

# Family Listening Game

Below is a simple family game that you can use to encourage communication, listening and chatting with one another. As well as being fun, it is a good way for everyone to get to know each other's likes and dislikes, opinions and concerns.

It is best played when the family are altogether, such as after a meal or in the evening before bedtime.

## Setting Up the Game

Make up 20-30 questions on small cards and which are put into a small bag or tub. These questions can be about likes and dislikes, or memories or opinions. You can make up the questions yourself and/or you can cut out the sample list on the next page. (There is room to add two or three questions of your own). The game can be played a few ways:

- A** Each person in turn takes a card from the bag and then answers the question.
- B** Each person in turn takes a card from the bag and then picks someone else to answer the question.
- C** Each person in turn takes a card from the bag and then has to guess how the person opposite would answer.

The game can last just a few minutes (just one or two rounds). You can use it as a way of finishing off dinner or of introducing a family meeting about an important topic.

## Variations on the Questions

While it is a good idea to start the game with simple likes and dislikes such as those listed on the next page, at later dates you could include complicated or serious questions. For example, you could design a series of questions around potential problems such as:

- ➔ *'What would you do if another child disrupted your game?'*
- ➔ *'Suppose you and your brother wanted to watch different TV programmes at the same time what would you do?'*
- ➔ *'If a child was calling you names, what would you do?'*

or you could explore fears and worries:

- ➔ *'What is your biggest worry?'*

you could even use it to deal with serious problems with older children:

- ➔ *'What would you do if someone said something mean about you online?'*