



That's a Good  
**Question!**

Family edition



# INSTRUCTIONS

**Materials Needed:** The Question Book  
Die (or spinner with 6 spaces)

**Number of players:** Two or more

**What the game is all about:** This game is about **asking** good questions, and then **listening** (and perhaps asking more questions) in order to learn about the thoughts and feelings, views and opinions, hopes and dreams of the other players.

**How to play:** Players take turns asking each other questions. When it is your turn, your job is similar to that of a **talk show host**. You are going to invite another player to talk with you, then interview that person. You need to 1) choose a good question for that person and 2) keep the conversation going so that you can really get to know that person's point of view

Just follow these easy steps:

**Step 1: Choose another player.**

On your first turn, choose any player that you want. This will be the person that you will interview. (On your next turn, pick a different player, and so on. Don't repeat with a player until you have had a turn to interview each of the other players.)

**Step 2: Choose a topic.**

Roll the die (or spin a spinner) and then go to the corresponding page in **The Question Book**. (The numbers are at the bottom of the pages.) Announce the topic (at the top of the page) to the other players.

**Step 3: Choose a question.**

You now choose a question from that page. Select one that you think will be a good question for the player that you chose. Using your best talk-show host manner, pose the question to that player. To be a **good listener**, after the person answers, you can follow up by asking for more information to help you better understand their answer.

**NOTE:** If the player doesn't want to answer the question that you chose, he or she is free to say *"I'll pass on that one."* If this happens, you can either select another question for that player, or see if one of the other players would like to answer that question.

Step 4: After you've finished your interview, thank the other player. Pass **The Question Book** to the next player.

Continue for a pre-determined number of rounds, giving each player an equal number of turns to play the role of •host•



**Note to Therapist:** Sometimes players may need "coaching" to develop the skills of being a good interviewer. One way to coach players is to help them learn to differentiate between *door openers* and *door slammers*. See the last page for examples.

## THE FAMILY TREE: WHO'S WHO?

1. Pretend you are going to write a thank you note to one of your relatives who has been especially kind or helpful to you. Who would it be?
2. Of all of your relatives, even those who live far away or those who have died, who would you like to know better?
3. Do you consider any family members (siblings, cousins, aunts, uncles) to also be your friends?
4. Which of your relatives looks like you, acts like you, or has the same interests as you?
5. Tell about a family member that your family is very proud of (perhaps someone who they consider a hero, or who showed a lot of courage, or accomplished an important goal.)
7. Pretend you can give an award to one of your relatives. What kind of award would it be? (For example, an award for being especially generous or patient or caring or funny.)
8. Imagine that your town is going to have a Family Award Day next year. Every family will get some sort of award. (It could be the Most Musical Family award, the Good Neighbor award, the Happiest Family award, the Coolest Grandparent award, etc.) What award would you like for your family to receive?
9. Which of your relatives might like to have a compliment from you? How could you give them a compliment?
10. Which of your relatives is a good person to go to if you need advice?

**Show & Tell:** Without using any words or props, act out a family ritual or tradition that you like a lot. Tell what you know about how the tradition began.

# PARENTS

**Note:** Players of any age should answer these questions with reference to their current relationship with their parents. If their parents are no longer living, they can answer the questions in reference to their relationship at any time in the past.

1. What are three things that make a parent feel proud?
2. What do you do that pleases your parent(s)?
3. If you could give your parent(s) an award, what would it be for?
4. Do your parents give you more criticism or more praise? What would you change about that?
5. What words do you most like to hear from your father (or mother)? What words do you least like to hear?
6. Do you like your parent's friends? Tell what you do or don't like about them.
7. Would you like your parent(s) to give you more attention or less attention?
8. What worry do your parents have about you? What worry do you have about them?
9. What do you really appreciate about your parent(s)?
10. If you had a magic parent-changing wand, what is the first thing that you would change about your parent(s)?

**Show & Tell:** Show how a parent looks when he or she disapproves of something their child had done. Then tell whether it is harder to be a parent or a kid.

## ALL ABOUT US

1. Describe what your family's kitchen looks like. What could someone learn about your family from seeing your kitchen?
2. Tell three things that *you* could do to make your family a better family.
3. What would make your family feel like today is their lucky day?
4. Tell about one of your family's most important possessions
5. Pretend that a TV program calls your home and wants to do a show about a family like yours. When would be a good time for the crew to show up and film your family?
6. What is a rule in your family that could be changed?
7. What is the happiest time of day in your family? What is the most stressful time?
8. Tell three things that make your family special.
9. What is a dream that your family might be willing to work hard for?
10. What is your family's favorite holiday? How do you celebrate it?

