME IS NOT TEACHING STUDENTS TO BE IN DENIAL ABOUT BAD NEWS, BUT RATHER TO ACKNOWLEDGE THAT IT'S NOT AS BAD AS THEY MAY THINK, AND THAT GOOD CAN COME FROM IT.

BAD NEWS/GOOD NEWS



TEASING

IN THIS GAME, I'M GOING TO GIVE YOU BAD NEWS.
YOUR CHALLENGE IS TO TURN IT INTO GOOD NEWS. TRY TO STAY POSITIVE.

THE BAD NEWS IS:

PEOPLE ARE TEASING YOU ABOUT

HOST DECIDES WHAT THEY ARE TEASING THEM ABOUT

THE GOOD NEWS IS:

THE BAD NEWS IS:

THEY ARE
THREATENING TO
TELL THE PERSON THAT
YOU HAVE A CRUSH ON

THE GOOD NEWS IS:

THE BAD NEWS IS:

DURING LUNCH. A LARGE GROUP MAKES UP A CHANT AND GETS OTHERS TO JOIN IN

THE GOOD NEWS IS:

BAD NEWS/GOOD NEWS

EXCLUSION

IN THIS GAME, I'M GOING TO GIVE YOU BAD NEWS.
YOUR CHALLENGE IS TO TURN IT INTO GOOD NEWS. TRY TO STAY POSITIVE.

THE BAD NEWS IS:

YOUR FRIENDS ARE THROWING A BIRTHDAY PARTY AND YOU ARE NOT INVITED

THE GOOD NEWS IS:

THE BAD NEWS IS:
YOUR FRIENDS ARE

YOUR FRIENDS ARE ALL GETTING REALLY COOL PARTY GIFTS AND YOU'LL GET NOTHING

THE GOOD NEWS IS:

THE BAD NEWS IS:

YOUR FRIENDS DECIDED AT THE PARTY THAT THEY NO LONGER WANT TO BE YOUR FRIEND

THE GOOD NEWS IS:

BAD NEWS/GOOD NEWS

PHYSICAL

IN THIS GAME, I'M GOING TO GIVE YOU BAD NEWS.
YOUR CHALLENGE IS TO TURN IT INTO GOOD NEWS. TRY TO STAY POSITIVE.

THE BAD NEWS IS:

YOU'RE BEING PUSHED AROUND IN GYM CLASS BY STUDENTS BIGGER THAN YOU

THE GOOD NEWS IS:

THE BAD NEWS IS:

THEY TRIP YOU IN THE HALLWAY AND YOUR BOOKS FALL TO THE GROUND

THE GOOD NEWS IS:

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THE BAD NEWS IS:

THEY DUMP MILK ON YOUR SHIRT DURING LUNCH TIME, TRYING TO START A FIGHT

THE GOOD NEWS IS:

BAD NEWS/GOOD NEWS

RUMORS

IN THIS GAME, I'M GOING TO GIVE YOU BAD NEWS. YOUR CHALLENGE IS TO TURN IT INTO GOOD NEWS. TRY TO STAY POSITIVE.

THE BAD NEWS IS:

SOMEONE STARTED A RUMOR ABOUT YOU

HOST CHOOSES AN EMBARRASSING RUMOR

THE GOOD NEWS IS:

SOMEONE HAS **EVIDENCE THAT** THE RUMOR IS TRUE

THE GOOD NEWS IS:

THE BAD NEWS IS:

THE RUMOR HAS SPREAD AND SHOWN UP IN THE NEW YORK TIMES

THE GOOD NEWS IS:

BAD NEWS/GOOD NEWS

PREJUDICE

IN THIS GAME, I'M GOING TO GIVE YOU BAD NEWS. YOUR CHALLENGE IS TO TURN IT INTO GOOD NEWS. TRY TO STAY POSITIVE.

THE BAD NEWS IS:

PEOPLE ARE SAYING THEY DON'T LIKE YOUR GREEN SKIN OR ALIEN VOICE

PLAYER MUST TALK LIKE A ROBOT

THE GOOD NEWS IS:

THE BAD NEWS IS:

PEOPLE THINK THAT YOUR KIND IS A DANGER TO SOCIETY

THE GOOD NEWS IS:

THE BAD NEWS IS:

ON THE BATHROOM WALL SOMEONE WROTE "GO BACK WHERE YOU CAME FROM"

THE GOOD NEWS IS:

BAD NEWS/GOOD NEWS

GESTURES

IN THIS GAME, I'M GOING TO GIVE YOU BAD NEWS. YOUR CHALLENGE IS TO TURN IT INTO GOOD NEWS. TRY TO STAY POSITIVE.

