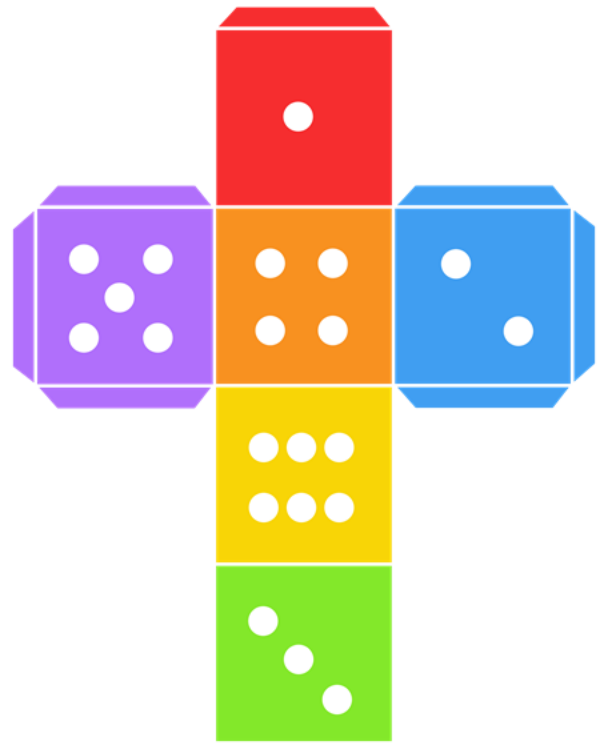


# Family Changes Game

Place cards  
face down  
here



Name	Game Points

# Questions

**PROBLEM:** One parent moved far away and you are only going to get to see them during summer.

**FIND THE BEST SOLUTION:**

- A) Try to get the other parent to move closer to you.
- B) Call/write letters to keep in touch
- C) Make the other parent feel bad.

①

**PROBLEM:** One parent is struggling with money after the divorce.

**FIND THE BEST SOLUTION:**

- A) Plan together fun things to do that do not cost money.
- B) Help the parent by doing chores around the house.
- C) Yell at the other parent for not helping more with money.

②

**PROBLEM:** One parent asks you to give the other parent a message.

**FIND THE BEST SOLUTION:**

- A) Never give the other parent the message.
- B) Explain to them that you do not feel comfortable being a messenger.
- C) Ask if there is any other way to give that parent the message.

③

**PROBLEM:** You blame yourself for the divorce.

**FIND THE BEST SOLUTION:**

- A) Behave better so they get back together.
- B) Try to get them to spend time together
- C) Remind yourself that Divorce is an adult decision, the kids are not to blame.

④

**PROBLEM:** You have not spoken to one parent in awhile.

**FIND THE BEST SOLUTION:**

- A) Ask the parent you are with if you could call or write them.
- B) Write in a journal all of things you will tell them when you are able to talk to them.
- C) Blame the other parent.

⑤

**PROBLEM:** Your step parent keeps bossing you around.

**FIND THE BEST SOLUTION:**

- A) Speak to your parent about your feelings.
- B) Ignore the step parent.
- C) Listen to them even if you don't want to, they are the adult.

⑥

# Questions

**Problem:** You are getting a stepparent

**FIND THE BEST SOLUTION:**

- A) Try to get to know the stepparent
- B) Refuse to speak to the stepparent
- C) Tell the stepparent they are ruining your family.

⑦

**Problem:** You want to see both parents during the winter holidays.

**FIND THE BEST SOLUTION:**

- A) Spend half the day at one parents house, half the day at the other.
- B) Refuse to go to any holiday parties if they do not go together.
- C) Be sad and keep to yourself through the holidays.

⑧

**Problem:** You want to spend your birthday with both parents instead of two separate parties.

**FIND THE BEST SOLUTION:**

- A) Try to convince your parents into both attending one party.
- B) Write an explanation to your teacher about what happened.
- C) Hit him.

⑨

**Problem:** One of your parents says something mean about the other parent.

**FIND THE BEST SOLUTION:**

- A) Tell the other parent the mean comment that was said.
- B) Ask the parent to please not say mean things around you.
- C) Change the subject.

①⑩

**PROBLEM:** You really want your parents back together.

**FIND THE BEST SOLUTION:**

- A) Behave better.
- B) Try to get them to spend time together.
- C) Accept that even though you wish that would happen, it is not going to happen.

①①

**PROBLEM:** You feel like you spend less time with your parents since the divorce.

**FIND THE BEST SOLUTION:**

- A) Tell your parents how you feel.
- B) Try to plan time to spend with them.
- C) Be mean to your parents.

