



# CHAPTER 3

## SETTING UP THE GAME



This chapter provides the setup instructions for the *Full Gameboard* version of *Downward Spiral*. We also include suggestions for several different variations on the *Full Gameboard* theme.

### The Full Gameboard Version



This is the way we have set up the game in the past. It will require some amount of effort to put together, but once completed it will provide the full feel of a board game such as Monopoly™.

### Footnote:

Monopoly™ is a trademark of Hasbro, Inc.

### **Materials Needed (Included in this Manual)**

- ◆ Consequence cards (located in Appendix A).
- ◆ Symbols for each type of card (located in Appendix A)
- ◆ Score sheets (located in Appendix B).
- ◆ Money sheets (located in Appendix C).
- ◆ Abridged version of the rules (located in Appendix D).
- ◆ Game logo to glue on box (located in Appendix E).
- ◆ Eight squares of the gameboard (located in Appendix F).

### **Additional Materials (Not Included)**

- ◆ Dice (3).
- ◆ Pencils or pens (3-6).
- ◆ Playing pieces (e.g., 8 pieces of colored glass, beads, coins, seashells, etc.).
- ◆ White card stock (make sure to check what weight and type of paper the copy machine you have access to can handle).
- ◆ Colored paper (size 8.5" x 11") for money (yellow, green, red, etc.) or any other play money.
- ◆ Eight pieces of 8.5" x 11" regular weight white paper (for score sheet).
- ◆ Eight pieces of 8.5" x 11" regular weight white or blue paper (for rules).
- ◆ 34" x 22" piece of heavy cardboard (for gameboard).
- ◆ Box or container of some sort (roughly 21" x 15" in size) to contain cards, money, pencils, rule sheet, dice, and playing pieces.
- ◆ Clear tape.
- ◆ Glue.
- ◆ Scissors or large paper cutter.
- ◆ Access to a copy machine.

### **Optional Materials**

- ◆ Small box (roughly 3" x 2")
- ◆ Eight box lids (roughly 6" x 4") or extra paper to partition game box.
- ◆ Spray or transparent shelf paper to protect surface of the board.
- ◆ Crayons, colored pencils, or pens to color in game board.
- ◆ Colored card stock (to replace the white card stock indicated above, if you prefer to add some color to the game).

If you have already read Chapter 2, then you know how to play the game. Therefore, do not be afraid to be creative and improvise upon the suggestions we have provided to set up the game. Set it up in a way that works best for you.

## Instructions on How to Set Up the Full Gameboard Version


The components that require the most work include setting up the gameboard, as well as copying and cutting game cards and money. You may want to enlist the help of others to set up the game. In fact, one suggestion (at the end of this section) is to make the process of setting up the game a group activity. This may be useful as a team-building exercise and would certainly facilitate the production of multiple copies of the game.

**Game Cards.** To make game cards, copy the cards we have provided onto card stock so that, once made, the cards will last well into the future. It is not recommended that you cut out the cards directly from the manual as they will be flimsy, last perhaps one game, and then you will be left with nothing to copy from later. By copying and keeping the original cards included in this manual, you will be able to replenish cards that get lost or damaged.

If you have access to a copy machine, make sure you know what weight and type of paper it can handle, and that the copies will be reasonably clear. Then purchase white card stock (approximately 120-150 pieces of paper at roughly 65# bond). If you prefer, you may use different colored card stock for each type of consequence card (about 20-25 pieces of paper per type except for death, treatment recovery, and opportunity cards, which require only 2-3 pieces of paper each). The color scheme we have used in the past is the following:

|                               |   |
|-------------------------------|---|
| ◆ yellow for health           |    |
| ◆ red for social support      |   |
| ◆ blue for self-concept       |   |
| ◆ green for financial/legal   |  |
| ◆ orange for chance           |    |
| ◆ white for death             |    |
| ◆ pink for treatment recovery |  |
| ◆ purple for opportunity      |   |

Using different colors is one way you can heighten the aesthetic value of the game. Feel free, of course, to come up with a color scheme that you prefer. However, if you do color the cards, you may want to color the squares of the game board as well (using markers or colored pencils).

