SQUABBLES®



THE GAME OF CONFLICT RESOLUTION

INSTRUCTIONS FOR PLAYING

SQUABBLES® IS THE GAME OF CONFLICT RESOLUTION. IT MAKES SOCIAL AND EMOTIONAL LEARNING FUN! 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®

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

WHO ARE WE?

CHOOSE A CHARACTER

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

WHERE ARE WE?

CHOOSE A LOCATION

- HALLWAY
- CLASSROOM
- BUS
- SPORT FIELD
- LOCKER ROOM
- CLASSROOM
- LIBRARY
- ONLINE
- ETC.

WHAT'S WRONG?

CHOOSE A MISTAKE

- NAME CALLING
- EXCLUSION
- PREJUDICE
- RUMORS
- TEASING
- RUDE HUMOR
- CYBER INSULTS
- PUSHING/SHOVING
- ETC.

STOP IT

ROUND ONE

IN THIS GAME, YOU'RE GOING TO BE MEAN TO ME AND I'M GOING TO TRY TO STOP YOU. IF I STOP YOU, I WIN. IF I CAN'T STOP YOU, AND YOU CONTINUE TO BE MEAN, YOU WIN.

1.. 2.. 3.. ACTION



THE HOST GETS UPSET AND IS MEAN BACK. GAME ENDS WHEN THE HOST GIVES UP.

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.

1.. 2.. 3..
ACTION



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

STOP IT

LESSON #1

THE CYCLE OF AGGRESSION

- 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

WHICH TIME DID YOU HAVE MORE FUN BEING MEAN TO ME. THE FIRST OR THE SECOND? WHY?



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

DR. MARTIN LUTHER KING JR.

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"

KING SOLOMON

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"

EPICTETUS

STOP IT

LESSON #4

THE SOLUTION TO AGGRESSION

WHICH TIME DID I TREAT YOU LIKE A FRIEND, THE FIRST OR SECOND?



- 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?"

ABRAHAM LINCOLN

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.

1.. 2.. 3..
ACTION



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

STOP IT

THREE WARNINGS

1

IT MIGHT GET WORSE BEORE IT GETS BETTER. ONCE THEY REALIZE THEY CAN'T UPSET YOU, THEY MIGHT INTENSIFY THEIR BEHAVIOR BEFORE LEAVING YOU ALONE.

2

BE CALM AND KIND 100% OF THE TIME. IF THEY DISCOVER THAT THEY CAN UPSET YOU EVERY ONCE IN A WHILE, THEY WILL CONTINUE TO BE MEAN.

3

BE CALM AND KIND 100% OF THE TIME. IF THEY DISCOVER THAT THEY CAN UPSET YOU EVERY ONCE IN A WHILE, THEY WILL CONTINUE TO BE MEAN.

STOP IT

ON TOUR NOW

BRING SQUABBLES® LIVE TO YOUR SCHOOL AND PLAY THE GAME IN A SCHOOL ASSEMBLY FORMAT WITH OUR SQUABBLES® CERTIFIED PRESENTERS, MORE THAN 3,000 SCHOOLS HAVE BOOKED OUR PROGRAM, ALLOWING US TO REACH OVER THREE 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


SQUABBLES®