

All - In - One

# Talk About It!



Teen Communication Game

R U L E   B O O K



# Talk About It!

## All-in-One Teen Communication Game Rules

There are many different games that can be played with these topic cards. Below, are rules for various card and dice games. All games can be played with any of the decks, except for 2 games that can only be played with the feelings deck. Feel free to create your own games too!

### Game includes

- 8 topic decks of cards. The topic decks included are icebreakers, values, family, friendships, stress, self-esteem, feelings, and situations.
- 2 dice

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# Cards Only

## Simple Questions: 2-6 players

### Goal

Learn more about each player.

### Set-up

Use one deck of cards. Pick any topic deck. (If using the feelings deck, each time the directions say to answer the question, instead the player will talk about a time he/she felt that feeling.) Shuffle the deck. Put the deck face down to become the draw pile.

### How to play

- The youngest player goes first.
- Player 1 draws a card from the top of the draw pile.
- Player 1 will read and answer the question on the card, then put the card in the discard pile. (Adults, when appropriate, read and answer the question in the past tense.)
- Then it is the next player's turn.

### Game variations

- Fan out the cards and have each player draw a card, read it, and answer it. You can have only the reader answer, or you can have each player answer.
- Spread the cards out on the table or floor and have each player draw a card, read it, and answer it.

### Winning

Playing is winning!

## Cards Only

### Simple Questions: 2-6 players (Cont.)

#### **Alternate Rules** (Use with 3 or more players as desired.)

- When a player draws a yellow card, everyone answers the question.
- When a player draws a green card, that player answers the question.
- When a player draws a blue card, that player picks someone to answer the question.
- When a player draws a purple card, that player and the player to the right answer the question.

# Cards Only

## Go Fish: 2-6 players

### Goal

Collect the most pairs of cards.

### Set-up

Use one deck of cards. Pick any topic deck. (If using the feelings deck, each time the directions say to answer the question, instead the player will talk about a time he/she felt that feeling.) Shuffle the deck. If there are 2 players, each player is dealt 7 cards. If there are 3-6 players, each player is dealt 5 cards. All remaining cards are spread out, face down to become the pond.

### How to play

- Player to the left of the dealer will go first.
- Player 1 will ask another player for a specific card rank (example: Allison, do you have a 7?) Player 1 must already hold one card of the requested rank.
- If the player asked has a card of the requested rank, that player must give it to player 1. Player 1 will read and answer the question on the card just received. (Adults, when appropriate, read and answer the question in the past tense.)
- If the player asked does not have a card of the requested rank, that player says “Go Fish,” and player 1 will draw a card from the pond.
  - If player 1 draws the card requested, player 1 will show it to the other players, read and answer the question on the card, and then take another turn.

## Cards Only

### Go Fish: 2-6 players (Cont.)

- If player 1 draws a card that is not the rank requested, player 1 will read and answer the question on the card drawn. Then it is the next player's turn.
- Once a player has two cards of the same rank, that player will show the pair to the other players and put the cards face down in front of him/her.
- Continue taking turns, allowing each player to request a card until either one player has no cards left or the pond is empty.

### Winning

The player who has the most pairs wins.

### Alternate Rules (Use with 3 or more players as desired.)

- When a player draws or receives a yellow card, everyone answers the question.
- When a player draws or receives a green card, that player answers the question.
- When a player draws or receives a blue card, that player picks someone to answer the question.
- When a player draws or receives a purple card, that player and the player to the left answer the question.

# Cards Only

## War: 2 players

### Goal

To collect all the cards.

### Set-up

Use one deck of cards. Pick any topic deck. (If using the feelings deck, each time the directions say to answer the question, instead the player will talk about a time he/she felt that feeling.) Remove the 2 jokers. Shuffle the deck. Deal the cards evenly among both players.

