



Solutions Focused Approach Center

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SF DOMINOS GAME

INTRODUCTION

SF Dominos requires some preparations in order to use it in practise! First of all you ought to buy a few sets of dominos. Each piece of domino should be numbered from 1 to 28. Each number on the particular piece of domino refers to specific question on the list. One of such lists you can find below. Type of the questions on the list should be addressed to specific needs of the participants or you can create general questions which may be useful for most of participants. You should also print questions in order to give them to the groups of the participants of the game.

Divide participants into groups of four or three. Give one set of dominos per group and at least one set of printed questions. Then introduce rules which you can find below.

BASIC RULES:

1. Each person have to choose four dominos.
2. The numbers at the back of dominos refer to the numbers of questions on your lists.
3. Now follow the standard domino rules.
4. When you put down dominos you have to complete the task which is given on the list.
5. If you don't want to answer, you miss your turn and you exchange the piece of domino for the new one.
6. If you don't have the right number of spots to put down your domino, you take additional one from the pile.
7. When one person is answering the rest of the team can ask additional questions.

SF DOMINO
Questions – general exceptions!
Conversation about the past!

1. Tell us/your partner about how you showed your strong will.
2. Tell us/your partner how you controlled yourself in a difficult situation.
3. Tell us/your partner how you kept your word.
4. Tell us/your partner how you handled (dealt with) your weakness well.
5. Tell us/your partner how you were able to conquer your fear/worries.
6. Tell us/your partner how you took care of something good for yourself.
7. Tell us/your partner how you took care of something good for somebody else.
8. Tell us/your partner how you had a good time/enjoyed yourself.
9. Tell us/your partner how you were happy with yourself.
10. Tell us/your partner how you enthused about something small.
11. Tell us/your partner how you were happy with somebody else/shared your happiness with somebody else.
12. Tell us/your partner how much you strove for something/tried to do/get something.
13. Tell us/your partner how you found at least a little meaning in life.
14. Tell us/your partner how you were able to take a risk.
15. Tell us/your partner how you managed to resist temptation.
16. Tell us/your partner how you chose something good.
17. Tell us/your partner how you chose to be honest with yourself in a difficult situation.
18. Tell us/your partner how you chose to be honest towards others.
19. Tell us/your partner how you helped somebody else.
20. Tell us/your partner how you “got up”/recovered after an accident.
21. Tell us/your partner how you were able to fight for something.
22. Tell us/your partner how you did something unexpected.
23. Tell us/your partner what and how you were able to change.
24. Tell us/your partner how you were somebody’s friend.
25. Tell us/your partner how you went back to something important.
26. Tell us/your partner how you managed to do something important.
27. Tell us/your partner how you showed your humbleness/humility.
28. Tell us/your partner how you managed to get involved in something important.

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SF IN- OR OUT- DOOR GAME

INTRODUCTION

That game should be played in groups of four (option is three). Please prepare – balloons, one big envelope, four small or medium envelopes, memory cards (like post-it or other small colour papers), printed general instruction, printed instructions for „all four colours” (see below). You put instructions for blue, orange... persons into four small or medium envelopes which you marked with proper colour (blue, orange...). Into big envelope you put general instruction, four coloured envelopes with instruction for blue, orange..., memory cards. Balloons simply should be available for participants.

After dividing people into groups of four you give them big envelope with its content and ask people to follow instructions. That's all! Have a good time while observing participants.

General instruction

Here are the instructions for your team. We ask you to follow them now!

Your instruction set includes:

1. One page of general instructions.
2. Four envelopes with tasks for each of you.
3. Memory cards which you can use to write down compliments for each other during the game.

Step 1.

Get into groups of four (three if four is not possible). As a group, please pick one of the balloons which are around you in the room. You need just one balloon per group. You may take a second one just in case.

Step 2.

Within your group, please decide together who will be which one of the following colours: **blue**, **green**, **red** and **orange**. Please attribute one colour to one person. If you're a team of 3, use just three colours.

Step 3.

Now please walk together 20 meters in a direction chosen by your team. On your way all four (three) of you need to hold the balloon with your **heads** only. Hands, arms and other parts of your body may be used for many purposes apart from touching and holding the balloon. Try to enjoy the experience, going gently and softly as a team

Step 4.

