

I'm not a bot



0%(1)0% found this document useful (1 vote)7K viewsThis document contains a collection of potential discussion questions or prompts for getting to know someone on a deeper level or exploring feelings, conflicts, and problem-solving strategie...SaveSave Jenga Questions For Later0%0% found this document useful, undefined Jenga Questions is a modified version of the traditional Jenga game, where one question is associated with each of the 54 blocks. When a block is drawn, the player answers the associated question or performs an activity. Jenga questions is usually played as a conversation starter game in therapy and counseling, as icebreakers for fun, or can be modified for other purposes (occupational therapy, speech therapy, etc). Jenga questions is also known as: Therapy Jenga, Get to Know Me Jenga, Feelings Jenga, and Emotions Jenga. How is Jenga used in therapy? Jenga is most commonly used in therapeutic ways: General therapy as conversation starters Occupational therapy for developing motor, social / emotional, cognitive, and other skills Speech therapy to gamify some speech activities General therapy and counseling Jenga is commonly used in general therapy and counseling as conversation starters on a range of topics. This is achieved by playing a modified variation of the game called "Jenga Questions" (aka Therapy Jenga or Feelings Jenga), where a unique therapy icebreaker questions is associated with each of the 54 blocks, and players take turns responding to these questions during play. This version of the game is detailed in this article. Occupational Therapy Jenga is used in occupational therapy to improve many skills, such as: Fine motor skills and hand eye coordination: The game requires removing blocks and balancing them atop the tower without knocking it over. Impulse control and patience: Removing the blocks without knocking over the tower requires slowing down and patiently approaching the removal and placement of the blocks. Cognitive skills: Players must make strategic decisions on which blocks to remove and how to place them atop the tower. Modified versions similar to the Jenga Questions version here can allow students to: Social / emotional skills: Similar to the "general therapy" section above, occupational therapists can use conversation-starter questions that correspond with each of the 54 blocks to build social and emotional skills. Practice handwriting and other skills, but placing a word or activity that corresponds with each of the 54 blocks. Speech Therapy Jenga Questions can be used in speech therapy by substituting words and speech exercises in place of questions. How to Play Jenga Questions 1: Create a list of 54 questions Create a list of 54 questions, one for each block. Our recommendation is to ask open ended questions, not questions that can be answered with a simple "yes" or a "no." You can also add a "and why" to the end of a yes/no question to make it more open ended. If you're looking for some lists of Jenga questions to get you started, consider: Tulsa Camp Fire printable PDF, Wafairing Humans, Raising Memories, or Kids Care Ideas Funny Questions. 2: Number your Jenga blocks 1-54 Some people write or attach the questions directly to the blocks, but that locks you in on those 54 questions forever. Instead, allow for more flexibility by numbering the blocks 1-54, then have a corresponding sheet with the question on it. That allows you to vary the questions over time. 3: Set up the tower with 3 blocks per level The Jenga questions game is set up just like the classic Jenga game. The 54 blocks form 18 stories, with each story containing 3 blocks, and the direction of the blocks facing opposite directions (perpendicular) each story. 4: Determine who goes first In traditional Jenga, the person who builds the tower goes first, but feel free to modify this for Jenga questions. If one player is new to the game or feeling unsure about playing, don't have them go first. Instead, demonstrate how easy it is to play by having someone else go first. 5: Remove one block from the tower Using one hand at a time (and following normal [Jenga rules]), the player removes one block from the tower from any level below the highest complete level. 6: Read and respond to the question for that block Have someone read the question for the block pulled, then the person who pulled the block answers the question. Alternate method: To make each turn more conversational, you can have all players answer the question for each turn. Just note that the game play will be slower. 7: Play the block atop the tower After the question is answered, the player who pulled the block places the block atop the tower, perpendicular to the layer below it. Players may not start a new story until the level below it is complete with three blocks. 8: Complete the turn Once the block is played atop the tower, the turn ends when either the new player touches the tower, OR 10 seconds have passed, whichever happens first. 