### How to play

- Each player places their cards face down in a stack in front of them without looking at the cards.
- The players turn up their top card and place it face up in between them at the same time. The player with the higher ranked card takes both cards and puts them face down on the bottom of his/her stack. The player who takes the cards, reads and answers the question on the winning card. (Adults, when appropriate, read and answer the question in the past tense.)
- If the cards are the same rank, it is War. Leave the cards that are the same. Then each player puts one card from their stack face down in between them and the next card face up in between them. The player with the higher ranked card takes all 6 cards and puts them face down on the bottom of his/her stack. The Player who takes the cards, reads and answers the question on the winning card.



## Cards Only

### **War: 2 players** (Cont.)

- If the question on the card has previously been read and answered by that player, that player must give a new answer.
- The cards ranks are as follows, from highest to lowest: Ace, King, Queen, Jack, 10, 9, 8, 7, 6, 5, 4, 3, 2

### **Winning**

The player to collect all the cards wins.

# Cards Only

## Crazy 8's: 2-4 players

### Goal

To discard all your cards.

### Set-up

Use one deck of cards. Pick any topic deck. (If using the feelings deck, each time the directions say to answer the question, instead the player will talk about a time he/she felt that feeling.) Remove the 2 jokers. Shuffle the deck. If there are 2 players, each player is dealt 7 cards. If there are 3-4 players, each player is dealt 5 cards. Place the remaining cards face down in the center of the table as the draw pile. The top card of the draw pile is turned face up to start the discard pile.

### How to play

- Player to the left of the dealer goes first.
- On a turn, the player adds to the discard pile by playing one card that matches the top card of the discard pile by either suit or rank (ex. 7 = 7 or heart = heart). A player who does not have a card to match the top card on the discard pile must draw cards until the player has a card to discard. As the player discards a card, the player will read and answer the question on the card discarded. (Adults, when appropriate, read and answer the question in the past tense.)
- If there are no cards left to draw, leave the top card of the discard pile face up and shuffle the remainder of the discard pile to become the draw pile.

## Cards Only

### **Crazy 8's: 2-4 players (Cont.)**

- If the question on the card has previously been read and answered by that player, that player must give a new answer.
- All 8's are wild and can be played on any card during a player's turn. When a player puts down an 8, that player decides which suit is now in play. The next player must put down a card of that suit or another 8. As the player discards a card, the player will read and answer the question on the card discarded.

### **Winning**

The first player to discard all of his/her cards wins.

### **Alternate Rules** (Use with 3 or more players as desired.)

- When a player discards a yellow card, everyone answers the question.
- When a player discards a green card, that player answers the question.
- When a player discards a blue card, that player picks someone to answer the question.
- When a player discards a purple card, that player and the player to the right answer the question.

# Cards Only

## Old Maid: 2-6 players

### Goal

To be the player who ends the game holding the Old Maid.

### Set-up

Use one deck of cards. Pick any topic deck. (If using the feelings deck, each time the directions say to answer the question, instead the player will talk about a time he/she felt that feeling.) Remove 3 of the queens from the deck. The remaining queen is the Old Maid. Shuffle the deck. Deal the cards as evenly as possible among the group. It is ok if some players have more cards than others.

### How to play

- All players go through their cards and discard all pairs. If a player has 3 of a kind, that player will discard 2 of the cards and will keep one.
- The dealer offers his/her hand, face down, to the player on the dealer's left. That player takes one card from the dealer's hand. The player reads and answers the question on this card. If the card matches one the player already has, the player puts the pair down. If it does not match, the player keeps the card. (Adults, when appropriate, read and answer the question in the past tense.)
- The player who just took a card, now offers his/her hand, face down, to the player on his/her left and play continues as described above.

## Cards Only

### Old Maid: 2-6 players (Cont.)

- Continue playing until there are no more pairs and the only card remaining is Old Maid.

### Winning

The person holding the Old Maid wins.

### Alternate Rules (Use with 3 or more players as desired.)

- When a player takes a yellow card, everyone answers the question.
- When a player takes a green card, that player answers the question.
- When a player takes a blue card, that player picks someone to answer the question.
- When a player takes a purple card, that player and the player to the left answer the question.

# Cards Only

## Golf: 2-6 players

### Goal

To have the lowest number of points.

