The Real Game of Life

Objective: to teach teens basic life skills to help assist them with transitioning into adulthood, while reinforcing good decision making skills.

Materials Needed:
• 1-2 beanbags
• Printable “The Real Game of Life” cards, laminated, then cut apart
• Twister game mat
• Masking tape, optional

Instructions for Preparation and Game Play:
1. Print “The Real Game of Life” cards and laminate and cut each of the cards apart.
2. Find a Twister game mat. Lay the mat out flat on the floor.
3. Place one card on each circle of the game mat, face down. The extra game cards should be placed in a separate pile away from the game mat.
4. Assign each column of circles with a point value. For instance, column one of the game mat can be worth one point; column two can be worth two points; and so on.
5. Designate a line away from the mat from which to throw the beanbag from. If necessary, designating the line with a line of masking tape could be beneficial.
6. Decide who will go first. Each player takes turns throwing a beanbag onto the mat, aiming for a color circle with a card.
7. If the player lands on a circle with a card, he reads and answers the question card aloud. If the beanbag lands on a white area, the player loses his opportunity to answer a question and earn points until his next turn.
8. If the player’s answer is adequate, based on the therapist’s opinion, and requires little or no help, he earns the number of points designated to that column in which his beanbag landed. Then the card is subsequently removed from the game mat. If
the player’s answer is not thought to be correct, he is to turn the game card back over so it can be answered later when someone lands on that circle.

9. If a beanbag lands on a circle that has already had its card removed, no question is asked nor any points earned for his turn, and it then becomes the next player’s turn.

10. If a player reads the question aloud and decides that he cannot answer it (or answer it adequately), he has three opportunities per game to lay the card back onto its designated circle and instead choose from the separate deck of game cards. If the question is answered correctly, the player earns the same number of points for which he would have earned had he answered the original question he landed on from the game mat.

11. The player with the most points after each card on the game mat has been sufficiently answered and removed, is declared the winner.