①②

# Questions

**PROBLEM:** The judge decided that you only get to see your dad every other weekend.

**FIND THE BEST SOLUTION:**

- A) Blame the other parent.
- B) Stop speaking to either parent.
- C) Keep a journal of all the stuff you want to tell your dad when you get to see him. ①③

**PROBLEM:** Your mom is upset because it's her weekend and you were invited to a slumber party.

**FIND THE BEST SOLUTION:**

- A) Make your mom feel bad for making you miss the party.
- B) Ask if it's possible to switch weekends.
- C) Attend the party for a little bit and then spend time with your mom. ①④

**PROBLEM:** You keep forgetting stuff from one house to another.

**FIND THE BEST SOLUTION:**

- A) Ask your parents to buy you two of everything.
- B) Make a checklist as a reminder.
- C) Ask your parent for help remembering what to pack. ①⑤

**PROBLEM:** At one house, you don't have your own room so you have to share a room.

**FIND THE BEST SOLUTION:**

- A) Use headphones when you need time to yourself.
- B) Refuse to stay with that parent until you get your own room.
- C) Try to adjust the room to be more private (room divider) ①⑥

**PROBLEM:** Your step sister is not nice to you and does not want you around.

**FIND THE BEST SOLUTION:**

- A) Ignore her.
- B) Try to talk to her about it, see if something is bothering her. She may be struggling with the divorce too.
- C) Talk to your parent about your feelings. ①⑦

**PROBLEM:** Your step brother keeps getting into your stuff.

**FIND THE BEST SOLUTION:**

- A) Speak to your parent about your feelings.
- B) Yell at your step brother to stop.
- C) Put your stuff where your step brother can not get to it. ①⑧

# Questions

**PROBLEM:** Your parents have different rules at each house, your getting confused!

**FIND THE BEST SOLUTION:**

- A) Ask your parents to write their rules down and put on fridge as a reminder.
- B) Don't follow any of the rules.
- C) Use that as an excuse to not follow the rules.

① ⑨

**PROBLEM:** Your mom says mean things about your step mom.

**FIND THE BEST SOLUTION:**

- A) Change the subject.
- B) Tell your mom you love her and she will never be replaced, but you are trying to get along with this new person in your life.
- C) Tell your dad what your mom said.

② ⑩

**PROBLEM:** You don't like going to your dad's house because all your stuff is at your mom's house.

**FIND THE BEST SOLUTION:**

- A) Ask your mom if you can leave some stuff at your dad's.
- B) Pack some of your favorite items to bring to both houses.
- C) Tell your dad you don't want to stay with him.

② ①

**PROBLEM:** Your dad always asks you questions about your mom, it makes you uncomfortable.

**FIND THE BEST SOLUTION:**

- A) Yell at your dad to stop asking you questions.
- B) Say you don't know.
- C) Explain to your dad that it makes you uncomfortable.

② ②

**PROBLEM:** Your step dad asks you to call him Dad but you do not want to.

**FIND THE BEST SOLUTION:**

- A) Speak to your mom about it.
- B) Tell him no, he's not your real dad.
- C) Ask him if you could come up with a cool nickname together, because you are worried it will hurt your dad's feelings.

② ③

**PROBLEM:** You like your new step dad but your dad does not like him.

**FIND THE BEST SOLUTION:**

- A) Pretend not to like him around your dad.
- B) Explain to your dad that he will always be your dad, but that your step dad is a positive person in your life.
- C) Decide not to like him either.

② ④

# Questions

**PROBLEM:** You have to go to court and answer questions about where you want to live.

**FIND THE BEST SOLUTION:**

- A) Be honest and try not to hurt your parents feelings.
- B) Ask your parents questions about what court will be like, and what they will ask.
- C) Refuse to go.

②⑤

**PROBLEM:** Your step mom treats her kids better than you.

**FIND THE BEST SOLUTION:**

- A) Treat your step siblings bad.
- B) Try to get to know your step mom better.
- C) Talk to your dad about how you feel

②⑥

**PROBLEM:** Your parent is making you go to counseling to talk about the divorce.

**FIND THE BEST SOLUTION:**

- A) Refuse to go.
- B) Go to counseling but do not say anything.
- C) Try it out, it might be nice to have someone to talk to about your parents.

②⑦

**PROBLEM:** You don't want anyone to know your parents are getting divorced.

**FIND THE BEST SOLUTION:**

- A) Practice what you would say.
- B) Remember that a lot of kids parents are divorced.
- C) Yell at the person that its none of their business.

②⑧

**PROBLEM:** Your jealous of your step siblings spending time with your parent

**FIND THE BEST SOLUTION:**

- A) Speak to your parent about it.
- B) See if you can spend time with your parent, just you and them alone.
- C) Start arguments with your stepsiblings and try to make them look bad.

