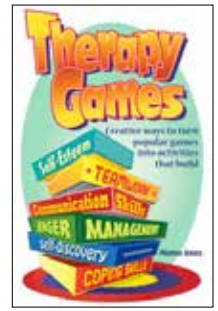


A game from the book:
Therapy Games
*Creative Ways to Turn Popular Games Into Activities That Build
Self-Esteem, Teamwork, Communication Skills, Anger Manage-
ment, Self-Discovery, and Coping Skills*



Rich vs. Poor

Objective

To understand how we react to the situations we are born into and to recognize ways to improve our own situation.

Who

Individuals who think they're victims of their own circumstances and who could benefit from looking at ways to improve their situation.

Group Size

4 to 8 is ideal (but could have more if have bigger teams)

Materials

☞ The MONOPOLY game

Description

Place one card from each of the property groups in a pile. Shuffle the pile and evenly distribute the cards to the group members. If there are extra properties, have group members roll the die and the highest roller gets to select an extra property. Continue until one card from each property group has been distributed. Once everyone has their cards, give them the other properties that go with their set(s). Each card set in the game should belong to someone.

Money is distributed based on the amount of money each property would cost to buy (e.g., the person with Boardwalk and Park Place would start the game with \$750 – the amounts listed on the board).

The railroads and utilities are up for grabs if anyone wants to buy them when landing on those spaces. The game can be played using the Chance and Community Chest Cards or simply make those free spaces.

Now, play a regular game with each person moving around the board. At the end of the game, discuss the feelings individuals have towards those who started with less and those who started the game with more.

Discussion Prompts

1. Did you feel that one player had an advantage over the others in this game? If so, how did this make you feel?
2. Do you ever look at what others have and get jealous? If so, why do you think you have these feelings?
3. What do you usually do if you find yourself in a situation where you feel that you're at a disadvantage compared to others?
4. Is there a way to move yourself into a situation where you have more security in your life than you have now? What will it take for you to do this?
5. What changes can you make in your life to change your current situation?

Variation

☞ Focus the questions on anger management issues if you have individuals who react with anger when others have more than them.