### Set-up

- For 2-3 players, use one deck of cards. For 4-6 players, use two decks of cards. Pick any topic deck(s). (If using the feelings deck, each time the directions say to answer the question, instead the player will talk about a time he/she felt that feeling.) Shuffle the deck(s). Deal out 6 cards to each player face down (you can also play with 9 cards per player). Do not look at your cards.
- Place the remaining cards in the draw pile and turn one card face up to start the discard pile.
- Each player arranges their cards in front of them, face down, in two horizontal rows of three (or three rows of three if playing with 9 cards).

### How to play

- When a player has two or more cards with the same face value, they cancel each other out (for example, if a player has two 7s, they cancel each other out and are now worth 0 points; if a player has 3 Queens, they cancel each other out and are now worth 0 points.) The cards hold the following point values:
  - King – 0 points
  - Ace – 1 point
  - 2 – 2 points
  - 3 – 3 points

## Cards Only

### **Golf: 2-6 players (Cont.)**

- 4 – 4 points
- 5 – 5 points
- 6 – 6 points
- 7 – 7 points
- 8 – 8 points
- 9 – 9 points
- 10 – 10 points
- Jack – 10 points
- Queen – 10 points
- Joker – negative 2 points
- Each player looks at two of their cards (or three if playing with 9 cards), memorizes the values, and places them face down again. Once the player has had his/her first turn, the player may not look at these cards again.
- Each turn, the player whose turn it is, must take a card and must turn one card face up. The player can choose to take the card that is face up on the discard pile or draw a new card.
  - If the player takes the card that is face up on the discard pile, the player will put that card face up in place of one of his/her other cards – and will put the original card on the discard pile. The player will read and answer the question on the discarded card. (Adults, when appropriate, read and answer the question in the past tense.)

## Cards Only

### **Golf: 2-6 players (Cont.)**

- If the player draws a new card, he/she can either:
  - Keep the card drawn and put it face up in place of one of his/her original cards, then put the original card on the discard pile. The player will read and answer the question on the discarded card. OR
  - If the player does not want to keep the card he/she drew, then the player will discard the card drawn and will turn over one of his/her original cards. The player will read and answer the question on the discarded card.
- Once a card is turned over, it is locked in and can no longer be discarded.
- The next player will take his/her turn and the game will continue until all cards in each player's hand have been turned over.
- If there are no cards left to draw, leave the top card of the discard pile face up and shuffle the remainder of the discard pile to become the draw pile.
- If the question on the card has previously been read and answered by that player, that player must give a new answer.

## **Winning**

Once all the cards have been turned over, each player counts how many points he/she has. The person with the lowest points wins.



## Cards Only

### **Golf: 2-6 players (Cont.)**

#### **Alternate Rules** (Use with 3 or more players as desired.)

- When a player discards a yellow card, everyone answers the question.
- When a player discards a green card, that player answers the question.
- When a player discards a blue card, that player picks someone to answer the question.
- When a player discards a purple card, that player and the player to the right answer the question.

# Feelings Cards

## Guess the Feeling: 2-6 players

### Goal

To collect 5 cards by guessing the feeling word on the card.

### Set-up

Use the feelings deck of cards. Shuffle the deck. Put the deck face down to become the draw pile. You will need a pen/pencil, paper, and a timer.

### How to play

- The oldest player goes first.
- Player 1 draws the card on top.
  - If the card is yellow: Tell a story that may cause someone to feel the feeling in the middle of the card; do not say any of the feeling words on the card.
  - If the card is green: Share about a time you felt the feeling in the middle of the card; do not say any of the feeling words on the card.
  - If the card is blue: Draw a picture to express the feeling in the middle of the card; do not say or spell out any of the feeling words on the card.
  - If the card is purple: Act out the feeling in the middle of the card; do not say any of the feeling words on the card.

