

Introduction

Girl Games is composed of five games that can be used with girls ranging in ages from late elementary through the high school years. All five games focus on the prevention of relational aggression among females and the promotion of self-esteem, appropriate decision-making skills, and healthy choices in friendships and relationships. The games are designed to be a fun, easy way to approach, explore, and discuss topics that are sometimes difficult to discuss, but much needed with adolescents today.

All of the games require two or more players and are played similarly to traditional card games that many kids are already familiar with.

Crazy Dates = Crazy Eights

Queen of Mean = Old Maid

Peace Not War = War

Confidence Concentration = Memory

Go Talk = Go Fish

* Each game ranges from 24 to 26 cards per deck.

Suggestions for Using these Games

These games can be used in various settings:

- School Settings
- Individual Counseling
- Small Group Counseling
- After-School Clubs
- Extracurricular Activities

Crazy Dates

Topics: Topics focus on relationships with boys, appropriate expectations, behaviors to maintain respect for self, and healthy relationships.

Goal: To be the first to discard all your cards.

Setup: One girl is selected as the dealer and deals each player three cards (5 cards if there are only 2 players). The remaining cards are placed face down to form a draw pile. One card from the draw pile is placed face up in a new pile, forming the discard pile.

How to Play:

1. The player to the left of the dealer will place a card down that is the same color or topic as the card facing up in the discard pile. However, before placing the card down, she must follow the directions on her card. For example, her card may instruct her to answer a question or to ask it to someone else. If she does not have a card in her hand that is the same color or topic as the top card in the discard pile, or a WILD CARD, she must draw cards from the draw pile until she draws a card that can play.
2. WILD CARDS can be played on any card during a player's turn. After discarding a WILD CARD, the player can change the color that is now in play.
3. Play continues clockwise until one player runs out of cards.

Confidence Concentration

Topics: Topics focus on self-esteem and body image.

Goal: To have the most pairs at the end of the game.

Setup: One girl is selected as the dealer and deals out all twenty-four cards face down on the floor in random order.

How to Play:

1. The girl to the left of the dealer turns over two cards. If the card topics match, the girl chooses one of the questions to answer and then asks another player the question on the second card. After the questions are answered, the girl takes the matching pair and turns over two more cards. If the topics don't match, she turns the cards back over and it is the next player's turn.
2. Play continues until all the cards have been matched. The winner is the player with the most pairs.

Go Talk

Topics: Topics focus on emotions, communication skills and conflict resolution between girls, their families and other adults.

Goal: To have the most pairs at the end of the game.

Setup: One girl is selected as the dealer and deals each player three cards (5 cards if there are only 2 players). The remaining cards are placed face down to form the “Go Talk” pile.

How to Play:

1. The girl to the left of the dealer starts by asking any other player if she has a topic card that matches one in her hand. If the girl is given the card for which she asks, she chooses one of the questions to answer herself and then asks the other question to the girl who gave her the card. After both questions have been answered, she can place the pair face down in front of her.
2. If a player asks someone for a topic card and she does not have it, the player then takes the top card from the “Go Talk” pile and the play continues to the left.
3. Play continues until all the cards have been matched. The winner is the player with the most pairs.

Queen of Mean

Topics: Topics focus on relationships between girls and the prevention of bullying, aggression, exclusion, lying, gossip, rumors, and other hurtful behaviors.

Goal: To avoid being left with the QUEEN OF MEAN card.

Setup: One girl is selected as the dealer and deals out all the cards. It is okay if some players end up with more cards than others.

How to Play:

1. The girls look at their cards and find any matching pairs. They can remove the pairs out of their hands after answering the questions (out loud) written on their cards.
2. The dealer fans her cards out and the player to the left picks one of her cards and adds it to her hand. If it makes a pair, she can discard the pair from her hand after answering the questions on the cards. If it does not make a pair, she keeps the card in her hand.
3. Play continues clockwise until one player is left with the QUEEN OF MEAN card. The girl that is left with the QUEEN OF MEAN card at the end of the game must talk about what it would feel like to be the only one left out of an activity or to be different from everyone else.

Peace Not War

Topics: Topics focus on peaceful relationships between girls, boys, friends, parents and community.

Goal: To have all of the cards.

Setup: One girl is selected as the dealer and deals out all the cards. It is okay if some players end up with more cards than others. Players do not look at their cards.

How to Play:

1. Every girl turns over their top card at the same time. The high card wins all the cards that have been turned over. Before taking the cards, the winner must answer the question written on the high card. If the same high card is played by two or more players, those players answer the question on their card and then play the next three cards in their hand. They each place the first card face down and state, “I” then place the next card face down and state, “DECLARE” then place the third card face up and state “PEACE.” The highest card facing up wins all the cards, including the ones face down. After the winner of the round answers the question written on the highest card, she adds all the cards to the bottom of her pile.
2. Play continues until one player has won all the cards.



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Confidence Concentration

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Appearance

Why
do you think
girls worry
about the way
they look?



Go Talk

By Shannon Trice Black, M.Ed., LPC

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Emotions

Name three different feelings, besides “mad” that you might feel if someone teases you.



Peace Not War

By Shannon Trice Black, M.Ed., LPC



2

Name
two nice things
about
each girl
in the
room.



Queen of Mean

By Shannon Trice Black, M.Ed., LPC



Gossip

Why
do you think
girls enjoy
gossiping
about others?



Crazy Dates

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Trust

Why
is it important
to trust others
in a relationship?

(Self-answer)