9: Continue play clockwise Each turn continues clockwise until the end of play. 10: End play when the blocks fall Once any blocks fall other than the one the player is playing during that turn, play ends. 11: Declare the winner The winner is the last player to play a turn successfully before the tower is knocked over. How to Set Up Jenga Questions What should I write on my Jenga blocks? We recommend that you write numbers 1-54 on your blocks and not write the questions directly on the blocks. Then use a corresponding list of 54 numbered questions. This allows you to play the game with modified questions lists for flexibility around age, question types, cycling in new questions, and more. Once you write it on the block, you're stuck with the same set of questions forever! List of Jenga Questions Here are a few tips to make great Jenga questions. Try to keep the questions open ended. Yes/No questions don't make for a fun game. If there's a question you really like that is in a Yes/No format, consider adding an "and why" to the end to make it more conversational. Create questions with a purpose. The questions (or activities) you choose will depend on the goal in mind. For example, icebreaker questions should be mostly fun get-to-know-you questions, therapy questions will include deeper questions, and other activities such as speech and handwriting with have actions, not questions. Get Jenga Questions Downloadable Lists and Ideas Here Family and Kid Jenga Questions: Therapy Questions: More Therapy and Feelings Games If you enjoy Jenga Questions, you might also like: Emotion Charades Feelings and Dealings Games and Books A while back, I discovered a virtual Tumbling Tower game that you can use in telehealth sessions. The website offers prompts to help clients talk about anger and other feelings while playing - each block has a number, and you ask the corresponding question from the list. Photo by cottonbro on Pexels.com For in-person sessions, you can purchase blocks that have questions or prompts written on them, or you can purchase a set of questions printed on stickers that you can stick onto each block. This makes for great flow in game play, as you simply read the prompt off of the block. But when I decided to make a therapeutic tumbling tower game for my office, I wanted the option to tweak the prompts. Questions that might generate helpful discussion with a teenager could be inappropriate for a kindergartener. So, I decided to number my blocks. Like with the virtual Tumbling Tower game above, you can use a different list of questions and simply refer to the list during game play. Numbered Blocks I made my numbers in a rainbow of colors because this gives me even more options for prompts - I can go off of a list of 60 questions, or I can choose six prompts based on colors. This approach allows for more open-ended prompts. I recommend making these lists based on what is helpful in your own practice. If you prefer, though, I'm sharing a PDF of the lists I've used. It includes: Getting-to-know-you prompts for younger kids Getting-to-know-you prompts for older kids Would You Rather for older kids Feelings colors Topics colors You can download the lists here: tumbling-tower-questionsDownload I am writing this because I keep seeing every article on the Internet telling people how to create a Jenga conversation game (either for language classrooms or for fun at a party) and they are ALL DOING IT WRONG! I don't mean to yell, but seriously guys--writing questions out on every single Jenga piece?! That's crazy!You are going to spend so much time doing that and then get super sick of those questions after playing it just 2 or 3 times!And what if you want to use them one day in class and the next day with your friends?! Different audience = different questions needed!!So, I am going to explain how to make a REUSABLE conversation Jenga! The kind where you don't have to throw away all your Jenga pieces and buy a new Jenga set one month later. And it's so simple, you will laugh (and cry over the Jenga set you just spent two hours writing questions on). In this post, I'll explain:Why you should make oneHOW TO make itAnd give you lists of question ideas you can use (in this post directly if you want to copy and paste, and also in PDF format at the very bottom). Bonus piece of advice: I would also *highly* recommend picking up a deck of conversation playing cards (these ones are my favorite from Elevate) — great for encouraging conversation (NOT SMALL TALK!) at parties, classrooms, special events, etc..Why make a reusable Jenga conversation game?This game is sooooo awesome for language teachers or language tutors doing a lot of conversation lessons. Sometimes adding a tactile and "fun" element to otherwise normal conversation can make the experience that much better.It's also awesome for parties. We had Phil's 30th birthday party last year and just decided to put this Jenga game on the coffee table in case people hanging out in that