**Show & Tell:** Act out one of your family's favorite activities. Tell what you like about it.

## FEELINGS IN THE FAMILY

1. Who in your family knows how to cheer you up when you are feeling sad?
  2. What could you say or do today that would make someone in your family feel especially happy?
  3. On a scale of 1 to 10, how good is your family at solving problems?
  4. How do you show your family that you are thankful for what they do?
  5. What are some "mixed emotions" that a child might feel when a new baby comes into the family?
  6. Who is the most peaceful person in your family?
  7. How do your family members show each other that they care about one another's feelings?
  8. What is something that happens in your family that you find annoying?
  9. What is something a child might do that would make a parent feel thankful?
  10. What is something a child might do that would make a parent feel worried?
- Show and Tell:** Act out what family members *do* and *say* to show a new baby that it is loved. Tell about someone you know who has a new baby.

## ALL KINDS OF FAMILIES

1. If you had to live with another family, which family would you choose?
2. Should adopted children be able to ask questions about their biological parents?
3. Is it better for children if one parent can stay at home with them rather than working away from home?
4. How often should a family sit down at the table and have a meal together.
5. Should parents give their kids money for making good grades?
6. Some families give their children allowances; others do not. Which way do you think is best?
7. Tell about a hope you have for your family and for all families.
8. Name three rules that *all* families should have.
9. What's a fair way for families to divide up household chores?
10. Brothers and sisters sometimes get into arguments. Should parents settle these arguments or should the kids work it out for themselves?

**Show & Tell:** Show what you look like when you watch TV. Tell whether you think some families watches too much TV.

## PAST, PRESENT AND FUTURE

1. What have your parents told you about the day you were born? What more would you like to know?
2. What are some of the "mixed emotions" that parents might feel about their children growing up?
3. In your family, how much time do children, parents, and grandparents spend talking with one another? Is there anything you would like to change about that?
4. What is something that you think your family should spend more time doing in the future?
5. What do you remember as an especially happy time for your family?
6. Imagine your family 10 years from now. Imagine three things that might be different from now.
7. What is one way that your family has changed in the last year?
8. Pretend you have a time machine. You can make one quick trip in it, either to the past or the future. You can choose a time in your life, or in the life of any family member. What time would you choose and why?
9. Why do some people stay married for 50 years and some get divorced after a short time? What would be some good advice for a couple who is thinking about getting married?
10. What is something that you would like to learn about one of your grand-parents or great-grand-parents?

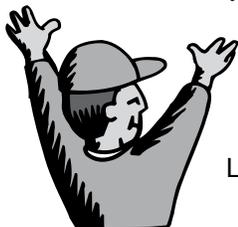
**Show & Tell:** Act out something that you enjoyed doing with your parents when you were younger. Tell what you especially liked about it.

**Note to Therapist:** Many of questions in the Question Book can be answered with just a Yes or No or other very brief answer. Some players may spontaneously elaborate, but others may not. When the player does not elaborate, it is especially important for the “interviewer” to ask questions to draw them out.

You may need to play the role of “coach,” helping players learn the skills of being a good interviewer.

One way to coach players is to help them learn to differentiate between *door openers* and *door slammers*. You might want to go over the examples below prior to beginning the activity. After going over the examples, ask the players for other examples.

You may even want to do a few “practice” rounds first, in which you play the interviewee. Let players take turns interviewing you. Ask each player to give first a door slammer response to your answer, then a door opener. Talk about how each response makes you feel, etc.



Door Slammers	Door Openers
<p>Do you really think that's a good idea?            That wouldn't work!            That didn't really happen!            You shouldn't feel that way.            Did you forget about....            You'd never really do that.            I don't feel that way; I think..... ••••            That's not a good idea.            That's not true.            So What about the time that you.....</p>	<p>Let me see if I understand. You'd like to (<i>summarize what they said</i>)            Can you explain a little about why you think that?            Tell me more about that idea.            Tell me more about how you feel.            What else would you like to do?            How does that make you feel?            Can you give an example so I can understand better what you are thinking?            That's an interesting idea. Tell me how that would work.            OK, I'm starting to understand. Can you give me an example?•</p>
<p>That doesn't seem very fair for the parents to assign all the chores</p>	<p>So you think that parents should assign all the chores. Tell me why you think that's the best method.</p>
<p>You've got to be kidding --grandma???</p>	<p>So your grandma knows how to cheer you up when you're sad. Can you give an example of a time that happened?</p>
<p>Maybe you should try giving your mother a compliment sometime. That would be better than always complaining.</p>	<p>So you are saying that your mother might like a compliment and you could give her a compliment next time she helps you with your homework. What do you think she would do or say if you did try it? How would you feel then?</p>
<p>If you know that it pleases your parents for you not to fight, why do you keep doing it?</p>	<p>You say that it pleases your parents when you don't fight with your sister. Can you remember a time that you surprised your parents (or your self) by not fighting with your sister?</p>