②⑨

**PROBLEM:** One parent is very sad over the divorce and cries a lot

**FIND THE BEST SOLUTION:**

- A) Complain that they cry and are not fun to be around.
- B) Hug them and tell them you love them and don't want them to be sad.
- C) Try to help out doing chores around the house to cheer them up

③⑩

# Answer Key

- ① **PROBLEM:** One parent moved far away and you are only going to get to see them during summer.  
**FIND THE BEST SOLUTION:**  
B) Call/write letters to keep in touch
- ② **PROBLEM:** One parent is struggling with money after the divorce.  
**FIND THE BEST SOLUTION:**  
A) Plan together fun things to do that do not cost money.  
B) Help the parent by doing chores around the house.
- ③ **PROBLEM:** One parent asks you to give the other parent a message.  
**FIND THE BEST SOLUTION:**  
B) Explain to them that you do not feel comfortable being a messenger.  
C) Ask if there is any other way to give that parent the message.
- ④ **PROBLEM:** You blame yourself for the divorce.  
**FIND THE BEST SOLUTION:**  
C) Remind yourself that Divorce is an adult decision, the kids are not to blame.
- ⑤ **PROBLEM:** You have not spoken to one parent in awhile.  
**FIND THE BEST SOLUTION:**  
A) Ask the parent you are with if you could call or write them.  
B) Write in a journal all of things you will tell them when you are able to talk to them.
- ⑥ **PROBLEM:** Your step parent keeps bossing you around.  
**FIND THE BEST SOLUTION:**  
A) Speak to your parent about your feelings.  
C) Listen to them even if you don't want to, they are the adult.
- ⑦ **Problem:** You are getting a stepparent  
**FIND THE BEST SOLUTION:**  
A) Try to get to know the stepparent

# Answer Key

⑧ **Problem:** You want to see both parents during the winter holidays.

**FIND THE BEST SOLUTION:**

A) Spend half the day at one parents house, half the day at the other.

⑨ **Problem:** You want to spend your birthday with both parents instead of two separate parties.

**FIND THE BEST SOLUTION:**

A) Try to convince your parents into both attending one party.

①⑩ **Problem:** One of your parents says something mean about the other parent.

**FIND THE BEST SOLUTION:**

B) Ask the parent to please not say mean things around you.

C) Change the subject.

①① **Problem:** You really want your parents back together.

**FIND THE BEST SOLUTION:**

C) Accept that even though you wish that would happen, it is not going to happen.

①② **Problem:** You feel like you spend less time with your parents since the divorce.

**FIND THE BEST SOLUTION:**

A) Tell your parents how you feel.

B) Try to plan time to spend with them.

①③ **Problem:** The judge decided that you only get to see your dad every other weekend.

**FIND THE BEST SOLUTION:**

C) Keep a journal of all the stuff you want to tell your dad when you get to see him.

①④ **Problem:** Your mom is upset because its her weekend and you were invited to a slumber party.

**FIND THE BEST SOLUTION:**

B) Ask if its possible to switch weekends.

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B) Make a checklist as a reminder.

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A) Use headphones when you need time to yourself.

C) Try to adjust the room to be more private (room divider)

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B) Try to talk to her about it, see if something is bothering her. She may be struggling with the divorce too.

C) Talk to your parent about your feelings.

①⑧ **PROBLEM:** Your step brother keeps getting into your stuff.

**FIND THE BEST SOLUTION:**

A) Speak to your parent about your feelings.

C) Put your stuff where your step brother can not get to it.

①⑨ **PROBLEM:** Your parents have different rules at each house, your getting confused!

**FIND THE BEST SOLUTION:**

A) Ask your parents to write their rules down and put on fridge as a reminder.

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A) Change the subject.

B) Tell your mom you love her and she will never be replaced, but you are trying to get along with this new person in your life.

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**FIND THE BEST SOLUTION:**

A) Ask your mom if you can leave some stuff at your dad's.

B) Pack some of your favorite items to bring to both houses.

# Answer Key

②② **PROBLEM:** Your dad always asks you questions about your mom, it makes you uncomfortable.

**FIND THE BEST SOLUTION:**

B) Say you don't know.

C) Explain to your dad that it makes you uncomfortable.

②③ **PROBLEM:** Your step dad asks you to call him Dad but you do not want to.

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C) Ask him if you could come up with a cool nickname together, because you are worried it will hurt your dad's feelings.

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C) Talk to your dad about how you feel

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**FIND THE BEST SOLUTION:**

C) Try it out, it might be nice to have someone to talk to about your parents.

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**FIND THE BEST SOLUTION:**

A) Practice what you would say.

B) Remember that a lot of kids parents are divorced.

# Answer Key

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③⑩ **PROBLEM:** One parent is very sad over the divorce and cries a lot

**FIND THE BEST SOLUTION:**

B) Hug them and tell them you love them and don't want them to be sad.

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