

## Getting the Most out of Royal Rage™

### Tips:

- You can use the different personalities of the *Royal Rage*™ characters as illustrations to teach kids about different responses to anger. Each character has a distinct response to anger.

**King:** is raging mad, yells and throws things

**Queen:** lets anger build up until she blows up

**Princess:** is scared of anger. She is around so much anger that she is anxious, and she gets mad when others are mad.

**Prince:** has a generally angry attitude

**Knight:** generally expresses healthy coping skills and is a good role model for the rest of the castle

**Magician:** likes to imagine life without anger and uses his magical powers to cope with anger

**Jester:** makes a joke of everything and thereby hides his anger; no one knows when to take him seriously

**Dungeon Guard:** he hates everything and this makes him angry

**Prisoner:** he blames everyone else for his own behavior

1. Discuss each character's personality type together. Talk about which characters can improve coping skills.
2. Discuss the personality types. Have players identify at least one person they know (friends, family, people from school) who acts similar to each character
3. Look at each of the character cards. Which character would you like to be friends with, and why?
4. At the end of the game, ask the player(s) which character they most identified with and why.

## Alternate Gameplay Options

- To lengthen or shorten gameplay, you can start with fewer or more cards in the initial stash. More cards means a longer game. Keep in mind when playing with more players, the game tends to move more quickly than playing with just two.
- To quicken the pace of the game, allow for 5 stacks at a time instead of 4
- Start the sequence backwards. Stacks can be made with a "9" or wild instead of "1".
- Create a story with the cards. Using the illustrations, take turns with players making up stories that happen within the castle. This can be fun or serious. Start a story with one of the cards and have each player add on to the story with another character card.
- Play war. Divide all cards as evenly as possible amongst all players. Keep cards question side up. Flip over to the number side and place in the middle at the same time. Winner answers the question on his/her own card.
- The playing adult can answer questions in a variety of manners:
  - Answer as yourself, being as transparent as you feel comfortable.

- Answer as a child “typically” would, modeling empathy and proper expression of feelings.
- Answer as the player. Tell the player you’ll guess how he/she would respond. Encourage the player to let you know how you did.