## Feelings Cards

### **Guess the Feeling: 2-6 players (Cont.)**

- Other players guess the feeling. Whichever player guesses the feeling first, keeps the card. Players can guess either the main feeling word or the smaller feeling words to win the card.
- Players have 45 seconds to complete the task and guess the correct answer.
- After 45 seconds, it is the next player's turn.

### **Winning**

The first player to collect 5 cards wins.

# Feelings Cards

## Feelings: 1 player, 1 listener

### Goal

To identify, express, and move through feelings. This is especially helpful when in the midst of a situation that is creating a lot of feelings or when a person is unsure of the feelings being experienced.

### Set-up

Put the feelings cards in a stack in front of player 1.

### How to play

- Player 1 goes through the cards and creates 3 piles: How I Feel, How I Want To Feel, and Feelings That Don't Apply.
- Player 1 will start with the How I Feel pile, read the first emotion, and talk about why he/she feels this way. Continue through each card in this pile in the same way.
- Once player 1 has gone through all feelings in this pile, move on to the How I Want To Feel pile. Player 1 will read the first emotion and talk about why he/she wants to feel this way and what he/she can do now or in the future to move towards this feeling. Continue through each card in this pile in the same way.
- Once finished, talk about what it was like to identify and talk about these emotions. Then player 1 becomes the listener and the listener follows instructions above.

## Feelings Cards

### **Feelings: 1 player, 1 listener (Cont.)**

#### **Winning**

Playing is winning!

#### **Alternate Rule**

- To work on developing empathy, read a card from the situations deck. Player 1 will then pick the feelings cards that the people in the situation described may be feeling. The player will explain why he/she believes the people in the situation card may be feeling these feelings.

# Dice & Cards

## Roll N' Talk: 2-6 players

### Goal

Learn more about each player.

### Set-up

Use 6 decks of cards and both dice. Pick any 6 topic decks. (If using the feelings deck, each time the directions say to answer the question, instead the player will talk about a time he/she felt that feeling.) Put each deck face down in a row and determine which deck will be number 1, 2, 3, 4, 5, and 6.

### How to play

- The player with the longest hair goes first.
- Player 1 rolls one die. The pile that corresponds to that number will be the deck cards are chosen from. (For example, roll a 6 and pick from deck number 6.)
- Player 1 rolls the second dice and draws the number of cards that correspond to that roll. (For example, roll a 4 and pick up 4 cards.)
- Player 1 will read and answer the question on the last card picked up and will then return all cards drawn to the bottom of that deck. (Adults, when appropriate, read and answer the question in the past tense.)
- Then it is the next player's turn.

## Dice & Cards

### Roll N' Talk: 2-6 players (Cont.)

#### Winning

Playing is winning!

#### Alternate Rules (Use with 3 or more players as desired.)

- When a player draws a yellow card, everyone answers the question.
- When a player draws a green card, that player answers the question.
- When a player draws a blue card, that player picks someone to answer the question.
- When a player draws a purple card, that player and the player to the left answer the question.

# Dice & Cards

## Knock Out: 2-6 players

### Goal

To reach 50 points first.

### Set-up

Use one deck of cards and both dice. Pick any topic deck. (If using the feelings deck, each time the directions say to answer the question, instead the player will talk about a time he/she felt that feeling.) Shuffle the deck. Put the deck face down to become the draw pile.

- Each player picks a knock out number – either 7, 8, or 9 – and tells the other players their knock out number. More than one player can choose the same number.
- Decide which player will keep score. Write each player's name across the top of a piece of paper.

### How to play

- The player keeping score goes first.
- Player 1 rolls both dice. Add the numbers on the 2 dice and write down the total under Player 1's name. (For subsequent turns, add the total of the new roll to the total of the previous rolls.)
  - If the player rolls his/her knock out number, all points accumulated so far are knocked out and no longer count.
  - If the player rolls a total of 2, 3, or 4 the player draws a card, reads and answers the question, and puts the card in the discard pile. (Adults, when appropriate, read and answer the question in the past tense.)