Copy the cards (Appendix A) onto the card stock and then copy the appropriate symbols on the back of each card (e.g.  on the back of the chance cards).

Then, with great patience, cut out each card. If you have access to a large paper cutter then you may be able to cut several pieces of paper (with the cards aligned appropriately) at once.



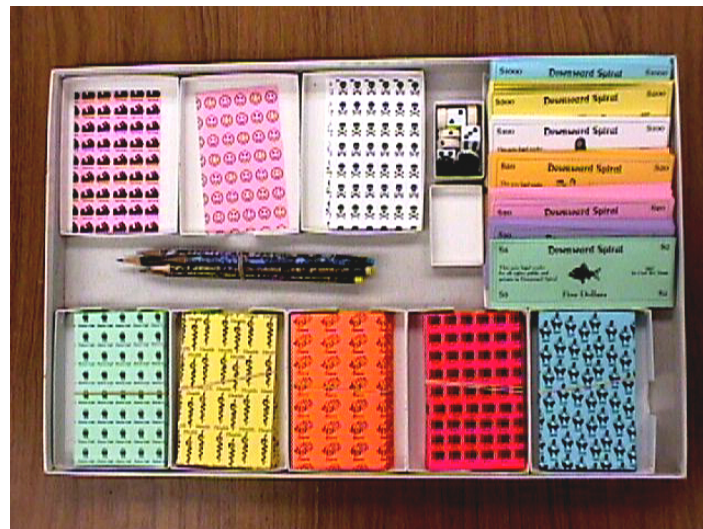
**Money.** To make the money, you will follow the same process that you did for making the cards, but in this case copy the cards onto colored paper at a normal weight. Copies done in this way will have a closer look and feel to real money compared to copies that are made on card stock. Or, if you have access to other play money, you could use it instead.

**Gameboard.** To set up the gameboard, copy the eight pieces of the game board located in Appendix F. **Be sure to indicate the number (located on the back of the original squares) on the back of each copied square.** Then, using the matrix below, tape the squares together, and glue them (numbered side down) to the large 34" x 22" piece of heavy cardboard. If you want to color the squares, do this before you tape the squares together.

|          |          |          |          |
|----------|----------|----------|----------|
| Top<br>1 | Top<br>2 | Top<br>3 | Top<br>4 |
| Top<br>5 | Top<br>6 | Top<br>7 | Top<br>8 |

Once dry, you may want to use clear shelf paper to protect the playing surface longer. Alternatively, some copying companies will be able to laminate the board for you, or you could use a spray that is typically used to protect completed puzzles.