spot wanted to use it/had nothing to talk about, and it was GREAT! Who doesn't appreciate a low-key, no-stress conversation starter at a party?We called it "No Small Talk Jenga" and people who didn't know each other were suddenly asking each other questions such as "Would you rather have to swim 100 meters through dead bodies or through human excrement?" ... You know, important stuff!Also, it's really easy to make and you can use it again and again with countless different questions—from "classroom" appropriate to raunchy, depending on your audience. How to Make a Reusable Jenga Conversation GameHere's what you need: a Jenga game and a sharpie. That's it!Go to a thrift store and pick up a cheap Jenga set or get one on Amazon. Grab a sharpie and put one number on every Jenga piece. It doesn't matter where on the piece you write it. One number per piece. You should have 54 pieces in total, in a standard Jenga set.Now, to play, you just need to print a list (or look at a list on a device) of 54 questions! Each time someone pulls out a Jenga piece, they have to answer the question that corresponds with that number on the list!And... that's the whole game. No need to write the entire question out on each individual Jenga piece. You can create and recreate question lists as you wish. Print out a new list for every occasion. Every class discussion. Every party!For our party, we taped the question list (which took up three sheets of paper) to our glass coffee table (from underneath). It was actually perfect because you could read the questions through the glass and it didn't matter if the table got wet or anything--the paper was untouched. Maybe you can tape the questions to your wall in a party scenario too. Whatever works best for you!One more pro tip: You can wash beer-soaked Jenga pieces in your dishwasher, no problem! ©List of Questions for Jenga Conversation GameAs I mentioned before, you can create and print any list of 54 questions that you want, depending on your audience/class/party, etc. But here's a list of questions to get you started.These are somewhat neutral, featuring some "deep-ish" questions in the lower numbers, and increasingly bizarre and "Would you rather" type questions in the higher numbers. There is a PDF of this list available at the bottom of this post, if you'd prefer that!1. What's your biggest fear and why?2. What are you most passionate about?3. What was the highlight of your week?4. What job did you want as a kid?5. What's your biggest regret?6. If money were not an issue at all, how would you spend your days?7. If you could choose anyone in the world alive or dead, who would you want as a dinner guest?8. Would you like to be famous? In what way?9. Before making a phone call, do you ever rehearse what you're going to say? Why?10. What would be a "perfect" day for you?11. When was the last time you sang to yourself? To someone else?12. What are the 3 most important things in a romantic partner?13. For what are you most grateful for in life?14. If you could change anything about the way you were raised, what would it be?15. Is there anything you've dreamed of doing for a long time? Why haven't you done it?16. What do you consider to be the greatest accomplishment in your life? Why?17. What do you value most in a friendship?18. If you knew that in one year, you would die suddenly, is there anything you would change about the way you are living now? Why?19. How close and warm is your family? Do you feel your childhood was happier than most other people's?20. How do you feel about the relationship with your parents?21. Tell everyone around you something you like about them already.22. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?23. Would you rather have a unicorn horn or a monkey tail for the rest of your life?24. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?25. What is the most annoying habit someone can have?26. What's the most beautiful place you've ever seen?27. If you had to change your name, what would you change it to?28. What does success mean to you?29. Has anyone ever saved your life? Have you ever saved someone's life?30. What was the best year of your life? Why?31. What smell brings back good memories for you?32. What makes you nervous?33. Which TV show or movie would you like your life to be like?34. If your life were a movie, what genre would it be?35. Do you have a weird talent?36. Would you rather be alone for the rest of your life or always be surrounded by annoying people?37. Would you rather be the first person to explore a planet or be the inventor of a drug that cures a deadly disease?38. Would you rather be locked in a room that is constantly dark for a week or a room that is constantly bright for a week?39. Would you rather find your true love or a suitcase with five million dollars inside?40. Would you rather be able to teleport anywhere or be able to read minds?41. Would you rather have unlimited sushi for life or unlimited tacos for life?42. Would you rather