So how was your twenty-meter walk?? Was it fun ...?? You can congratulate each other on your cooperation. What worked well? What and how can you improve? Exchange your impressions... Now it's time to open the envelope addressed to the person who is **blue**. Please follow the included instructions.

Step 5.

Now please go together 10 meters in a direction chosen by your team. Your task is to go and hold the balloon with your **necks** only. Hands, arms, heads and other parts of your body may be used for many purposes except touching and holding the balloon. **Try to go, as a team, gently, softly and having fun...**

Step 6.

So how was the trip?? Were you flexible enough...?? You can thank each other for the experience... What worked well? What and how can you improve? Exchange your impressions... Now it's time to open the envelope addressed to the person who is **green**. Please follow the included instructions.

Step 7

Now please jump together 10 meters a direction chosen by your team. Your task is to jump and hold the balloon with your **arms** only. Hands, heads and other parts of your body may be used for many purposes except touching and holding the balloon. **Try to jump, as a team, gently, softly and having fun...**

Step 8

So how about the jumping?? Was it more like rabbit style or kangaroo style?? You can thank each other for the experience... What worked well? What and how can you improve? Exchange your impressions...

Now it's time to open the envelope addressed to the person who is **red**. Please follow the included instructions.

Step 9.

Now please run together 10 meters in a direction chosen by your team. Your task is to run and hold the balloon with your **bellies** only. Hands, heads and other parts of your body may be used for many purposes except touching and holding the balloon. **Try to run, as a team, gently, softly and with fun...**

Step 10

Were you still able to breathe after the run?? Is your breath deep and fast enough?? You can thank each other for that experience... What worked well? What and how can you improve? Exchange your impressions...

Now it's time to open the envelope addressed to the person who is **orange**. Please follow the included instructions.

Step 11

Find a way to round off this short "game" as a team ... Then do it and come back to our room!

Instructions for the blue envelope!!!

Task for the person who is blue!

Please think about the topic written below and talk about it with your team.

You are invited to have a conversation, but you can also try to show or perform it in any way you want!!!

If you had as much determination as Rocky Balboa did, what would you do differently in any “life fights” in the nearest future?

Task for the other team members

Listen carefully and ask and/or summarize when needed. Try to co-create and be part of the conversation around the story told by the person with **blue**.

At the end of the conversation you can write down on memory cards some compliments for the storyteller and give them to her/him.

Instructions for the green envelope!!!

Task for the person who is green!

Please think about the topic written below and talk about it with your team.

You are invited to have a conversation, but you can also try to show or perform it in any way you want!!!

If you had as much “resource-sensibility” and “crime-sensibility” as Colombo did, what would you do in a different way in any “life investigations” in the nearest future?

Task for the other team members

Listen carefully and ask and/or summarize when needed. Try to co-create and be part of the conversation around the story told by the person with **green**.

At the end of the conversation you can write down on memory cards some compliments for the storyteller and give them to her/him.

Instructions for the red envelope!!!

Task for the person who is red!

Please think about the topic written below and talk about it with your team.

You are invited to have a conversation, but you can also try to show or perform it in any way you want!!!

If you had as much trust in others as hobbit Frodo did, what would you do differently in any “life choices” in the nearest future?

Task for the other team members

Listen carefully and ask and/or summarize when needed. Try to co-create and be part of the conversation around the story told by the person with **red**.

At the end of the conversation you can write down on memory cards some compliments for the storyteller and give them to her/him.

Instructions for the orange envelope!!!

Task for the person who is orange!

Please think about the topic written below and talk about it with your team.

You are invited to have a conversation, but you can also try to show or perform it in any way you want!!!

If you had as much passion about something as Winnie the Pooh did about honey, what would you do in a different way in any “life cooking” situations in the nearest future?

Task for the other team members

Listen carefully and ask and/or summarize when needed. Try to co-create and be part of the conversation around the story told by the person with **orange**.

At the end of the conversation you can write down on memory cards some compliments for the storyteller and give them to her/him.

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