

Social-Emotional “Scattergories”

Age-Range: 12+ (8-11 with modifications)

Goal: Complete category list with unique answers that start with a single letter.

Preparation:

1. Paper and pencil for each player.
2. Choose a list (all players use same list).
3. Roll 20-sided alphabet die (from Scattergories or Scattergories, Jr.) OR cut out and fold letters (see attached cards) for random draw.
4. Set timer for 3 minutes.

Game Play:

1. Start timer.
2. Players write answers that fit the categories and that start with the letter rolled/drawn.
3. Reading each player’s answers aloud. Players earn 1 point for each unique response (no matches with other players). Most points = wins!

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Ideas for Acceptable Answers/Alternate Play:

It’s ok to vary based on age of players, familiarity with the game, level of collaboration versus competition desired. Just make sure everyone agrees on your how you are going to play before the timer starts. The goal is to have fun!

- First word starts with key letter
- For titles, don’t count “A,” “An,” or “The”
- Use different answers for each category
- Be creative – it’s ok to think outside the box!
- Play in teams to promote cooperation.
- For younger players (8-11), shorten the lists, allow 5 minutes, or use only the most common initial letters:
S, C, P, B, M, A, D, T
- Try talking about less familiar topics before playing to learn something new and to get your creative juices flowing!

Resources for Family Activities & Discussions

Feelings:

<https://www.verywellfamily.com/feelings-words-from-a-to-z-2086647>

Ways to Show Love:

<https://biglifejournal.com/blogs/blog/connect-child-activities-love-languages>

Empathy:

<https://positivepsychology.com/kindness-activities-empathy-worksheets/>

<https://www.parentingscience.com/social-skills-activities.html>

Support Systems:

<https://www.understood.org/en/friends-feelings/empowering-your-child/self-advocacy/4-ways-to-help-your-child-build-a-support-network>

Coping Skills:

<https://www.thepathway2success.com/100-coping-strategies-for-anger-anxiety-and-more/>

<https://www.verywellfamily.com/coping-skills-for-kids-4586871>

http://rwjms.rutgers.edu/departments_institutes/cf_center/documents/Alphabet-of-Coping-Skills-Interventions.pdf

<https://www.therapistaid.com/worksheets/grounding-techniques.pdf>

Mindfulness:

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Identity Development:

<https://blogs.psychcentral.com/imperfect/2016/11/26-questions-to-help-kids-know-themselves-better/>

Values:

<https://daretolead.brenebrown.com/wp-content/uploads/2019/02/Values.pdf>

Resilience/Character Development:

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx>

<https://www.apa.org/helpcenter/resilience>

<https://positivepsychology.com/resilience-in-children/>

Healthy Activities:

<https://childdevelopmentinfo.com/child-activities/hobbies-are-healthy/#gs.8lruoh>

<https://hobby-finder.com/list-of-hobbies/>

Most Common Initial Letters

S	C
P	B
M	A
D	T

Initial Letters (decreasing frequency)

R	F
H	L
G	E
I	W

Initial Letters (decreasing frequency)

O	U
N	K

If you believe you're up for a serious challenge, here are the remaining letters not used in the original Scattergories game in decreasing order of frequency:

V, J, Q, Y, Z, X

Feelings

1. Happy _____
2. Sad _____
3. Mad _____
4. Scared _____
5. Excited _____
6. Disgusted _____
7. Bored _____
8. Surprised _____
9. Silly _____
10. Strong _____
11. Worried _____
12. Calm _____

Ways to Show Love

1. Gifts _____
2. Touch _____
3. Praise _____
4. Serve _____
5. Time _____
6. Look/Notice _____
7. Listen _____
8. Ask _____
9. Compliment _____
10. Encourage _____
11. Plan _____
12. Share _____

Coping skills

1. Unhealthy _____
2. Grounding _____
3. Emotional release _____
4. Positive self-talk _____
5. Sensory _____
6. Distractions _____
7. Movement _____
8. Self-care _____
9. Relaxation/Calming _____
10. Support Person _____
11. Volunteer _____
12. Laugh _____

Mindfulness

1. See _____
2. Hear _____
3. Feel/touch _____
4. Smell _____
5. Taste _____
6. Balance _____
7. Kind _____
8. Gratitude _____
9. Trust _____
10. Calm _____
11. Practice _____
12. Purpose _____

Values

1. Reliable _____
2. Open _____
3. Creative _____
4. Respectful _____
5. Loyal _____
6. Fair _____
7. Efficient _____
8. Attentive _____
9. Disciplined _____
10. Independent _____
11. Spontaneous _____
12. Cooperative _____

Identity – Knowing Me

(likes and dislikes)

1. Food/drink _____
2. Work _____
3. Play _____
4. People _____
5. Animal _____
6. Place _____
7. Dream _____
8. Memory _____
9. Want _____
10. Need _____
11. Strength _____
12. Weakness _____

Empathy – Knowing Others

(likes and dislikes)

1. Food/drink _____
2. Work _____
3. Play _____
4. People _____
5. Animal _____
6. Place _____
7. Dream _____
8. Memory _____
9. Want _____
10. Need _____
11. Strength _____
12. Weakness _____

Support systems

(who are the helpers?)

1. Family _____
2. Friend _____
3. School _____
4. Activities _____
5. Spiritual _____
6. Mentor _____
7. Helper _____
8. Leader _____
9. Role model _____
10. Community _____
11. Encourager _____
12. Listener _____

Resilience/Character

1. **Honesty** _____
2. **Forgiveness** _____
3. **Confidence** _____
4. **Compassion** _____
5. **Bravery** _____
6. **Determination** _____
7. **Wisdom** _____
8. **Optimism** _____
9. **Flexibility** _____
10. **Self-control** _____
11. **Connection** _____
12. **Problem-solving** _____

Healthy Activities

1. **Exercise** _____
2. **Hobby** _____
3. **Create** _____
4. **Game** _____
5. **Music** _____
6. **Movie** _____
7. **Book** _____
8. **Learn** _____
9. **Give** _____
10. **Nature** _____
11. **Team** _____
12. **Express Yourself** _____

Create your own list:

- _____
1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____
 11. _____
 12. _____

Create your own list:

- _____
1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____
 11. _____
 12. _____