give up bathing for a month or give up the internet for a month?43. Would you rather be fluent in all languages and never be able to travel or be able to travel anywhere for a year but never be able to learn a word of a different language?44. Would you rather have an unlimited international first class ticket or never have to pay for food at restaurants?45. Would you rather be able to fly or talk to animals?46. Would you rather be a famous director or a famous actor?47. Would you rather have to read aloud every word you read or sing everything you say out loud?48. Would you rather be an amazing painter or a brilliant mathematician?49. Would you rather swim 300 meters through shit or dead bodies?50. Would you rather be the funniest person in the room or the most intelligent?51. Would you rather have no one to show up for your wedding or your funeral?52. Would you rather know how you will die or when you will die?53. Would you rather read minds or accurately predict the future?54. Would you rather visit 100 years in the past or 100 years in the future?Click to get our PDF Version of these 54 Jenga QuestionsEnjoy! Page 2So this was us traveling before we had a baby — we actually met while traveling in Ecuador. And visited and worked in many countries together, including the Philippines, which is where we are in this picture. Look at us — so happy, so young, so free!Us in the Philippines long long ago, in our pre-baby life.And this is us traveling AFTER we had a baby WITH our baby — Phil, Baby Dori, and I at Glamis Castle in Scotland.What's the difference? Did you spot it?!It may not be obvious but truly MANY many things have changed for us when it comes to traveling since having our son. Would we ever stop traveling with him though? Absolutely not. Is it still worth it to travel with a kid? 100000% yes!How Travel is Different BEFORE and AFTER Having a BabyAs two people who traveled a lot pre and now post baby with our two year old son, I want to talk about the 5 major ways travel is different for us now than it was in "the before times" — and I think some of these changes might really surprise you. Please send me a message and let me know if you can relate to any of these differences that come with traveling as a family.People Treat You Differently When You Travel with KidsMy partner and I have a two year old son named Dorian. The first difference that comes to mind when I think about how traveling has changed since he was born?People respond to us differently than when I was a young solo traveler or when we were traveling as a couple.If you've had the experience of traveling alone vs in a couple, you already know there's a difference to how the world perceives and receives you when you're traveling. Maybe for example you may be more open to meeting new people or staying out later when you're traveling solo vs with a partner.Well with a baby or toddler, the world perceives you as a mother. As a father.And it could just fully be in my head, but I perceive the world as being kinder to me now. I feel more approachable especially to other moms and families and children here in Indonesia, where we're traveling right now. I see them as mothers and they see me as one and I feel like we have an automatic connection.Our 2 year old son and my husband Phil chilling in a hammock over the water in Raja Ampat, Indonesia.Where we've visited in Indonesia, people call you by your first child's name. So now my name is "Mama Dorian" and my husband is "Papa Dorian". We literally have a whole new identity being here. It's fascinating to think about how being in another culture might highlight these identity shifts. And that's the cool thing about traveling!I also just love to see how Dorian interacts with the other children.Phil and I have been traveling and going on adventures with Dorian — hiking, camping, backpacking, since he was three months old. Together we've "slow traveled" in and visited Canada, the United States, Spain, Turkey, France, Singapore, and Indonesia — specifically Raja Ampat where we are right now for 4 months.Traveling with Kids is More Expensive, But Probably Not For the Reasons You Think It IsThe second way travel is different with a baby is that it's more expensive but probably not for the reasons you think.I used to think a baby made travel more expensive because it meant having to buy an extra ticket for everything and buy extra food and travel outfits or something. But no.Actually babies can usually get into most places and onto most forms of transportation for free, and they don't eat very much. What's actually "expensive" is you will pay more for comfort when you're exhausted and because you want the best for your baby.We've always been budget and backpacker type travelers trying to save money where we can but with a baby or toddler — sometimes it's just SO exhausting traveling with him and we just want to be at our destination that we will cough up the extra money for taxis over public transportation.My son Dori