***Conversation Game***Suggested Rules:

Choose one topic at a time for one or both of you. There is a list of upbeat topics below.

Agree on time limits such as 2 minutes with possible extensions of 2 -3 minutes.

Use format for topic talk, such as, who, what, when, why & how with intro/middle/ending.

Show listening with eye contact, nodding, summarizing and asking questions afterwards.

Take turns for as long as both are comfortable or decide beforehand.

Select outcomes for talker and listener. Possibilities include:

* Points: could use chips, beads, tickets, marbles, or coupons that can be redeemed
* Prizes: receive small gifts, selective massages, or various hugs/kisses
* Privileges : get to pick agreeable  movies, shows, foods, outings, recreations, or games
* Praises: can offer or request “You did well” type compliments
* Penalties: fines (may increase) for breaking rules like lose turn or perform work

Positive Topics:

If you could spend a day with anyone, whom would you choose?

If you had to name a clever thing that you have done, what would it be?

If you wanted to reward yourself what might you do to celebrate?

What is one thing about your life that you would not change?

What are you not spending enough time doing?

What is one of your strengths?

If you are feeling unmotivated, who helps you get yourself going?

What subject in school turned out to be your favorite?

If you could magically do one thing, what would you do?

What always makes you feel good about yourself?

If you won a five-minute shopping spree at any store, where would you choose?

If you won a million dollars, what might you change about your life?

How might people improve their self-esteem?

What group would you like to be a part of?

What is a goal you have and how will you achieve it?

What honor have you received in the past that you are proud about?

If you learned you only had six months to live, how would you spend your time?

Make up a question.