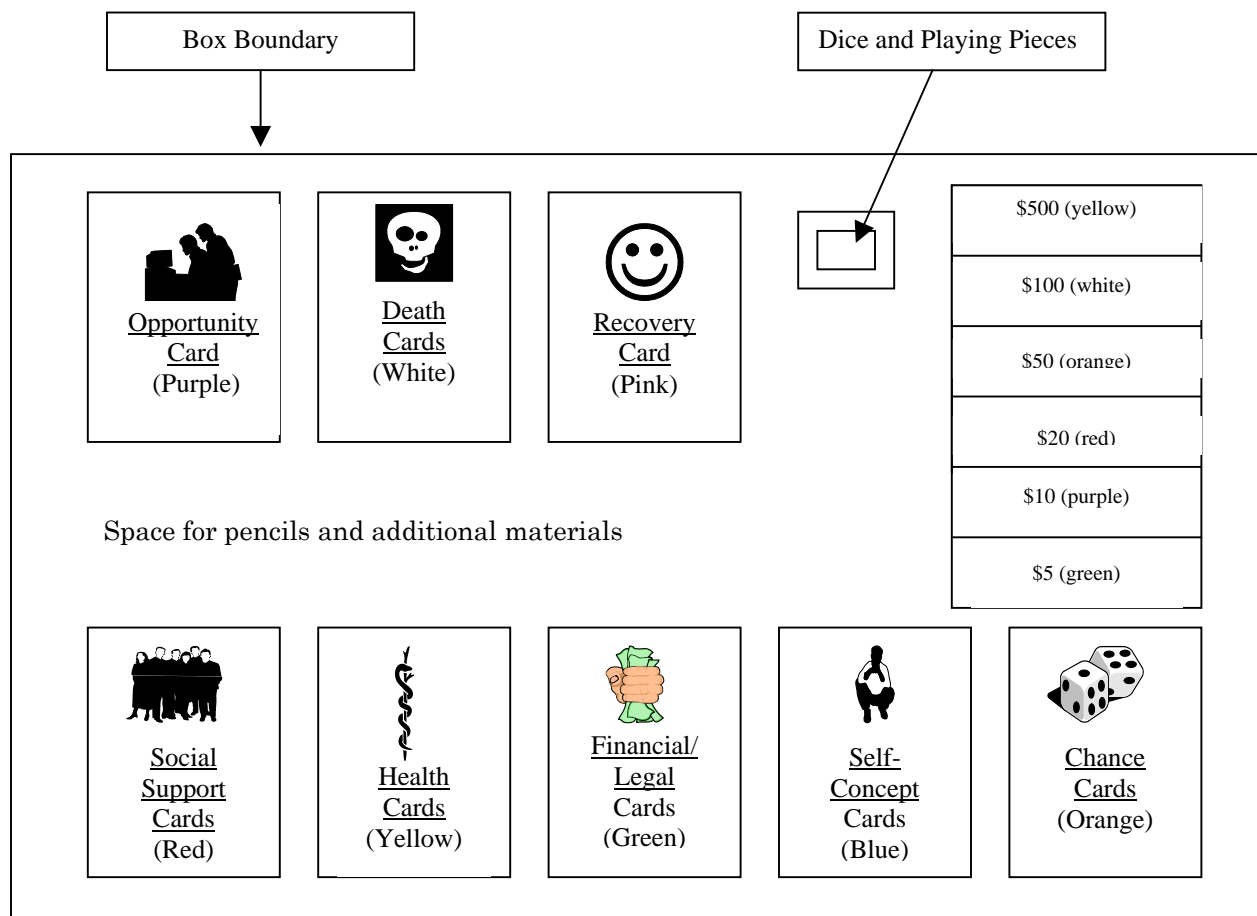
**Game Box.** You will probably want a container of some sort to organize and store the main components of the game (besides the gameboard itself). These include the cards, money, score sheets, rules, dice, pencils, and playing pieces. This is a good time to be creative. You may have a better way to do this than the way we suggest here. For example, many container stores have a variety of filing systems that you could explore to determine what works best for you.



Here is one of many ways you can set up the game.

To mimic what we have pictured on the previous page, you will need to buy a paper box (roughly 21" x 15" in size or larger), a small paper jewelry-sized box (roughly 3" x 2" in size or slightly larger) to contain the dice and playing pieces, and any other type of paper (e.g., index cards, or leftover paper from the cards, money, or score sheets) to partition the board into the different sections indicated in the previous picture. Another way to partition the board is to use small box lids (roughly 6" x 4" or slightly larger), and then cut out a small section on the side to make it easier to get the cards out during game play.

The main goal is to use the paper (or small box lids) to partition the box so that each type of card, each denomination of money, and the box containing the dice and playing pieces are all easily accessible. The matrix below can be used as a guide (note that you may choose to use all white card stock for the cards instead of the colors indicated below).



Again, the matrix is only a guide; feel free to make the game box in a way that works best for you. The main goal should be to have a means to organize and store the game components. Being able to play directly out of the box is an added bonus. To provide a finishing touch, you may want to tape or glue the *Downward Spiral* game logo (Appendix E) on the top of the box.

**Score Sheets.** Next, photocopy on regular weight white paper enough of the score sheets for every player (Appendix B). You may want to make extra copies of these to have them available. Once copied, they can be stored in the game box itself.

**Rules.** We also have found that including the one page (front and back) abridged version of the rules inside the game box facilitates explanation of how to play the game and reduces confusion. If you want to include the unabridged version of the rules, copy the rules (Appendix D) onto blue regular weight paper (to distinguish them from the score sheets), or if you prefer, use white paper, and store them in the game box. Please note that if you make any variations to the game (in terms of colors used, etc.), you will need to indicate these changes on the rule sheet to avoid confusion.

