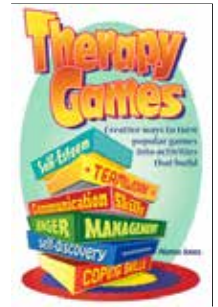


A game from the book:  
*Therapy Games*  
*Creative Ways to Turn Popular Games Into Activities That Build  
Self-Esteem, Teamwork, Communication Skills, Anger Manage-  
ment, Self-Discovery, and Coping Skills*



## Magic Block

### Objective

To talk about the need for some people to always be searching for the one thing that they feel will make their life complete, which can sometimes cause people to miss out on the good things they already have in their life.

### Who

People who are so focused on getting to the next level (more money, more drugs, becoming more popular, finding a boyfriend/girlfriend, etc.) that they miss out on what they already have.

### Group Size

2 to 8 is ideal (but the game can be played with larger numbers)

### Materials

➤ The JENGA game with one block that has a star or other symbol marked on the bottom side of the block.

### Description

Play the JENGA game with one block marked with a star (or other symbol). Offer a prize to the group if they can find the magic block before the tower falls. This can be anything from a treat to extra minutes of free play time or allowing the person who finds the star to select the next game the group plays. However, if the tower falls before anyone can find the magic block, then the group has to complete a task (this can be anything from cleaning, to exercise, to singing a silly song).

### Discussion Prompts

1. Were you focused primarily on finding the star or were you enjoying the process of playing the game?
2. Once the star was found, did you want to continue to play the game to see how high the tower would go, or to see who would knock it over, or was the fun over?
3. Have you ever been so focused on getting something in your life that once you achieved it you were left wondering what to do next?
4. Is it good to have things in your life that you are striving to find?
5. Are there some things you could be striving for that are negative?
6. What things are you always searching for in your life?
7. Do you ever miss out on things in your life because you are so focused on a goal that only the future seems to matter?
8. How can you achieve balance in your life when striving to reach a goal?