

# Roll Role

## A Game of Anger Control

Two or More Players

Ages 6 - 12

### What you need:

Problem cards

Solution cards (plus 6 blank cards)

Think About It cards

1 Die

### About the Game

Many children have problems controlling their anger and expressing it in appropriate ways. This game is designed to help children learn a variety of anger control techniques by practicing them in common situations that often trigger inappropriate responses. Role-playing their responses can help children incorporate the techniques into their behavioral repertoire.

### Before You Play

Print out the three sets of cards (Problem Cards, Solution Cards, and Think About It Cards), cut out the cards, and place them in three separate piles. Note that there are 6 additional blank Solution cards. You may use these to personalize the cards for the group you are playing with.

### Rules

1. The youngest player goes first. He or she selects the top card from the Problem pile.
2. He or she reads the problem aloud and chooses one or more players to act out the situation. He or she directs the role-play, telling the other players what roles to assume, but they improvise what they say or do.

3. The first player then looks through the Solution cards and picks the solution that best fits the problem.
4. He or she then joins the role-play and acts out a solution that will successfully resolve the problem.
5. Next, he or she rolls the die. The number rolled equals the number of points earned for this turn.
6. Finally the first player selects the top card from the Think About It cards and responds to the question or instructions. He or she earns 2 additional points for a response.
7. It is now the next player's turn to select a card from the Problem pile.
8. Play continues until someone earns 24 points. If time runs out, the player with the most points is the winner.

**Please Note:**

- Points are given for every attempt to solve a problem. There are no right or wrong solutions.
- There are blank Solution cards in the deck. Players can be given the option of writing their own solutions if they can't find one in the deck that fits a particular situation.