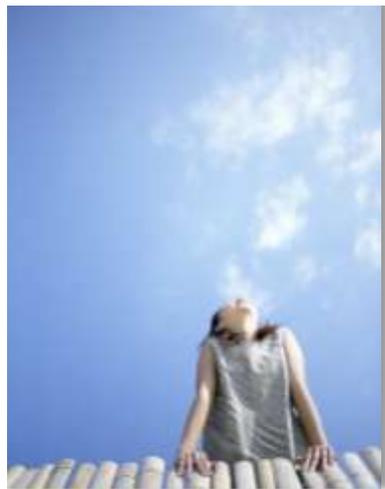


Dreams N' Goals

Jabbers

A game for self-advocates!



Produced by *The Riot!* (www.theriotrocks.org) at the
Human Services Research Institute (www.hsri.org)

Dreams N' Goals Directions

Object

The object of the game is to help people with intellectual and developmental disabilities think about their lives and develop goals. After playing the game, participants will have a better idea of the kinds of dreams and goals they have and which ones they want to work on.

Get the life you want by:

- Thinking about your dreams and goals,
- Developing a plan to reach those goals, and
- Supporting each other so that everyone can reach their goals.

Materials

- One copy of the game card for each player.
- Stickers or a marker, pen, or pencil for each player to mark his or her game card.

Get Ready

- The game can be played with a group of three or more people.
- Set aside at least one hour to allow time to jabber about each step people can take to reach their goals. If more than six people are playing, you may need additional time.
- Choose a facilitator to lead the game and keep track of time. The facilitator's job is to read each idea, ask questions about how the idea applies to their lives, and ask for examples from the group. Encourage players to jabber away. Make sure each player gets a chance to share his or her thoughts during the game.
- Make sure that players discuss each idea within the time available. Have fun, but watch the clock. Time moves fast once the jabbering starts!

How to Play

Each player gets a game card with 20 pictures in numbered boxes that correspond with various items. The facilitator, with help from players, chooses a number and reads aloud the corresponding item. Players are encouraged to discuss the item and whether or not it applies to them.

As the jabbering winds down, have players find the number and picture on the game card that goes with the item. Tell players to mark the picture if it is something they want to work on. This process is continued until each numbered box has been chosen and each item discussed. We recommend saving topic #20 "I wish that..." for last. Players can mark as many pictures as they like.

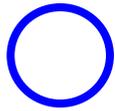
At the end of the game, players will have chosen one or more items to work on. Players can use these to set personal goals and help each other to reach them.

Dreams N' Goals Game Card

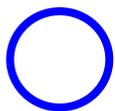
20 things to think about...

1. I would like to date, have a boyfriend or girlfriend or maybe get married.
2. I can't get around town like I want. I need better transportation.
3. There are too many silly rules in my life or too many people telling me what to do.
4. I wish I could spend more time with my family.
5. I want to do more fun things like fishing, joining a club, playing sports, partying, going out with friends, swimming. My life is too boring!
6. I want to be healthier, eat better than I do, exercise and have more energy than I do right now.
7. I want to be happier. I am sad too much of the time.
8. I want to learn how to take care of my health problems (such as diabetes, high blood pressure, cholesterol, trouble breathing, chronic pain, etc.)
9. I wish that I could lose some weight.
10. I need to be able to see my doctor or dentist more than I do.
11. I wish I could sleep better at night.
12. I wish I could live some place different than I do now.
13. I wish I could communicate better with people than I do.
14. I need a new job. I am not happy with what I do now.
15. People don't always treat me well. I wish people treated me better.
16. I don't get the support I need to do the things I want.
17. I want more friends and people in my life.
18. I don't always feel safe in my life.
19. I would like to know more about having a good relationship with my girlfriend or boyfriend, including safe sex.
20. <i>I wish that...</i>

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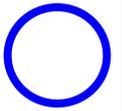
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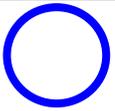
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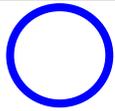
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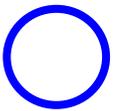
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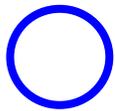
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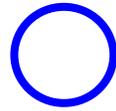
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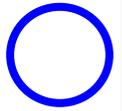
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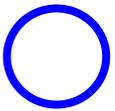
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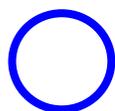
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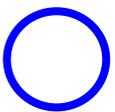


I wish that...

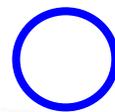
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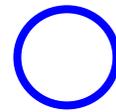
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