and I in Kas, Turkey — One of our favorite places!Before baby, we might spend a night on the airport floor or an overnight bus to save money. Now we would never.And now we'll pay for a nicer hotel in general so we and he can be comfortable and have a better nights sleep. Or we'll pay more to stay closer to the center or near a grocery store.All of these little comforts start to add up when before our son was born; we'd just suck it up and save the money!My husband and I have each of us been traveling our whole lives, me as a military brat as a kid (I'm originally from the states and I moved with my family every year and two growing up to a new state or a new country) and my husband Phil who is from Montreal, would visit his family in Venezuela and Spain growing up. As teens and twenty somethings we each traveled alone and with friends. And as a couple we traveled a lot together too! How You Plan Your Days While Traveling Looks Very Different With KidsA third big difference we notice traveling now with Dorian is how we plan our days.This is going to sound counterintuitive but pre-baby, Travel was both spontaneous AND full of busy days full of plans. We'd arrive in a place with a general idea of what we wanted to do and see and then run around and do it all!These days we've been forced to take things way more slowly. We don't like to have a full day packed itinerary of sightseeing or even an itinerary at all if I'm honest.My son and I on one of many epic hikes in the Scottish Highlands together.Everyone's personal preferences are different on this so there are probably lots of people who still travel with busy itineraries but the "ideal" day for us when traveling might be getting up early in the morning (another huge difference from before baby), going to breakfast at a cafe, doing a hike or visiting some kind of historic site, and then going back to rest in the afternoon while Dori naps... And then maybe going to the beach in the afternoon or the evening for example and coming back home for bedtime and relaxing.Compare that to being 25 years old, sleeping in, waking up for a late breakfast and then running around seeing all kinds of sites with no restrictions except our own energy levels — which were quite high back then! And then partying at night, repeat! One is not better than the other, just different. And I'm glad we've had both.Traveling BEFORE You Have a Baby, You Only Need to Please YourselfThe fourth difference is that traveling pre-baby, your time is your own and you only have yourself to please. And to a certain extent, this is still true when your baby is still little.Because they don't really know what's going on or where they are and you can carry them or wheel them anywhere as long as they're comfortable and have food and milk. But once they become a toddler, things change.Snowshoeing with our toddler in Canada.At 2 years old, we have to keep in mind that Dorian too has feelings about where we go and that we do. It doesn't mean that we're going to let that dictate completely what we do but we do have to consider this other human being and acknowledge those sometimes big protests —I would say that our son is 99% of the time down for our adventure but we still feel a need to make sure he's thriving in whatever situation we take him into — we can't just think of ourselves anymore.This is both a huge mental responsibility and also it's really fun because it's just cool to watch him interact with the world in all different contexts and to discover new things for the first time.We are jaded travelers in some ways but not Dori. For him everything is new and exciting. He's full of life and he reminds us that we are alive too.Goodbyes with Children are Much More Heart-Wrenching Than They Used to BeAnd the 5th difference between pre and post baby travel is how much more heart wrenching good byes and changes are. It's always hard to say goodbye to places and PEOPLE that you love.But I never would have imagined how VERY much harder it is with a child. He gets attached to things, places, and people, especially people. And leaving them behind for the next thing, not knowing when we'll see them again, is just the worst. It breaks your heart.In addition to these 5 changes, there are of course other things that change when you travel with a baby (like how NOT lightweight it is in terms of luggage)!It's also still SO MUCH FUN, but in a different way, and it's not easy. But for us it's so very worth it to be able to make these memories together as a family. Please join our family adventures on Instagram and YouTube for more family adventure and travel inspiration Coping SkillsLeisure Awareness Starr LaMonde, CTRS Starr LaMonde is a Certified Therapeutic Recreation Specialist. She earned her Bachelor of Science degree in Therapeutic Recreation and Minor in Psychology from Grand Valley State University in 2005. Starr has 15 years of experience working as a mental health professional in various settings in Southeast Michigan.