## Dice & Cards

### **Knock Out: 2-6 players (Cont.)**

- If the player rolls a total of 5 or 6, the player to the right draws a card, reads and answers the question, and puts the card in the discard pile.
- If the player rolls a total of 7, 8, or 9, the player draws a card, reads the question, each player answers the question, and the player puts the card in the discard pile.
- If the player rolls a total of 10, 11, or 12, the player draws a card, reads the question, and picks which player will answer the question. After the question is answered, the player puts the card in the discard pile.
- Then it is the next player's turn.
- If there are no cards left to draw, shuffle the discard pile to become the draw pile.
- If the question on the card has previously been read and answered by that player, that player must give a new answer.

### **Winning**

The player to reach 50 points first wins.

# Dice & Cards

## Chicago: 2-6 players

### Goal

To score the highest number of points.

### Set-up

Use two decks of cards and both dice. Pick any topic decks. (If using the feelings deck, each time the directions say to answer the question, instead the player will talk about a time he/she felt that feeling.) Put each deck face down and determine which deck will be number 1 and which will be number 2.

- Decide which player will keep score. Write each player's name across the top of a piece of paper.

### How to play

- The player keeping score goes first.
- There are 11 rounds numbered 2-12. In each round, the player tries to roll the number of the round. The numbers being the combinations possible with 2 dice.
- If a player rolls the correct number for that round, the player scores 1 point, which is written under that player's name.
  - The player then draws one card, reads the question, and picks which player will answer the question. After the question is answered, the player returns the card to the bottom of the deck. (Adults, when appropriate, read and answer the question in the past tense.)

## Dice & Cards

### Chicago: 2-6 players (Cont.)

- If the player rolls any other number, the player does not score any points.
  - The player then draws one card and reads and answers the question on the card. After the question is answered, the player returns the card to the bottom of the deck.
- If the player rolls an odd number, the player draws from deck 1. If the player rolls an even number, the player draws from deck 2.
- If the question on the card has previously been read and answered by that player, that player must give a new answer.

### Winning

The player with the highest total after 11 rounds wins the game.

### Alternate Rules (use with 3 or more players as desired)

- When a player draws a yellow card, everyone answers the question.
- When a player draws a green card, that player answers the question.
- When a player draws a blue card, that player picks someone to answer the question.
- When a player draws a purple card, that player and the player to the right answer the question.

# Dice & Cards

## Pig: 2-6 players

### Goal

To score 100 points or more.

### Set-up

Use one or more decks of cards and two dice. Pick any topic deck(s). (If using the feelings deck, each time the directions say to answer the question, instead the player will talk about a time he/she felt that feeling.) Put the deck(s) face down to create the draw pile.

- Each player will need a piece of paper and pen/pencil to track their own score.

### How to play

- Each player rolls the dice. The player with the lowest roll goes first.
- Player 1 rolls the dice and adds up the numbers after each roll, keeping track of his/her score on paper. After each roll, the player draws a card. (Adults, when appropriate, read and answer the question in the past tense.)
  - When a player rolls doubles, the player reads the question on the card and everyone answers the question. After the question is answered, the player returns the card to the bottom of the deck. The player can roll again or can pass the dice to the next player.

## Dice & Cards

### **Pig: 2-6 players (Cont.)**

- When the player rolls seven or less on one roll (and not doubles), the player reads and answers the question on the card. After the question is answered, the player returns the card to the bottom of the deck. The player can roll again (if the player did not roll a single 1) or can pass the dice to the next player.
- When the player rolls eight or more on one roll (and not doubles), the player reads the question on the card and picks which player will answer the question. After the question is answered, the player returns the card to the bottom of the deck. The player can roll again or can pass the dice to the next player.
- If a single number 1 is rolled on either die, the score for that whole turn is lost. If double 1s are rolled, it counts as 25 points.
- Players can roll as many times as they want in one turn.
- Player 1 can stop rolling at any time, but must stop once 1 is rolled. Then it is the next player's turn.
- If the question on the card has previously been read and answered by that player, that player must give a new answer.

### **Winning**

The first player to score 100 points wins unless another player scores more points subsequently in the same round. Everyone must have the same number of turns.