**Additional Materials.** Next, you need to make sure you have the dice (3), pencils for every player, and playing pieces (to keep track of movement along the board and to mark spaces that send players to jail). Dice can usually be found in stores near board games or card decks. We have found that comic book or novelty stores will sometimes sell pieces of colored glass at a reasonable price. Buttons, pennies, paperclips, etc. can also serve as playing pieces. Make sure you have enough playing pieces for every player plus 2-3 that can be used to mark a space that sent a person to jail (things that look like a ball & chain are recommended).



*If you have made it this far, congratulations!!*

*You are ready to play.*

Now, all you have to do is make sure you know how to play the game (See Chapter 2) so that you will be able to explain the rules to other players. If you plan to have several games playing at once (e.g., in a group counseling environment), you may want to train one person to serve as the table leader for each game. The table leaders can then be responsible for teaching other players how to play.

## Variations of the Full Board Game Version

**Group Project.** If you are planning to play *Downward Spiral* with a group of people, you may want to assign individuals to groups of 4-6 and have them work together to build their own game. This may provide an opportunity for team building and would make it feasible to make multiple copies of the *Full Board Game* version. You could even make it a contest such that the best-constructed final product is awarded with prizes (e.g., recognition, a certificate of accomplishment, coupons, etc.). If you are working with clients, a group discussion could follow game construction to examine how individuals learned to cooperate, assumed specific roles, or influenced the way in which the game was constructed. The discussion could also examine any obstacles that individuals were not able to overcome and how these problems subsequently affected the closeness and morale of the team. Another powerful group activity may be to have clients develop and create new consequence cards themselves. They would decide what the ramifications should be (in terms of points lost) and could even provide quotes or their own sayings that serve to highlight the consequence that occurred. These could then be added to the mix of cards we have provided. However, a self-generated card activity may be better suited for advanced players as the game is directed at facilitating recognition for a need to change. We suspect that players who do not yet recognize a personal need for change may have a tendency to create cards that glorify and support drug use and minimize bad effects, whereas players who recognize a need for change may be more likely to highlight the negative consequences associated with continued drug use.

**Progressive.** Because copying and cutting are the most time consuming aspects involved in producing the full game version, you may want to develop the game gradually over time. For example, you could cut out only a subset of game cards the first time (5-10 cards per player), and play an abridged version of the game for approximately 20 to 30 minutes. The next time you



play, copy and cut additional cards and add them to the mix. Eventually you would have a complete set.

**Target Population.** Some of the cards may not be appropriate or applicable to the people who will be playing the game. For example, perhaps everyone has a problem with alcohol but not with other drugs. Or, perhaps none of the players have kids. If so, you may want to select, copy, and cut only those cards that are relevant. Appendix A comes with a table of contents that will help you identify the different types of consequence cards that are available, so that you may select the cards that are most appropriate for the people who will be playing the game. You can also individualize the game for target populations by creating your own cards. For example, you could make additional cards to address the use of diet pills and steroids. We provide a blank card page for this purpose at the end of Appendix A.

**Placemat (Personal Gameboard) Version.** If for some reason playing on a gameboard is not feasible, you can make copies of the 8.5" x 11" version of the gameboard (Appendix F) and have each player keep track of their progress on the "placemat."

**Bingo Version.** You could even play a bingo version of the game with a large group at once, using the placemat version of the gameboard. Everyone could roll a die and move on their personal board, but everyone who landed on the same colored square (even though at a different place on their board) would receive the same consequence. After all consequences were read for that turn, players would roll again to receive their next consequence. In this case, you may want to have players roll only one die. Players could share several dice that are made available at each table.

**Hybrid Version.** Of course, you may have a better idea of how to produce and play the game that better meets your needs. We say go for it. If you think you have come up with a winner, please contact us at the following address so we can include your idea (giving you full credit, of course) in future editions of this manual. Do note, however, that this book is *not* produced for profit, so don't expect royalty checks to be arriving in the mail to cover next month's rent.

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