THE BAD NEWS IS:

PEOPLE ARE DOING THIS GESTURE EVERY TIME THEY SEE YOU

HOST DEMONSTRATES THE GESTURE

THE GOOD NEWS IS:

THE BAD NEWS IS:

THEY ADDED A SOUND EFFECT WHEN THEY DO IT

HOST MAKES A NOISE WITH THE GESTURE

THE GOOD NEWS IS:

THE BAD NEWS IS:

SOMEONE MADE A STICKER OF THIS GESTURE AND SLAPPED IT ON YOUR LOCKER

THE GOOD NEWS IS:

BAD NEWS/GOOD NEWS



EMOTIONALLY HEALTHY PEOPLE KNOW THAT THEY ARE NOT PERFECT AND LEARN TO TAKE AND MAKE A JOKE ABOUT THEMSELVES. IN THIS GAME, YOU WILL BE TEACHING STUDENTS THE NATURE OF HUMOR. ALL JOKES ARE INSULTS AND SOMETIMES, WE ARE THE BUTT OF A JOKE. IN ORDER TO ENJOY LIFE, WE NEED TO LEARN HOW TO LAUGH AT OUR FLAWS AND MISTAKES.

YOU WILL CHOOSE A STUDENT VOLUNTEER WHO WILL "ROAST" YOU BY MAKING FUN OF A KNOWN FLAW OF YOURS. YOU WILL TRY TO ONE-UP THEM BY INSULTING YOURSELF AFTER THEY INSULT YOU. THE FUNNIEST JOKE WINS. AFTER YOU DEMONSTRATE HOW TO TAKE AND MAKE A JOKE ABOUT YOURSELF, YOU ARE GOING TO SWITCH ROLES AND THE STUDENT WILL BECOME THE TARGET OF HUMOR.

IMPORTANT NOTE: Do not play this game if you or the student are not comfortable being made fun of. This game has the potential to bring the most laughs, but it also carries the risk of offending people. So do not play this game until you are certain that everyone involved can take and make a joke about themselves.

MAKE IT/TAKE IT



MAKE IT/TAKE IT



MAKE IT/TAKE IT

INSTRUCTIONS FOR PLAYING

SOMETIMES A SIMPLE APOLOGY IS ALL IT TAKES TO RESOLVE A CONFLICT. IN THIS GAME THE STUDENT PLAYER WILL BE BLAMING YOU FOR DOING SOMETHING WRONG. IN THE FIRST ROUND, YOU WILL BE GETTING UPSET, DEFENDING YOURSELF, AND BLAMING THEM FOR DOING SOMETHING WRONG IN RETURN. THE GOAL IS FOR YOU (THE HOST) TO RESOLVE THE CONFLICT. IN THE FIRST ROUND YOU WILL LOSE. HOWEVER, IN THE SECOND ROUND, YOU WILL NOT BE DEFENSIVE, BUT RATHER, YOU WILL TAKE RESPONSIBILITY FOR YOUR OWN WRONGDOING AND HUMBLY APOLOGIZE. THE CONFLICT WILL END QUICKLY AND YOU WILL WIN THE GAME.

THIS GAME TEACHES STUDENTS THE POWER OF A SIMPLE AND SINCERE APOLOGY.

SORRY NOT SORRY



WHO ARE WE?

- FRIEND
- CLASSMATE
- TEAMMATE
- NEIGHBOR
- TEACHER/STUDENT
- COACH/PLAYER
- PRINCIPAL
- PARENT/KID ETC.



WHERE ARE WE?

HALLWAY

BUS

- CLASSROOM
- LOCKER ROOM CLASSROOM

LIBRARY

- ONLINE
- FIELD • ETC.



WHAT DID I DO WRONG?

- I GOT YOU IN TROUBLE
- EMBARRASSED YOU
- MADE THE TEAM LOSE
- SAID SOMETHING MEAN

1 of 5

SORRY NOT SORRY

ROUND ONE

3 IN THIS GAME, YOU'RE GOING TO BE MAD AT ME FOR DOING SOMETHING WRONG." IF I CALM YOU DOWN, I WIN. IF I CAN.T CALM YOU DOWN, YOU WIN. YOUR GOAL IS TO STAY UPSET.



THE HOST GETS DEFENSIVE AND BLAMES THE PLAYER GAME ENDS WHEN THE HOST GIVES UP.

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SORRY NOT SORRY

ROUND TWO

3 WE ARE GOING TO PLAY THE GAME AGAIN. SAME RULES, YOU'RE GOING TO BE MAD AT ME FOR DOING SOMETHING WRONG. I'LL TRY TO CALM YOU DOWN. IF I DO., I WIN. IF I DON'T, YOU WIN.



THE HOST SINCERELY APOLOGIZES AND IS KIND. GAME ENDS WHEN THE PLAYER GIVES UP.

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SORRY NOT SORRY

LESSON

THE POWER OF AN APOLOGY





- WHEN I DEFEND MYSELF, MAKE EXCUSES,
 AND START TO BLAME YOU, YOU GET ANGRIER.
- WHEN I SIMPLY AND SINCERELY APOLOGIZE, YOU CALM DOWN.

"NEVER RUIN AN APOLOGY
WITH AN EXCUSE"
BENJAMIN FRANKLIN

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SORRY NOT SORRY

BONUS ROUND

LET'S SWITCH ROLES

AND PLAY THE GAME ONE LAST
TIME. I'M GOING TO BLAME
YOU FOR DOING SOMETHING
WRONG. IF YOU CAN
CALM ME DOWN WITH A
SINCERE APOLOGY, YOU WIN.



THE PLAYER SINCERELY APOLOGIZES AND IS KIND. GAME ENDS WHEN THE HOST GIVES UP.

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SORRY NOT SORRY